

HOW TO MAKE A STRESS BALL



**OPEN A
CONTAINER
OF
PLAYDOUGH**

**FEEL FREE TO LET YOUR
CHILD PLAY WITH IT AS
LONG AS THEY LIKE**



**GRAB A CUT
BALLOON
AND PUT
1/2 THE
PLAYDOUGH
INSIDE**

**YOUR CHILD MAY NEED
SOME HELP STUFFING IT
ALL IN!**



**PLACE THE
CUT
BALLOON
WITH
PLAYDOUGH
INSIDE A
REGULAR
BALLOON
AND TIE!**

**THIS IS TRICKY EVEN FOR
ADULTS SO TAKE YOUR
TIME HELPING THEM TIE
IT!**