

Featured Project:
**Squishy
Emoji!**

So cute! So squishy!
These little DIY stress balls are tons of fun to make and help us feel better when we're feeling stressed. What kind of funny faces can your squishy emoji make when you squeeze it?



Materials Needed:

- Balloon
- 1 cup of cornstarch
- Black permanent marker
- Funnel
- Plastic bottle

Instructions:

1. Using a funnel, pour cornstarch into a plastic bottle.
2. Inflate the balloon slightly and stretch it over the neck of the bottle, keeping the air trapped inside.
3. Tip the bottle upside-down to pour the cornstarch into balloon, filling it to the desired size of your squishy.
4. Remove the balloon from the bottle, release the excess air and tie a tight knot at the opening. You can trim off the excess balloon near the knot. Double knots are recommended.
5. Wash off any cornstarch on the outside of the balloon and dry.
6. Using a black permanent marker so it doesn't smudge, draw eyes and a smiley mouth.
7. Enjoy squishing!

 **Time to Make:** 10 minutes to make, endless hours of squishy fun!

What do stress balls do?

Simple squishy stress balls can be so much fun but they also help us deal with stress. Repeatedly squeezing a stress ball releases tension, and in turn, helps to relieve stress. Whether you're angry, sad, or just looking for something fun to do, squeezing a stress ball is good for you!

Source: Make Your Own Super Squishies, Slime and Putty (2018)
<https://patch.com/us/dealtown/buy-or-diy-how-make-squishy-stress-ball>

What is Maker Minute?

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We can't wait to see what you'll make next!