Stress Ball with CBTV Live

Chapter 1 - Chapter 1
Stress Ball
- Hey everybody it's Courtney and - Faith, hi. - And we're coming at you live like we do every Tuesday and Thursday which means you can write in and ask us questions as we craft something. And today's election day. We hope you voted. - [Together] Did you vote? - I voted. - I voted too. - For our stickers. - We have stickers. - I did it for the sticker. That's why I don't know why people don't do , or why they do the mail in ballots. - You do get a mail in sticker. - Are you kidding me? - It says "I voted by mail." I know this, yeah. - I didn't know that. - Yeah it's true. - Might change me four years from now. - Yeah. You still have a few more hours if you haven't done already, so make sure you take the time to vote cause it's super important. It's a very historic election this year. Yeah so we thought in addition to the excitement of voting there's also a little bit of stress. And so we were going to show you how to make a homemade stress ball. Have you played with these before? - I've been playing with 'em all day long. - Our whole office has been playing with these, and we kinda did like a survey thinking about what you could fill a stress ball with. These are made with just regular grocery store, dollar store balloons, and we have a few types of fillings. What do you have in the left hand? - This is the rice. - And how do you like it? - I really like this one. The sound is distracting in meetings like yesterday. - Were you using it in a meeting? - Mmhmm. - And then what's in this hand? - This one is the corn starch and water blend, that we are going to show to you. Oh but then this one is beans. - This is black beans, so you could do pinto beans, black beans, whatever beans you happen to have in your house. - Dried beans though. - They do have to be dried. Although - Canned beans would be so gross. - They would be so gross, but I bet they would feel really good. Cause how's that different from the cornstarch and water? - It's basically the same as soup. It'd be a balloon of soup. - My two favorites were flour, just dry flour, and also cornstarch and water, but a less cornstarch mix. So for me this is the perfect amount of squeezy, and for Faith a little bit more cornstarch is the perfect amount of squeezy. So you can really customize this to your own stress levels. And for your own hand. What you'll need are a couple of balloons, which we have in our patriotic colors here. We are making the cornstarch and water combo, so I've got just some regular grocery store cornstarch here in a bowl, and Faith and I each have our own bowl of this, and a little bit of water. So the first thing we're gonna do is mix up our cornstarch and water. And Faith actually told me about the cornstarch and water mix because it's a really weird substance, right? - Yes, it's called oobleck, and it is a non-newtonian fluid, which I read a lot of articles about what that means. - Uh huh - I can't really explain it. What I can explain is one time when I was a kid, in the mall they had a big vat of it that was like 10 feet long. So it's a solid if you put pressure on it. - Like if it has any impact. - If it has impact, but if you put gentle pressure on it it's a liquid, which makes extra fun for the stress ball cause if you're really stressed and you're squeezing it it's firm and provides resistance, but if you're mellow about it it's liquid. So in the mall... - It's really bizarre. - They had a trough like 10 feet long and a couple inches deep and they had people running across it and they could run on it, but if they stopped running they would sink into it. - And I bet, that obviously stuck with you since you were a child. - It was a long time ago, and I'm still pretty excited about it. - It's really super bizarre, so when you're mixing your cornstarch and water you'll see if you stir really fast there's a ton of resistance, and if you stir slowing the exact same mixture feels very liquidy like milk or pancake batter. It's kinda crazy. But it's really fun to make. So you have a little bottle of water

