

Water Bead Stress Ball

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MATERIALS

SUPPLIES

Clear Balloons 10 in. - 12 in.

Water Beads - any color

Empty plastic water bottle (plastic should be soft enough to squeeze)

DIRECTIONS

INSTRUCTIONS

1. Follow manufacturer's directions and soak beads in water for 8 - 10 hours.
2. Fill beads into the empty water bottle.
3. Cover top of bottle with the balloon, turn it upside down, squeeze bottle filling the balloon. Fill balloon with water beads until it is about the size of an orange.
4. Remove balloon from bottle and tie.