



Snowman Stress Ball



Materials Included:

- 1 white balloon
- Ziplock bag with flour

Things You Need From Home

- Black & Orange Permanent Markers

Instructions

This simple project only takes a few minutes to complete, but gives hours of entertainment. Use it to help you reduce your stress and your need to fidget!

1. Fill the balloon with flour until the round part is completely full.
2. Tie it **tightly!**
3. Draw a snowman face on your balloon.
4. Squeeze to relieve stress, tension or the need to fidget!

To be entered in our monthly art kit drawing please share a photo with Dancing Spirit at <https://www.facebook.com/dancingspiritgallery/>

For more information, call Dancing Spirit at 970-563-4600 or visit us online at dancingspiritcommunityarts.org