

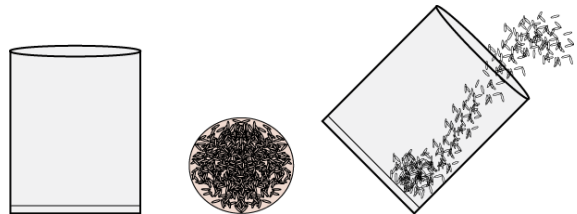
# Stress Balls

Plastic food bag  
Rice

Sellotape  
Balloon

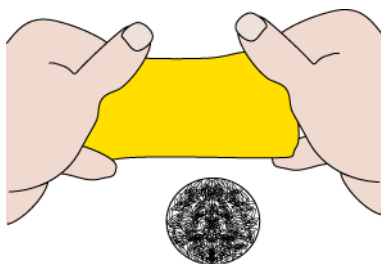
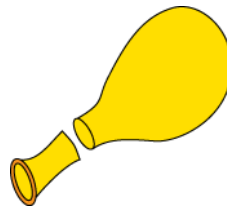
Scissors  
Measuring cup

Use a small food bag, open it and pour into it a measure of rice.



Twist the bag holding the rice inside, then turn the open edges inside out over the bag making a second skin around the rice. Sellotape the ends of the bag down.

Take a balloon and cut the neck off  
Throw away the neck piece.



Stretch the open end of the balloon.

Place the sealed bag of rice into the balloon then let it go.

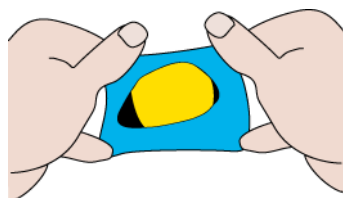
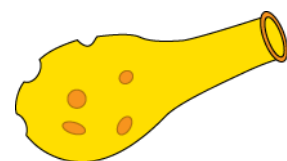
The balloon now seals the rice like a second skin.

Sellotape the balloon end down if required.

(It may be easier to do this part in pairs. One person stretches the balloon while the other person pushes the bag inside)

If you want a multi coloured juggling ball then take another balloon and carefully puncture very small holes in it.

Cut off the neck and discard.



Very carefully stretch the second balloon and place over the first.

