

ARTS + CRAFTS WITH CASTLE

NINJA STRESS BALLS

WHAT YOU NEED

- Balloons
- Plastic Bag
- Flour
- Scissors
- A sharpie

METHOD



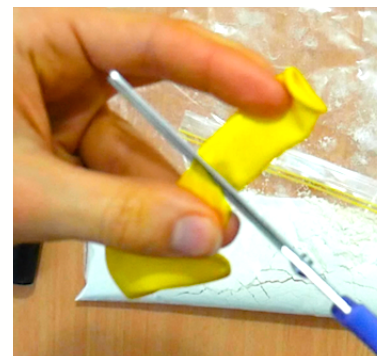
1. Fill plastic bag with 1/2 cup flour



2. Squeeze all the air out and seal



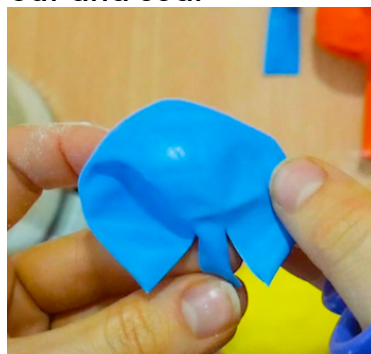
3. Trim the end off the plastic bag



4. Cut 1/2 the neck off a balloon



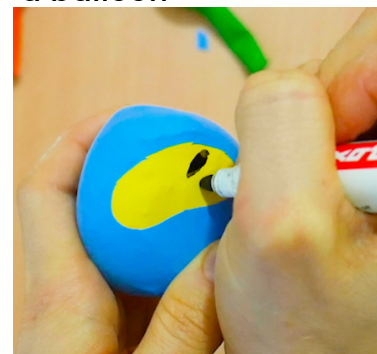
5. Insert plastic bag into the balloon



6. Cut 1/2 the neck off another balloon then cut a rectangle out



7. Insert the first balloon inside so open ends are opposite



8. Draw on your ninja's face