

Making a Sensory Stress Ball

Materials:

- Multi-colored polymer beads (“slippery spheres”)
- Glow in the dark polymer beads
- Clear balloons
- Sorting bowls
- Water
- Water bottle



Step 1: Fill a bowl with water and add polymer beads. We used about a tablespoon for each color, which ended up making 4 sensory balls. The beads will start to absorb the water within 15 minutes and will be full grown within a few hours.

Step 2: Pour the fully grown beads into a water bottle. If you fill the 16.9 oz bottle with beads, you get the perfect size stress ball! Then fill the bottle about halfway with water. This will keep the beads moist when they are inside the balloon.



Step 3: Blow up the balloon about halfway. Hold the air in with one hand, and stretch the end of the balloon over the top of the water bottle with the other hand. *TIP: It helps to have another person hold the water bottle in place!*



Step 4: Squeeze the water bottle to get the beads inside of the balloon. This step is really fun! They fall perfectly into the balloon, along with the water. It also makes a pretty cool sound, adding to the sensory experience!

Step 5: Let some air and water out of the balloon until you are happy with the shape and size. Be sure to keep enough water inside so the beads won't dry out. Then tie the balloon.

