



HERE ARE ALL THE SUPPLIES YOU NEED TO

**MAKE A
WATER BEAD
STRESS BALL!**

SUPPLIES:

- **Supplies included in the baggie:**
 - water beads
 - one clear balloon
 - sparklie
- **Supplies NOT included in the baggie:**
 - water
 - bowl for soaking beads
 - water bottle (empty)

VIDEO INSTRUCTIONS for this craft can be found on YouTube at: https://youtu.be/cXRqpyD_BM

WRITTEN INSTRUCTIONS:

1. Place water beads in a bowl and add enough water in the bowl to cover the beads.
2. Let the beads soak for about 4 hours or until they're plump. Drain.
3. Fill the empty water bottle with the plump beads.
4. Blow up the balloon and place it over the top of the bead-filled bottle.
5. Turn the water bottle upside down, shake and squeeze the bottle until all of the water beads have been transferred from the bottle to the balloon. You may add sparklies to the balloon now, if desired.
6. Tie the end of the balloon and *cut the larger tie off the end of the balloon.
7. **Your stress ball is now ready to squish and squash!**

***Cutting the tie off of the end of the balloon is optional – the ball will look nicer but will be at a higher risk of opening when being played with.**

