

How to Make Beanballs

This is one of several methods for making beanballs similar to the hand exercisers you find in stores.

MATERIALS:

- 3 or 4 balloons per ball (12-inch balloons work well)
- 1/2 cup of filler per ball (e.g. birdseed, polypellets, etc.)
- funnel
- scissors



1. Stretch a balloon by inflating it halfway, holding it closed for 30 seconds (fig.1), and deflating it.



2. Place a funnel in the balloon's neck. Pour in 1/2 cup of filler (fig.2), pushing it in as you go. The balloon should be firm but squeezable.



3. Cut off the thick rubber lip of the filled balloon – just the lip, *not* the neck. Then cut off the whole neck of a second balloon (fig.3).



4. Gently stretch the opening of the second balloon and ease it over the filled balloon (fig.4), tucking in the neck as you go.



5. Cut off the neck of a third balloon, stretch the opening, and ease it over the other two. If you want, you can add a fourth balloon to make the ball firmer and more durable.

Ta da! Make two more and you're ready to juggle.