

# teen take & make

[maker kit ]  
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## DIY Stress Ball

Finals got you stressed? Take this kit home and make your own stress ball to help you get through the day.



\*Kit contains latex

## Ingredients (Included)

- 1 tsp water beads
- 1 balloon

## You supply:

- 1 bowl
- 2 cups water
- 1 empty plastic bottle



## Directions:

1. Put the water beads into a bowl or 2-cup measuring cup with a flat bottom.
2. Fill the bowl with 2 cups of water and let it sit for 4-6 hours. **Yes, this is the part that takes forever!**
3. Drain excess water out of bowl. **Be careful - the beads will bounce all over the place if you let them!**
4. Put the water beads into an empty water bottle. You can do this by using a funnel (check the size of the funnel against the size of the water beads first) or by hand. **Again, it's best to do this slowly.**

## Directions, cont.:

5. Pull the top of the balloon over the opening of the water bottle and squeeze the bottle to get the beads into the balloon. **You want to alternate squeezing the bottle and pinching the balloon top to control the flow of air.**

6. Pull the balloon carefully off of the water bottle. **If you yank, the beads may spray out all over the place. Fun to see, but not useful for making a stress ball.**

7. Let out the excess air and tie the balloon.



**SQUEEZE  
AWAY!**

