

Mother's Day Project: A Hairy Stress Ball

Hello Thinker Tank Friends!

Here is a project you can do with your Mom or another adult... **A Hairy Stress Ball.**

She just has to squeeze the HAIRY STRESS ball in her hands, moving her fingers around to relieve muscle tension, stress, and to exercise the hand. Stress balls have been known to make people and especially Mom's feel relaxed. Have fun making this Mother's Day present!

Materials

- ½ cup Flour
- 2 plastic sandwich bags (not Ziploc)
- 1 balloons (standard size)
- Black ballpoint pen works best
- Yarn
- Scissors
- Fork



Here's How to Make Your Stress Ball

1. Put the flour in the first sandwich bag. Slowly let the air out and tie a knot.
2. Now for extra protection put it in another sandwich bag and tie a knot.
3. Cut the very top rolled over part off the top of balloon.
4. Stretch the balloon and put the sandwich bag of flour into the balloon. You might need help from a friend or grown up. The knot on the baggie should be on the top.
5. Tie a tight knot

Now for the Hair

1. Get your ball of yarn and cut a one foot piece of yarn.
2. Take your yarn and lay it over the fork length wise. So, it should be hanging over the top and bottom of the fork.
3. Now taking the end of your ball of yarn wrap the fork covering the piece of yarn 40 times. Cut the end of the yarn you were using off.
4. Take the two tails you covered and tie them into a knot.
5. Slide it off the fork.
6. Make a second tight knot it again.
7. Cut the loops not the long strings. And you have a pom pom.
8. Take the two long strings and tie them to the knot.
9. You have a hairy stress ball.

Finish it off with by drawing a face with ballpoint pen (sharpies and markers just smudge) that will make your Mom smile.