*Student Mini-Lesson*

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| **Title**  **What will this**  **text be about?** | **Why would you**  **read this?** | **What does it tell you?** |
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**Make Your Own Stress Ball**

*Does the prospect of a big test have completely stressed out? Then what you need is one of those little squeezable balls to take your stress away? You can keep it at your desk to use when you’re really tense. Have fun!*

**Stress Ball**

**Materials**Medium-sized round balloons (with thick membrane)

Flour\*

Small funnel, spoon, Measuring cup, Permanent Marker

**Directions**

1. Cover a table with newspapers or other paper-this gets a little messy!

Have flour ready. How much you need depends on how many balls you make.

You might want a helper with this project to make it easier.

2. Insert a funnel into the end of a balloon.

3. Start by pouring a spoonful of flour into the funnel. Use the spoon to push the flour down the

funnel into the balloon. Keep filling until your balloon is fist-sized. Do NOT overfill or it will be difficult to tie shut.

4. Twist the top of the balloon and tie it.

5. Write your name on your stress ball or decorate it to suit your taste.

***\*You can substitute smooth sand, rice, or corn starch for the flour if you wish.***

[](http://images.google.com/imgres?imgurl=http://www.redtedart.com/wp-content/uploads/2012/06/stress-ball-superhero.jpg&imgrefurl=http://www.redtedart.com/2012/06/20/kids-crafts-balloon-juggling-ball-for-4th-july/&usg=__tOylsYYwUGXjz9KcuPkhQ7aLBkw=&h=685&w=1024&sz=71&hl=en&start=27&zoom=1&tbnid=1SjTFrxven_BLM:&tbnh=100&tbnw=150&ei=Ix_iT5GDNKu80AH6w7zxAw&prev=/search?q=homemade+stress+balls+for+kids&start=21&hl=en&sa=N&gbv=2&tbm=isch&itbs=1)

***Complete 1-6 BEFORE making the stress ball.***

**1. Who would *MOST* likely be interested in doing this project?**

A. an infant B. an 8-year old C. A grown-up D. a very old person

**2. Why did the author *MOST* likely write this selection?**

A. to ***express feelings*** about stress B. to ***persuade*** readers to try this project

C. to ***explain*** how to do this project D. to ***entertain*** readers with a funny story

**3. What would be another good *title* for this selection?**

A. “Beautiful Balloons” B. “How to Decorate Balloons”

C. “Fun Project Helps Relieve Stress” D. “Students Stressed by Tests”

**4. Which step do you need to do *just before* filling the balloon with the flour?**

**5. Why do you not want to overfill the balloon with flour?**

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**6. What is the purpose of the asterisk (\*) following the last direction?**

A. additional information B. to make the page look pretty

C. to separate the sections of the page D. to make the end of the directions

***Complete 7-8 AFTER making the stress ball.***

**7. Why is it important to pay attention to detail when following directions in a project?**

**8. Why is this project an example of a functional text?**