

Stress Ninjas



Items needed (quantity per creation)

- Balloons
- Corn starch
- Water
- Squeezy/Water bottle
- Sharpie

Instructions

1. Mix $\frac{1}{2}$ cup of water with one cup of cornstarch (per ball). Stir until goopy. You should feel resistance when stirring quickly, and no resistance when stirring slowly. Pour the mixture into the squeezezy or water bottle.
2. Attach the opening of the balloon to the top of the bottle. Flip over and squeeze the contents into the balloon until full.
3. Taking care not to let any air bubbles get into the balloon, take the balloon off and tie it in a knot. If any air gets in the balloon carefully release the air before tying.
4. Take another balloon and cut the end off. Wrap this over the filled balloon to cover up the knot and add more durability. We did a third balloon layer to be extra secure.

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Stress Ninjas Cont.

5. Take your sharpie and add Ninja face to the inside balloon.
6. If you have left your balloon for little while you will feel that the flour has settled in position. Once you squeeze the mixture a few times it will loosen up again. Now you know the process you can experiment with different fillings. Plain flour without water or playdough both work really well.



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