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there, and you're just gonna pour some into your cornstarch. - [Faith] And I think the ratio I like is two parts cornstarch to one part water which makes it a bit firmer, but I think you're maybe doing more of a - [Courtney] I'm probably doing like a half and half. - [Faith] Yeah. And also the, so the squeezing of the stress ball is stress relieving, but this process is pretty distracting too. - Yeah it's nice. It's just like cooking or baking. - [Faith] I did too much water. - [Courtney] That's fine you kind of go back and forth adding water or cornstarch till you have that ratio just right. And again like when I drag my spoon really fast then there's a lot of resistance, and it almost looks like a solid. But if I move it really slow it feels like icing. It's really bizarre, and super fun to play with. And you're gonna mix this up until it's pretty well incorporated, and you have the consistency that you like. And then we're going to put them into plastic water bottles because we're gonna use that to pour this mixture into our balloons. I think I'm almost at the point where I like it. How's yours looking? - [Faith] I got overexcited about the water. - [Courtney] You needed to add more cornstarch. - [Faith] Look now it's doing that thing, you can chip it. - [Courtney] Yeah you can chip it, but it's like liquidy on the top. It's the most bizarre thing. I think mine's pretty good. - [Faith] I think I got it. - [Courtney] I don't if you can tell, but I'm stirring this pretty easily, but the actual way it feels there's like a ton of resistance on the bottom. It's really super bizarre. Alright once that's kinda set, we've got some plastic water bottles, and you can pick an inside. These stress balls you can make with just a single balloon, or you can do a double layer to hide your balloon knot. So whatever you start with is going to be the inside of your stress ball. And I experimented with blowing this up first, to kinda widen it to make a bigger ball, but actually the size that it naturally fills fits right into your hand so I kinda prefer that. You wanna make sure that you put the balloon all the way over. Oh wait don't do that yet. We have to use our funnels. Do you have a funnel? - [Faith] I have a funnel. - [Courtney] Okay, we're actually gonna fill this water bottle first with our mixture. I was getting over zealous. - [Faith] That's so weird. Oop. Also maybe do this outside, or with... - [Courtney] Or in your kitchen - [Faith] Or newspaper - [Courtney] Newspaper - [Faith] Or in a mall - [Courtney] Or in a mall Feel like mine looks a little liquidy. Might add a little more. - [Faith] Mine is taking it's time. - [Courtney] I feel like when I made a ribbon like that it was a little better. If you look at Faith's she's got a ribbon happening here when it pours in I think that was good. I'm gonna mix up a little bit more that's a little thicker and then add it. - [Faith] What did yours do that was not ribbony? - [Courtney] It just looked a little different. It was very very liquidy. I'm just gonna add a tad more. - [Faith] If you have any questions please let us know. Also if you have a really simple explanation for what a non-newtonian fluid is, I would be thrilled to hear it. - [Courtney] Or if you've ever made one of these before, cause I had never made one. And you had never made one right? - [Faith] I had never made a stress ball, I just made a big mess by playing with it. You can cut it with a knife. - [Courtney] Oh girl. - [Faith] Then it goes phew - [Courtney] Sounds really messy. - [Faith] Punch it, it's good for punching. - [Courtney] Could punch it yeah Okay. I think that's pretty good. - [Faith] Okay. - [Courtney] Once your mixture is in your water bottle then we can add our balloon on top. Faith's is still going. - [Faith] I'm at the very end. - [Courtney] That's fine you're close. You probably won't use all that. Great. I think about just this little base is probably enough, but you could make a huge mixture so you could do one for everyone at your election party. So we're gonna put the balloon right over the top of your bottle. Make sure it's really covering the whole mouth, and then you're just gonna pour it over, and this the bottle is really key. I tried a few different things but the nice thing about the bottle is that you can force the liquid into your ballon. - Oh. It's like the opposite of milking a cow. - [Courtney] The opposite. There's some suction that happens. I think I don't have enough in mine. - [Question Reader] We have a question. - [Courtney] Question - [Question

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Reader] Dawn asks, "How can you tell if your mixture is the right thickness." - It really depends on your preference. Faith had a thicker mixture because she likes a little bit more resistance, and I had a thinner mixture, and that's really from experimentation, but I would do something between like pancake batter and milk is probably pretty good. - [Faith] Oh that's a great way of describing it. Um so I'm just bubbles are popping up as I squeeze it in - [Courtney] Which is good - [Faith] And each time I think I'm about to drop it, it makes me nervous. - [Courtney] No looks good. Keep squeezing. I'm using the rest of your mixture because I didn't have enough in mine. - Please do. - [Courtney] Yours is really thick. - [Faith] I wanna be able to walk on it. - [Courtney] Totally. I'm gonna add some more to mine in just a minute. - [Faith] These are also, course we made a few prototypes, but they ended up being juggled in the office. - Yeah, their great for hacksacking. - Getting someones attention across the office. - Yeah. - But only, not with the beans one. - Even if you're not doing this oobleck version you're just using flour or doing the beans or the rice I still think funneling everything into a water bottle first to help squeeze your contents into your balloon is a good idea. So I've got a little more. I'm gonna attempt to add that to my balloon, cause my balloon wasn't full. How's yours looking Faith? - [Faith] So I'm at the point where it's starting to suck it back into the bottle. - [Courtney] Okay. - [Faith] It's so weird. - [Courtney] It is weird. Well because I tried even cutting a hole at the top to let air in... - Uh huh - so that you could squeeze more. I think this is pretty much the best kind of way. It's not gonna be perfect. You're just gonna fill it as much as the balloon wants to be filled, and that's fine. That fits kinda perfectly in your hand. - [Faith] So what I did was I squeezed out the rest of it, I'm pinching it closed and I'm hoping it's not gonna - [Courtney] Splatter all over you or me. - [Faith] Oh (courtney laughing) Just the camera guy. - Also a party popper. - Okay - Satisfying. Okay I would squeeze it down if you can. So I can tell that there's liquid in the stalk here or the stem of the balloon. I'm just gonna squeeze that down as much as I can. Stretch this out and tie a single not, and then we're gonna cut off the little end past the knot to remove that sort of like nipple for lack of a better word there at the end of that balloon. - [Question Reader] We have some more questions. - How's that looking? - [Faith] Almost there. - [Courtney] Okay we have some questions. - [Question Reader] Okay so Renee asks, "How long does it last, and does it harden?" - Good question, Renee's asking how long do these last, and does it harden? So the cornstarch water mixture is really interesting um, we left them overnight and we we're playing with them again in the office this morning, and it was hard initially, but the minute you start to move it especially slow to begin it totally liquefies a little bit and gets really nice to squeeze. Over time the more their handled the kind of less crisp they're gonna look. So your balloon might look a little more deflated then it did when you first made it, and that's fine you can make more. And so far they've lasted over a week. - Yeah. - And they've been really super fun to play with. - And they've been subject to a fair amount of stress squeezing, so - A lot of handling. Not that we're stressed out here. We, or I have mine it's kinda oblong shape which is I think okay. I could try tying another knot in it, see what happens. How's your look? - [Faith] So I tied the knot at the peak of the... - [Courtney] Smart - [Faith] Bulb - [Courtney] The bulb. Tried to do that but I keep getting stuck Alright, there. Force it. I'm gonna just trim off past my knot. Do you wanna do that to? - [Faith] You scared me, I didn't realize you tied a second one. - [Courtney] I did. I tied a second. - [Faith] Get it all over me. - [Courtney] I'm really happy with my consistency. Mine was a little liquidy and I added a little bit of Faith's slightly firmer. - [Faith] Good. - [Courtney] It's like perfect. Hers you can see the resistance, and the difference between hers and mine. Mines squishier and hers like, has a little more resistance. - [Faith] It takes it's time. - [Courtney] I love it. - [Faith] It's so fun. - [Courtney] So you can add a second skin on top to cover up this little knot that you've tied. And to do that you just take a

