

Beaded Stress Ball

Squish and roll this beaded ball around in your hands to provide relaxation and quick relief to stress, aching or stiff finger joints. Tiny pressure points of beads have a meditative quality.

These balls make a quick, low-cost and much-appreciated gift. Make them bright and colorful for a cheerful uplift, or in subtle colors to fit your most reflective mood.



Shown in Lorna's Laces Shepherd Sock,
color 1ns Pond Blue.
Miyuki beads, Blue Lagoon mix.



Finished Size Approximately 2¾" to 3" (7 cm to 7.6 cm) diameter depending on degree of stuffing

Yarn 25 yards (23 m) fingering weight

Beads 792 size 8/0 (3 mm diameter) glass seed beads, approximately 20 g

Gauge 7 stitches per inch (2.5 cm) over beaded garter stitch before stuffing

Knitting Needles Size US 1 (2.25 mm) suggested

Notions

Bead stringing needle or bead spinner

Tapestry needle

Polyester fiberfill or other choice of stuffing

Skill Level Easy

Stitch Instructions Written and charted

Skills Needed Knit, slip, simple short rows, stringing beads, long tail cast on, bind off, sewing a seam

Overview of Construction Beads are strung on the yarn before knitting begins. The ball is shaped with 6 short-row sections that are knitted flat in one piece. While knitting, the beads are pushed into place between stitches on alternate rows. Ball is stuffed and seamed to close.