



## **This week we're making stress balls!**

\*Free kits are available at the library for this project. Supplies are limited.

### **Supplies** (items in *italics* not included in kit):

- Two balloons
- Multi-colored water beads
- *Empty plastic water or soda bottle*
- *Tap water*
- *Funnel (optional)*

### **Directions:**

1. Place the included water beads into a bowl
2. Fill the bowl with water. Let the water beads sit for at least 6 hours.
3. Drain any excess water from the bowl.
4. Place the water beads into an empty plastic bottle. You can use a funnel if you have one, or place them in by hand.
5. We're going to double-up our balloons to reinforce them. Place one of your balloons inside of the other.
6. Carefully place your doubled-up balloons over the mouth of the plastic bottle. Squeeze the water beads into the balloon.
7. Pull your balloon carefully off of your plastic bottle.
8. Let out any excess air and tie off the end of your balloon.
9. Enjoy!