STRESS BALL PAPER SQUISHY

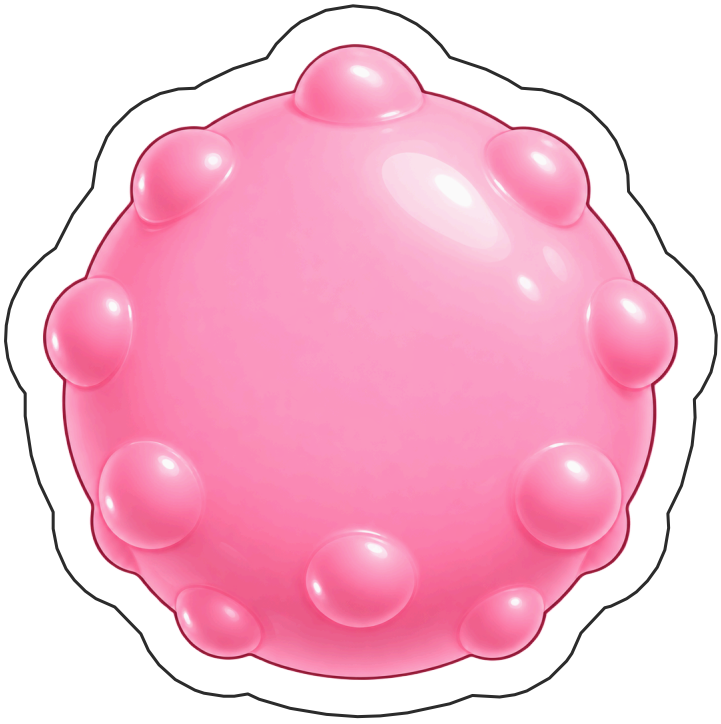
Pillow · color · easy · 20–30 min

A4 · print at 100% · 80–100 gsm paper

50 mm:



FRONT



BACK

cut

1. Let the ink dry. Cover both pieces with **clear tape**, then **cut them out**.
2. Lay the **back** printed side down on tape. Cut the tape **1 cm past the edge** and **snip it every 2 cm**.
3. **Front on top**, white sides together: fold the tape flaps over its edge. **Leave a small gap**, stuff lightly, then tape it shut.

scan for the steps!

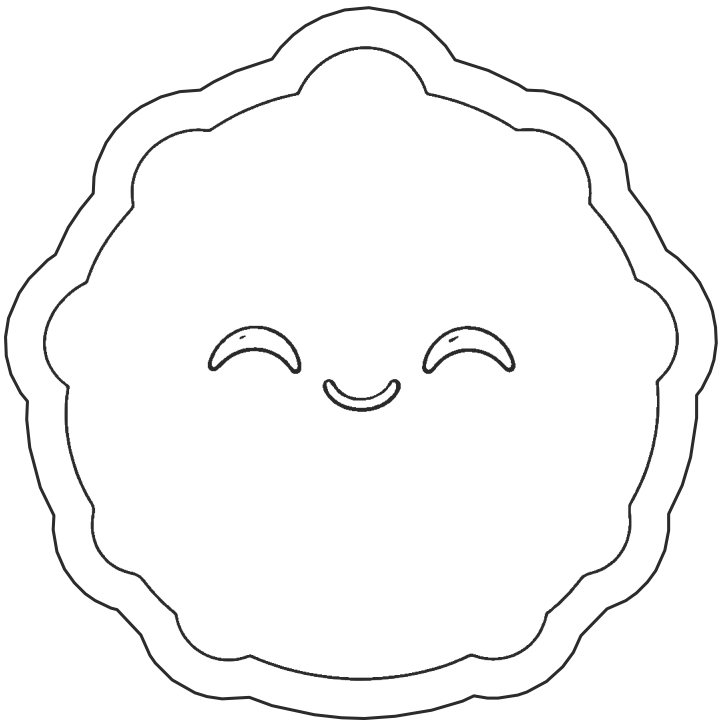
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STRESS BALL PAPER SQUISHY

