



I'm not robot



Continue

Yellow anti stress ball basteln

EAST-WEST Trading GmbH Anti-stress-B'lle, set of 3, angerball, hand trainer, kneading ball, finger gymnastics ball, stress-related HC-trading 6 x Stressball Stre'ball Knautschball Antistressball Funny Softball Softball Sort 6 cmStressballs 3 x Atlas, Globe Klien, World Map Smiley Stress Ball, | Small StressBall, Wrinkle Ball, Anti-StressBall, Klien Balloon, Small Balloon12 Piece Colorful Balls Grimacing, Approx. 6cm Diameter, Flummi, Anti Stressball, Throwing Ball, Kneading Ball, Wrinkle Ball Made of Foam6 x Crispy Face 7cm, with Wool Hair, Stressball, Knetnetball, Antistressball EAST-WEST Trading GmbH Antistress-B'lle, Set of 3, Hand Trainer, Knetnetball, Antistressball EAST-WEST Trading GmbH Antistress-B'lle, Set of 3, Hand Trainer, Kballnea, Finger Gymnastics, Stress TrainingHC-Trading 6 x Stressball Stre'ball Crumple Ball Antistres |s Stress Ball, Knautschball, Anti-Stress, Globus Klien, Kleiner Globus12 Stuff Colorful Grimaces, Approx. 6cm Diameter, Flummi, Anti Stressball, Throwing ball, kneading ball, wrinkle ball made of foam6 x crispy 7cm, with wool hair, stressball, mocking, anti-stress ball © 1996-2015, Amazon.com, Inc. or subsidiaries Sometimes Argh! How good it is when you can really vent your anger with a tantrum. You don't need much more than a little flour and two balloons. In any case, our workshop is wonderfully rare! GEOlino 1 breakfast bag or some wrap2 plastic balloons in different colorsMealspoonScissors GEOlino Cut the narrow ends of both balloons as seen in the image. GEOlino Fills the breakfast bag with flour. For larger balloons it takes about ten teaspoons, for the little ones a little less - you have to try that. Twist the open end of the bag and cut it. GEOlino forms the bag in a ball. Make sure there is no air in the bag and that the bag does not open in the rotated opening. GEOlino spreads a balloon with one hand and flutters the bag of flour in it. This may be something, as I said: fiddly – make sure the bag doesn't open. Then push the balloon ball very well around in shape. GEOlino On this sphere is pulled from the second balloon – from the side facing the opening of the first balloon. Get everything back in shape: the ball of rage is ready. Now you can take away all your anger, press, knead! GEOlino.de do you like our craft guide and would like to try it yourself when you have time? Then remember the idea of creating on Pinterest with this photo tile! By the way: GEOlino is also available on Pinterest. Have you met our GEOlino channel yet? GEOlino No. 09/2018 Genuinely Quaint: Saigas © 1996-2015, Amazon.com, Inc. or With a kneading ball, it's easy to relieve restlessness, stress and aggression. Thanks to its practical size, it works as a tool that can be carried and used at all times and everywhere. Now there are pre-stress or anger balls already made in various variations to buy relatively cheap in retail. However, the useful utensil becomes even cheaper if you do it yourself. Learn how to do it, what materials you need and what makes the ball finished wonders in our comprehensive DIY guide! Anti-stress balls are as simple as they are effective. Of course, many companies are aware of the simple ingenuity of round helpers and offer them at relatively low prices between three and ten euros in retail. However, there's a great way to spend even less money on your own ball of rage: put your own hand on it! You can't go wrong doing the kneading ball. In addition, you decide on your own exactly what exactly your new partner should be like and what material you want to fill it with. Rice, flour and sand are the main ones in question. We provide you with a lot of information and advice on the production of an anti-stress ball and provide you with a logical step-by-step guide that takes you in the shortest time possible to a visually convincing and stable product that is also beneficial for all the fun and especially your psychophysical health! Before we devote ourselves fully to the production of the kneading ball, we would like to give you general information about the effect of the anti-stress ball - so that you are first aware of why it is worth making such a utensil. ContentStress Relief: Anger balls help relieve stress: Anger balls help stress is anything but a pleasant condition: you certainly know the associated negative sensations of your own experience. In fact, however, it is a natural reaction of the body that takes on an important function: the feeling of stress makes it possible to escape or defend itself quickly in threatening situations. Well, these extreme times, when the persistence of existence was in danger, fortunately have disappeared a long time ago for most people, but even in our present there are always