

## Make Your Own

# POI

### TIME NEEDED

10 minutes

### MATERIALS

- \* 1 cup (160 g) rice (or dried lentils or beans)
- \* 2 plastic baggies
- \* 4 rubber bands
- \* pair of knee socks (stripes are fun!)



**Making poi is quick, simple, and fun.** We use rice here, but you can use dried lentils, popcorn, or whatever you have. Watch out if there are mice in your house—they'll eat your poi. You can also put an old tennis ball into a sock. This makes lighter poi but—sorry—they will still smack you!

**NOTE:** Here's the link to our companion online tutorial for making poi:  
[www.DIYCircusLab.com/tutorials](http://www.DIYCircusLab.com/tutorials).



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Fig. 1 Pour the rice into a baggie.



Fig. 2 Slip the bags into the socks and tie the ends.

### MAKE A PAIR OF POI

1. Measure out  $\frac{1}{2}$  cup (80 g) of rice (lentils, beans) and pour it into a baggie.
2. Twist the baggie closed and tightly wrap it with two rubber bands.
3. Repeat with the second baggie (Fig. 1).
4. Slip each baggie into the end of each sock (Fig. 2).
5. Tie a knot near the top of each sock. Make sure each knot is the same distance from the end. Done!



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