## Personalized Stress Balls
### Juggle Stress Hacky Sack Balls
These are just simple balls.
But they can be personalized with names or short slogans.
It takes about 1 or 2 hours to make one ball.
They are great hand exercisers, and good for stress relief.
They could also be used as Hacky sacks.
And if you make 3, they could be used for juggling.
Go ahead and have a ball.
Enjoy!
Pan

**Materials:**
Main Color (50 yds or 25 yds each of 2 colors held together)
Light Contrasting Color (16 yds)
        #10 Crochet Threads (2 strands held together)
        Or Double Strand Two-Toned Crochet Thread
        Or size 3 Crochet Thread
2.25 mm / B Hook
Tapestry needle
Small amount of black (or dark colored) crochet thread #10 for stitching a name on a ball  (I used about 18" per name)
**Filler**: ~1/3 cup poly pellets / or Dried Beans / or Rice / or Poly Fiber Fill for lighter weight ball
Optional: Nylon Ped socks or a pantyhose foot cut off / Sewing thread / sewing needle

**Abbreviations:**

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|---|---|
| **Ch** = Chain | **Rnd(s)** = Round(s) |
| **FO** = Fasten Off | **Sc** = Single Crochet |
| **Dec** = Decrease by crocheting 2 single crochets as one | **Ss** = Slip Stitch |
| **Inc** = 2 Single Crochets in same stitch | **St(s)** = Stitch(es) |
| **MR =** Magic Ring | |

**US Terminology**
**Gauge** = 6 sts / 6 rows = 1" (Not critical)
**Size**= 2½" diameter and 7 or 8" circumference
**Note:**     You can add poly-pellets to a ped or the toe-end of a panty hose, and then sew it closed.
        This makes it easier to insert into the hacky-sack and may give it a bit more fortification.
        Put the filled Ped into the Hacky Sack after finishing round 21.

**Ball:**  With B hook and 2 strands of thread held together:
Rnd 1:  MR, Ch 1, 6 Sc in the ring.  Join to first sc with a ss.  (6)
Rnd 2:  Ch 1, **Inc** around.  Join.  (12)
Rnd 3:  Ch 1, (Sc, **Inc**) around.  Join.  (18)
Rnd 4:  Ch 1, (Sc in 2, **Inc**) around. Join. (24)
Rnd 5:  Ch 1, (Sc in 3, **Inc**) around. Join.  (30)
Rnd 6:  Ch 1, (Sc in 4, **Inc**) around. Join.  (36)
Rnd 7:  Ch 1, (Sc in 5, **Inc**) around. Join.  (42)
Rnds 8 - 10: Ch 1, Sc in each st around. Join.  FO at end of Rnd 10.  (42)
Rnds 11 - 14: Join **Light Color** in first st.  Ch 1, Sc in each st around.  Join.  FO at the end of Rnd 14.  (42)
**Stitch Name:**   With a single strand of black, stitch name in block letters, in the center front between rows 11 and 14.
Rnds 15 - 18: Join **Main Color** in first st.  Ch 1, Sc in each st around.  Join.   (42)
Rnd 19: Ch 1, (Sc in 5, **Dec**) around. Join.  (36)
Rnd 20: Ch 1, (Sc in 4, **Dec**) around. Join.   (30)
Rnd 21: Ch 1, (Sc in 3, **Dec**) around. Join.   (24)
**Insert filled-ped.  You can start adding loose filler now or after next round.**
Rnd 22: Ch 1, (Sc in 2, **Dec**) around. Join.  (18)
Rnd 23: Ch 1, (Sc, **Dec**) around. Join.  (12)
Rnd 24: Ch1, SC **Dec** around. Join. FO with 8" to sew closed.  (6)
        Weave through last 6 sts, secure and weave in ends.