**Materials list – Alien Stress Ball Head**

**All materials are either recyclable items or things you may have at home.**

* **2 or more balloons – any colour you like.**
* **Cup of rice – not cooked!**
* **Black permanent pen – for drawing the details**
* **Empty plastic drinks bottle – to make funnel and stand OR a funnel and plastic jug.**
* **Cutting board – for parents to use when cutting bottle to make funnel.**
* **Sharp knife – Parents only to use.**
* **Scissors – to cut and trim bottle and one balloon (adult supervision).**

**How to:**

1. **Using the cutting board to rest the empty drinks bottle on, carefully use the knife to cut into the bottle at the point that it starts to widen. Use the scissors to cut around the bottle. This is going to make our funnel to pour the rice into our balloon and a container to balance the funnel in.**

**Alternately if you have a funnel please use that and a jug to collect any stray rice.**

1. **Take one of your balloons and carefully stretch the end over the neck of the bottle (this is the end where the bottle top is screwed on). You may need some help with this as balloons can be very tricky.**
2. **Place the funnel with balloon attached into the container, it should balance really well and free up your hands ready to pour the rice.**
3. **Pour some of the rice in very slowly. Squeeze and stretch the balloon carefully so the rice goes into the balloon.**
4. **Pour as much as you can into the funnel. Give it a gentle shake to get as much rice into the balloon.**
5. **To help use either your pen or a wooden spoon -handle end, to push the rice into the balloon. Be very careful not to split your balloon at this point.**
6. **When all the rice is in the balloon you need to tie a knot in the end, help from an adult is required here.**
7. **Take the second balloon and very carefully cut the neck of the balloon off!**
8. **Stretch the second balloon a little. Then with some help carefully stretch it over the knotted end of the rice filled balloon. You may need to push the rice balloon a little.**
9. **Now using the permanent pen you can draw a face, spots or whatever you want to create you alien head.**
10. **Leave for a minute so the pen dries. You now have an Alien stress ball, squeeze away!**

**You can make all sorts of colour ways depending on the balloons you have.**

**An alternative to rice is a mixture of corn flour and water. This is called an Oobleck or non-Newtonian fluid and goes from a liquid to a solid when squeezed. Follow the steps 2 and 3 as before, then pour water into the balloon adding tablespoons of corn flour till you’re happy with the consistency. Squeeze the liquid in the balloon carefully to mix together then tie a knot in the top of the balloon.**