

# HOW TO!

## DIY SENSORY BALLS

This activity is a great gross motor skill activity.

### Instructions:

1. Have the ingredients (cornstarch, scissors, balloons and funnel) all set out on the table.
2. Start by blowing up the balloon and then releasing the air. This helps stretch the balloon and allows for a larger textured balloon.
3. Use a funnel (or water bottle) to pour the  $\frac{1}{2}$  cup of the filler into the balloon.
4. Run your fingers down the neck of the balloon to push down any filling (you want to ensure you have squeezed out any air).
5. Tie off the end of the balloon.
6. Next step is to use a second balloon to create a design.
7. Using a different coloured balloon, cut off the neck of Balloon 2 and stretch out the opening.
8. Put balloon 1 inside (knot-side first) and wrap balloon 2 around balloon 1.
9. It is optional to decorate the ball with permanent markers, googly eyes.

