Can we change the shape of solid materials?

Squash, bend, twist, stretch

Objects to test	Can you squash it?	Can you bend it?	Can you twist it?	Can you stretch it?
sponge				
stone				
balloon				
elastic band				
golf ball				
tennis ball				
wire				
ruler				

NOW

Can you squash, bend, twist or stretch anything made of: metal, wood, plastic, paper, cloth?

Make a chart for your results.