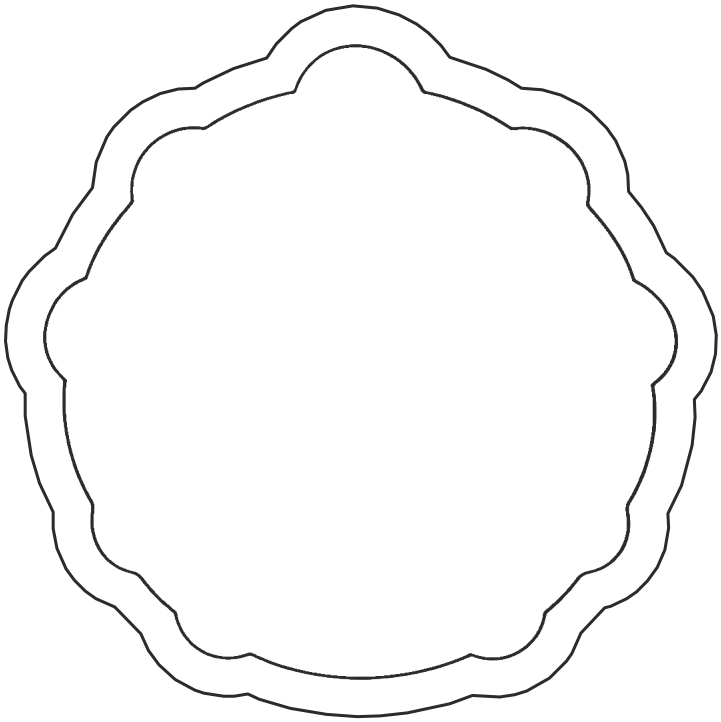
Pillow · coloring page · easy · 20–30 min

A4 · print at 100% · 80–100 gsm paper

50 mm:



FRONT



BACK

cut

1. Let the ink dry. Cover both pieces with **clear tape**, then **cut them out**.
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scan for the steps!

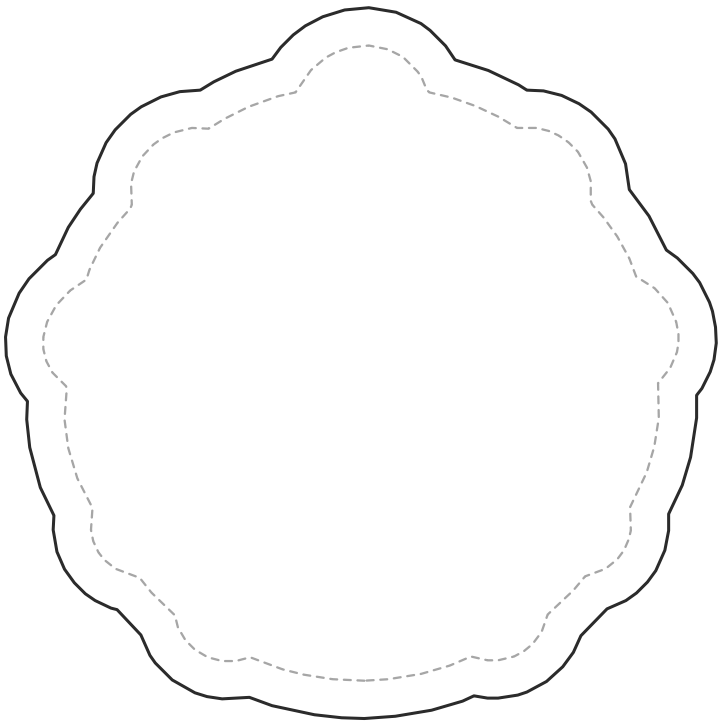
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STRESS BALL PAPER SQUISHY

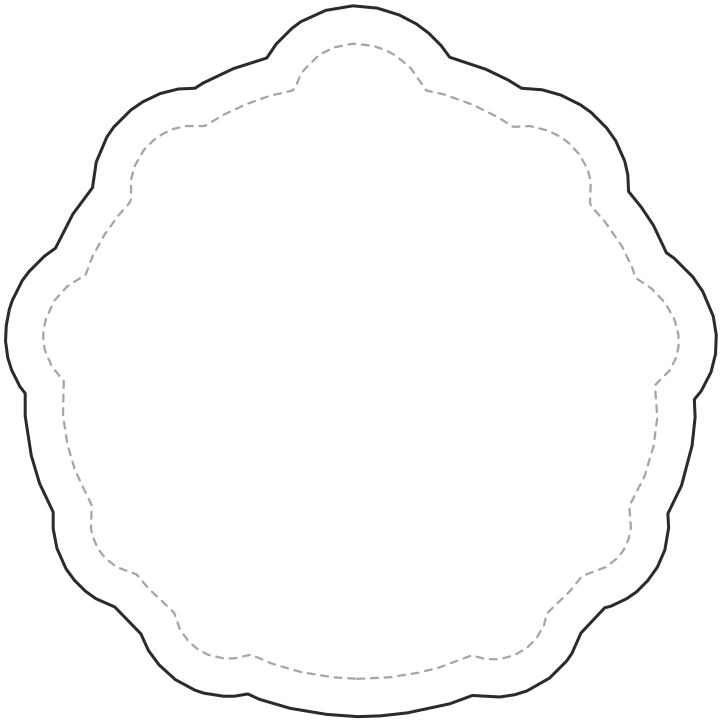
Pillow · design your own · easy · 20–30 min

A4 · print at 100% · 80–100 gsm paper

50 mm:



FRONT



BACK

cut color inside the gray line, keep the border white

1. Let the ink dry. Cover both pieces with **clear tape**, then **cut them out**.
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scan for the steps!

