**MATERIALS NEEDED**

- 2 Balloons
- Small Funnel
- Rice, flour, sand, Play-Doh, or Orbeez

**STEP BY STEP INSTRUCTIONS**

1. Take one balloon and use a small funnel to fill it with rice, flour, sand, Play-Doh, or Orbeez.
2. Once the balloon is filled, tie the end to close it.
3. Double wrap the balloon into the second balloon to make sure it’s super secured.
4. Create another one using a different material! Or, make extra to share the relaxation with friends and family!

**REFLECTION QUESTIONS**

- Why is it important to have ways to de-stress?
- What are other ways you like to relax?
- What is another item you could create for fun or to de-stress?