new factors that lead to stress: dispute and other interpersonal difficulties, temporal pressure, review or other problems in the workplace are considered typical and more important causes. Stressing often cannot (equally) evade the stress-causing situation. Once the body has released stress hormones and therefore provides additional energy, the latter should be broken down. Otherwise, the immune system could weaken, and this, of course, should be avoided. The best way to get the excess discharge is movement. Now few have the opportunity to leave everything standing and lying down immediately at the right times to take a break, so to speak. Therefore, an applicable option must be made anytime, anywhere. And that's where the anti-stress ball, the protagonist of our DIY guide, comes in. Kneading, aggression or anger balls are the perfect method of stress reduction for intermission. Thanks to its ease of use, anyone can use it to get away from stress. In addition, small balls barely take up space and can be easily carried in the bag or backpack, even in the jacket, so they are always at hand. How to apply the anti-stress ball: To relieve stress: throw the ball against a wall or on the ground to knead the ball vigorously in and with your hands To calm and relax: with the ball your own shoulders, massage dolls, arms and hands for fun: use the ball as a game team and, for example, bridge short waiting periods with colleagues or friends and keep the concentration high by pulling the utensil back and forth. It has an effect of stress, aggression and anger relief and therefore prevents the negative consequences of constant stress. In addition to the proven health support, the anti-stress ball also convinces as a massage and toy utensil. Kneading Ball Manual The materials needed for the handmade anti-stress ball can now be available at home. Otherwise, they are available at a low price in almost all supermarkets. You need these materials for your kneading ball: 2 conventional balloons flour, rice or sand a funnel or plastic bottle a stain resistant marking pen (optional) wool and glue (optional) Tip 1: Although it is possible to use hunting sand as filler material. However, we recommend that you use round flour and/or rice grains. Because sand or even pointed rice grains would damage the anti-stress ball too much when kneading. Step by step to your rage ball: 1st step: Take an empty plastic bottle to hand. Fill them with the amount of flour, rice or sand that suits your ball of rage. To do this, take a funnel or rolled paper. Fill the bottle with a little too much flour instead of too little. Excess filling can be tilted more easily out of the balloon after it is filled afterwards. Recommendation: It is best to mix flour and rice with each other. This gives it medium strength and its ball lasts longer than with a pure flour filling. Step 2: Blow the desired balloon and push it over the full bottle opening so that the air does not escape from the balloon Step 3: Flip the bottle and balloon over - the flour now falls almost by itself into the balloon. Note: For a handball-sized anti-stress ball, you need approximately two-thirds of a cup of filler material. This corresponds to an amount of approximately 160 to 240 milliliters. In other words, for an anti-stress ball that fits comfortably in the palm of your hand, you should fill the balloon about five to seven centimeters tall. Step 4: Once the balloon is full, you can remove its end, i.e. the neck, from the bottle. Work calmly and carefully. Keep your fingers open as long as you can. The air should escape slowly, otherwise the flour will fly around your ears. Tip: Hold the neck or necks of the balloon and love the ball a little to check if the amount of filling is already sufficient. If this is not the case, you can add a funnel to the balloon later. Step 5: If you have the impression that your anti-stress ball is sufficiently filled with flour and/or round rice grains, release excess air by grabbing the neck or neck of the balloon with your thumb and index finger and extending the two fingers only slightly. If you spread them too much, the content is only blown in all directions and results in bitterness. Then tie the neck area well. Step 6: Cut the superfluous rubber at the knotted end, which makes your anger ball more visually appealing. To hide the knot, cut another balloon (can, but it doesn't need to be the same color) and push it over the knot. This also gives you extra stability and the kneading ball cannot break so quickly. Step 7: Now you can bring your creativity to light, because: the optical design of the anti-stress ball is the turn. Whether you paint a face or pattern with the stain-proof marker, it's entirely up to you. With a face, it is also a good place

