

# Boredom Busters &

## The Word!

### ~The Squishy Ball- Patience~

#### What you will need:

- 1 medium sized balloon
- 1/2 cup sand or salt
- Funnel

**Use different filler ingredients such as cornstarch, flour, or rice to give squishy balls a different feel.**



#### How it's done:

1. Place balloon over the end of a funnel.
2. Pour 1/2 cup sand or salt into the funnel. If the entire 1/2 cup of filler doesn't seem to fit into the balloon, use a straw or the eraser end of a pencil to force the remaining filler into the balloon.
3. Squeeze out any air that may have become trapped in the balloon. Tie the balloon shut.

#### The Word:

Did you know that when people do things to us we need to have a “bounce back” attitude? We need to have patience. Patience is important. God wants us to be patient when other people do things that make us impatient. When people do things to us that make us impatient with them, we may want to yell, hot or get angry. But God's Word tells us that if we want to be people who have great understanding we need to have patience.

“A patient man has great understanding, but a quick-tempered man displays folly.” Proverbs 14:29