

Gaddum ... Carers

Make yourself a squishy stress ball...

Follow these steps to make a DIY Super Squishy Stress Ball.

What you'll need: balloons, rice and a funnel. Steps:

- 1) Stretch out your balloon.
- 2) Stick a funnel into the neck of the balloon.
- 3) Slowly fill the balloon.
- 4) Remove the funnel from the balloon and let out as much air as you can.
- 5) Tie the neck of the balloon closed tightly.

You've made yourself a squishy stress ball.



For information on Shine, our service for young carers in Manchester and Salford call 0161 834 6069 or email shine@gaddum.org.uk

www.gaddum.org.uk