

# Make Your Own Stress Ball

## Materials Needed:

*Rice*

*Balloon*

*Funnell/ Measuring Jug*

*Small Roll of Tape (**optional**)*



We would love to see your  
finished crafts!

Please share your art with us by  
using the hashtag:

**#KayleighsCrafts**

and by tagging Norden Farm  
and Creative Eye.

Norden Farm Centre for the Arts is a registered charity,  
providing access to the arts for the whole community. It  
costs over £600,000 a year to run Norden Farm and your  
donation will help to keep the work going.

If you are in a position to make a donation and help us  
remain a vital part of the community, we would be  
enormously grateful.

**[https://norden.farm/pages/  
make-a-donation](https://norden.farm/pages/make-a-donation)**