

## 2 Ways to Make a Water Bead Stress Ball for Your Anxious, Active or Fidgety Clients

### Water Bead Stress Ball

#### Supplies:

- Big bowl
- Water
- Teaspoon
- Water Beads (Orbeez or whatever brand you prefer)
- 2 transparent or clear balloons
- Empty 16oz water bottle
- Glitter (optional)



#### Step 1:

Put one teaspoon of water beads in the bowl and fill the bowl with water. Wait about 24 hours and you will have expanded water beads ready for your stress ball, sensory play, or other projects.



#### Step 2:

Fill water bottle about  $\frac{1}{2}$  full of water beads. Add a pinch or two of glitter (optional).



#### Step 3:

Double up the balloons, by stretching or blowing up both balloons a little and then letting the air out. Then put one balloon inside the other.



Step 4:

Blow up your doubled balloon about 1/2 way, twist the top once, and then put it over the opening to the water bottle. (Tip: put as much of the opening to the balloon over the top of the water bottle as possible, so that you don't have too narrow an opening for the next step.)



Step 5:

Turn the water bottle over and pour the contents into the balloon. Take the balloon off the bottle.



Step 6:

Let the air out of the balloon and close knot it up tight. Some kids like to use a permanent marker to write their name, smiley face, or other personalized touch.



## Water Bead Stress Ball With Corn Syrup

### Supplies:

- Big bowl
- Water
- Teaspoon
- Water Beads (Orbeez or whatever brand you prefer)
- 2 transparent or clear balloons
- Empty 16oz water bottle
- Corn Syrup
- Glitter (optional)



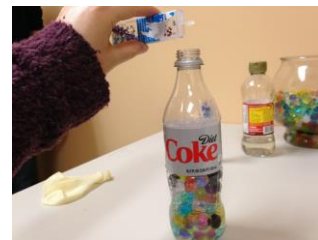
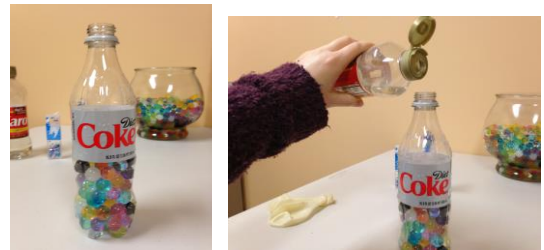
### Step 1:

Expand water beads. Same as described above.



### Step 2:

Fill water bottle about  $\frac{1}{2}$  full of water beads. Pour in corn syrup about  $\frac{1}{3}$  –  $\frac{1}{2}$  way up the water beads in the bottle. Add a pinch or two of glitter (optional).



Step 3:

Double up the balloons, by stretching or blowing up both balloons a little and then letting the air out. Then put one balloon inside the other.



Step 4:

Blow up your doubled balloon about 1/2 way, twist the top once, and then put it over the opening to the water bottle. (Tip: see described above.)



Step 5:

Turn the water bottle over and pour the contents into the balloon. Take the balloon off the bottle.



Step 6:

Let the air out of the balloon and close knot it up tight. (Tip: be very careful and slow as you let the air out and tie it off. The liquid will want to escape too!)



**\*\*At first the water beads will release some water... After a day or so, look to see what happens next.\*\***