LITTLEMAKES.COM

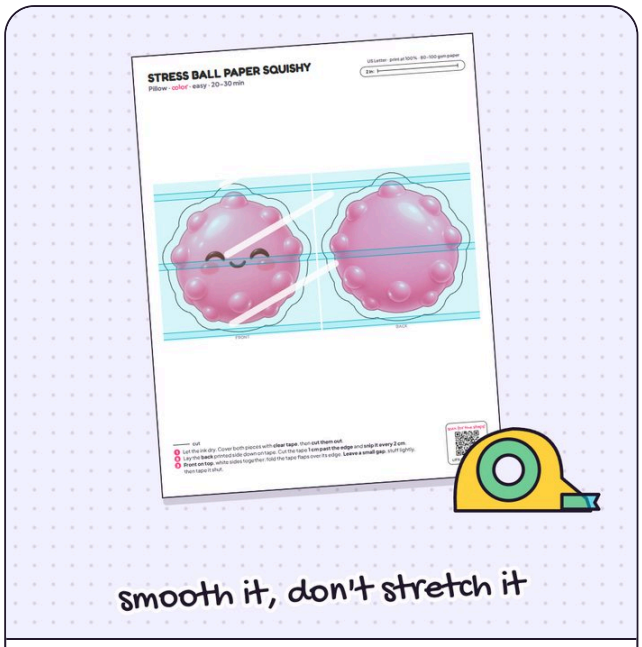
STRESS BALL PAPER SQUISHY

Pillow · step-by-step guide · easy · 20–30 min



1 Print the template

Print at **100%** on plain printer paper (turn off "fit to page"). The scale bar should measure exactly 2 inches (50 mm on A4). Coloring page? Color it in now.



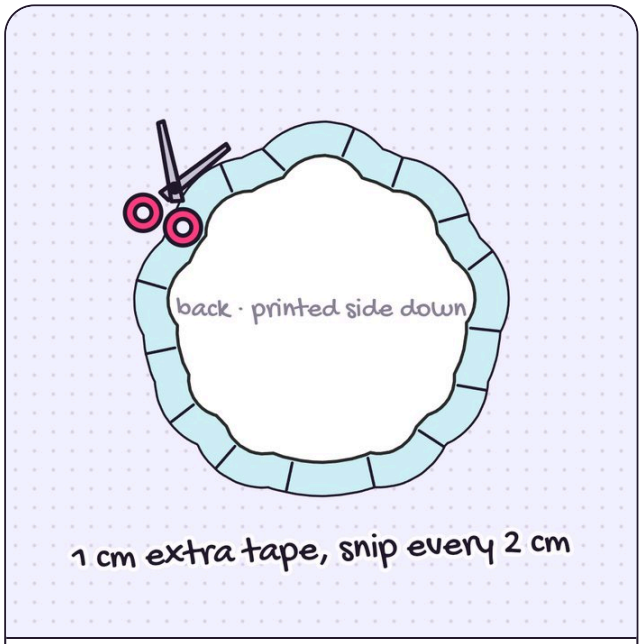
2 Tape the pieces

Cover both pieces with **clear packing tape**. Smooth each strip from the center and don't stretch it.



3 Cut out both pieces

Cut out the front and the back along the **solid outer line**. Keep the white border.



4 Add a tape border

Lay the **back** printed side down on strips of tape (sticky side up). Cut the tape **1 cm (½ in) past the edge** and **snip it every 2 cm (1 in)** up to the paper.

STRESS BALL PAPER SQUISHY

Pillow · step-by-step guide · easy · 20–30 min



5 Join front and back

Put the **front** on the back, **white sides together**. Fold the tape flaps **over the front's edge** one by one. **Leave a gap of 4 cm (1½ in) open** (pink line).



6 Stuff it

Push small pieces of plastic bag, cotton or fiberfill **through the gap**. Fill the corners first and **stuff lightly**.



7 Close the gap

Fold the last flaps over and **tape the gap shut** with an extra strip. Press all edges down well.



8 Squish!

Done! Squeeze it and watch it puff back up. For a slow-rising squishy, prick one tiny pinhole.