**Water Bead Stress Ball**

**Supplies:**

* **Balloons**
* **Water beads**
* **Empty water bottles**

**Directions:**

1. **Prepare water beads according to instructions on packet. Drain.**
2. **Fill the water bottle with beads.**
3. **Blow up one of the balloons and place it over the top of the bead-filled bottle.**
4. **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.**
5. **Tie the end of the balloon and \*cut the larger tie off the end of the balloon.**
6. **Repeat the steps with the other balloon(s).**

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