

Arts & Fun Web TV Show Anti-stress dolls

MATERIALS

- Balloon
- Flour
- Plastic bottle
- Funnel
- Wool
- Permanent markers
- Scissors
- Paper
- Masking tape
- And lots of creativity!



LET'S MAKE ART?

Step 1: Let's start putting the funnel on top of the plastic bottle. Then pour the flour inside.

Step 2: Inflate the balloon and — this part is very important — turn the top part very carefully so the air doesn't come out, and tie the balloon on top of the bottle. Transfer the flour into the balloon.

Step 3: Place your fingers on the balloon top and let the air out very slowly. When there's no more air in the balloon, make a knot. You can already squeeze it.

Step 4: Now it's time to customize your doll. Take the permanent markers to draw the eyes, the nose and the mouth. It's very important that the markers are permanent, because if they are not, once you touch it, the whole face will be smeared.

Step 5: Put some hair on your doll, using the wool. Wrap it around your fingers and tie it up with a small piece of wool. Cut the edges and there you go!

You can use your imagination and customize your doll as you like. Be creative!