

## **Gentleness Fidget Instructions:**

You will need a balloon, flour, plain paper, foam, green paper or green crayon, scissors, hole punch

1. Use plain printer paper and roll it to make it into a funnel
2. Blow up a balloon a few times to stretch it
3. Use the funnels to pour some flour in the balloon and then tie a knot in it
4. Cut out a leaf from the green paper, foam or color a leaf on white paper with green crayon and then hole punch and pull the knot end through the hole
5. Draw a face on the balloons with a black sharpie
6. Gently roll your fidget around in your hand and remember the Fruit of the Spirit of Gentleness