

## **Instructions for Stress Ball**

Items you are given: 1 balloon (colors vary), small packet with Water Beads in it

Items you will need: Warm water

Step 1: Carefully put the water beads into the balloon.

Step 2: Take the balloon with the Water Beads to a faucet. Place the opening of the balloon securely over the end of the faucet and add warm water until the balloon just starts to expand.

Step 3: Carefully remove the balloon from the faucet and let out any excess air. Then securely knot off the end. If too much water escapes from the balloon repeat this step to add some more.

Step 4: Place the balloon in a warm area and let it sit for at least 12 hours or overnight. Once this time has passed, the Water Beads will have taken up the water that was filled into the balloon, and you now have your very own stress ball. Enjoy!!!

**Important!** Do NOT squeeze your stress ball too hard, or it may break. If it does break, do not worry. None of the components are toxic. You might get some water on you, but the Water Beads are not toxic and will eventually shrivel up to their original size.