DIY Balloon Stress Ball Instructions

1. Pour the water beads into a bowl and fill with water. Let sit overnight.
2. The next day: Use a funnel to fill an empty water bottle with the water beads. If you don’t have a funnel, cut off the corner of a plastic bag and use it to transfer the water beads into the water bottle.
3. Blow up the balloon and pinch it closed. While keeping the air inside, stretch the opening over the opening of the water bottle.
4. Turn the bottle upside down to pour the water beads into the balloon. If they don’t go through right away, shake both the bottle and balloon up and down to get the water beads to fall through.
5. Remove the balloon from the bottle, squeeze out excess air, and tie off.
6. Squeeze!
MAILBOX

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