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contrasting colored balloon. This would be really fun to do with like marbled balloons or decorative balloons with stars. You're gonna take your other balloon and snip off the tail. You might have to cut this more than once. Did I steal your balloon? No you've got one. - [Faith] No I'm just coping you. - [Courtney] It's great. - [Faith] You have good ideas. - [Courtney] We're gonna stretch it out and put it over our squeezy ball. And if this is hard, let's say you made a really large ballon, and this is being difficult to put on the second layer you could have a friend help you. Or if you didn't cut your balloon small enough like this you can take it off re-trim it and put it back on. Don't attempt to cut this layer while it's on your squeezy ball. - [Faith] Now I want to though. So you're saying I need to take it off? - [Courtney] I would take it off. - [Faith] I don't have that patience. - [Courtney] Try it. Just really depends on how big you made your squeezy ball. If you make this too short then the squeezy ball on the inside will just squeeze entirely out. A little bit of squeezing out is great, it's kinda fun. - [Faith] It's really fun. - [Courtney] It's really super fun, but I love the double color like this. - [Question Reader] We have another question. - [Courtney] We have another question. - [Question Reader] Karina wants to know, "Do they freeze?" - Do they freeze? Can you freeze an oobleck. - Well as a non-newtonian fluid, um I don't know what that means, non-newtonian. I think so. I don't think you should though. It's not advisable. - It wouldn't be squishy any longer if it does freeze, and I'm not sure what it would do to the rubber overtime to have it be cold and then room temperature. If you think about erasers that have been left in the sun then you go to use, like you're always hunting for an eraser, a pencil eraser - Yeah, yeah, yeah - And then you go to use it and it's all disgusting and doesn't work - But now - Now you're curious. - We're gonna, we'll try it - [Together] We'll let you know. - Ask us the question in a couple of weeks when we take it out of the freezer. I love the one I made. It's like the perfect consistency. - [Faith] The new one you made? - [Courtney] Yes. - [Faith] Should we judge each others? - [Courtney] Yeah. Oh. - [Faith] I like mine better. - Yeah Faith's has a ton of resistance, it's more like squeezing like peanut butter and cement. - Do you think it's because I'm a knitter and therefore I have - [Courtney] stronger hands? - [Faith] Yeah - Yeah you might have stronger hands. - Like I need a little bit more. - I think I like the satisfaction of being like able to squeeze the heck out of it. Like get right down to it. - Mmkay. - [Courtney] I'm not sure. It's really interesting to the ones with more cornstarch if you squeeze them really quickly you can feel the cornstarch harden in the center. And then if you go back and squeeze it again softly then there's no hard cornstarch in there. That whole newtonian, non-newtonian principles. - We're gonna keep looking into this. - [Courtney] We're really curious about it now. So whether you're gonna make ones with the cornstarch mixture we just showed you or flour with no water. You can also try a - Rice and beans. - Beans not from a can - Nope - Just dry. Dry rice dry beans - Please. - Ugh experiment which feeling you like for your stress level and then hopefully you'll be watching all of the tallies tonight. - And will be less stressed. - And will be less stressed, or will help you cope with your stress. See you guys on Thursday for our next live shoot.

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