

Make Your Own Poi

Poi should be used responsibly and always under supervision for young children.

Here are a couple of easy to make designs of simple practice poi. Remember don't go out and buy new materials try to reuse things that you have at home.

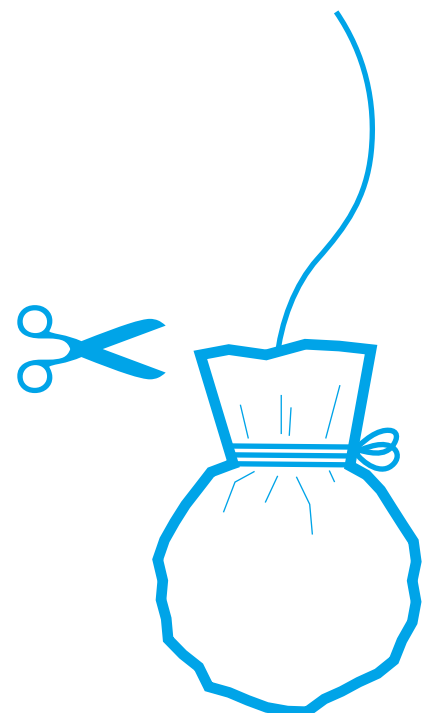
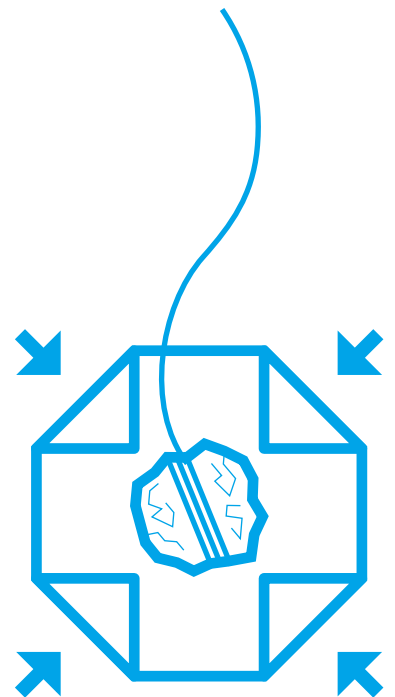
Simple Maori bag poi

Materials needed:

- Newspaper or Tennis Balls
- Coloured paper or material
- String/Cord (80cm long)
- Scissors
- Long pieces of coloured ribbon or thin strips of material

To make a prettier poi cord why not plait different coloured wool together.

1. Push the newspaper into a ball (or use tennis ball) and tie one end of the cord around the ball.
2. Cut the coloured paper or material into a square about 40cm x 40cm.
3. Place the ball in the middle of the square and gather the material over the ball. When gathering the material up around the ball place in the ribbon so it hangs out loosely over one side of the bag poi.
4. Cut another piece of cord to tie the opening in the material up.
5. Trim the gathered paper or cloth with the scissors.
6. Tie loops or knots in the ends of the cord to hold onto as handles.
7. Make another one and you have your first set of Poi.



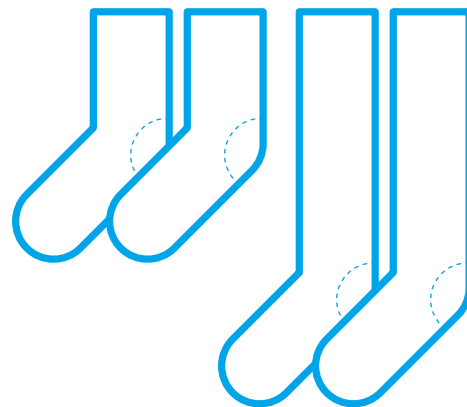
Simple sock poi

Don't throw out your old socks just because they have some holes in them. Make some practice poi instead!

Materials needed:

- A pair of long socks
- Another pair of socks of any size

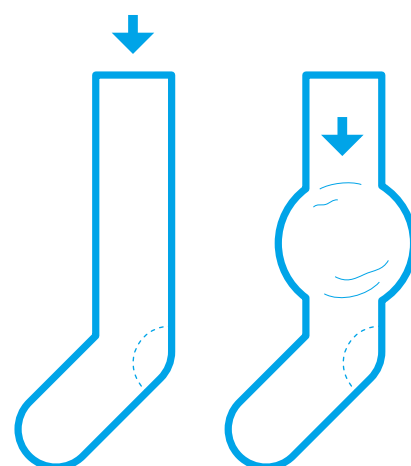
1. Use funky coloured long socks for the poi or to make boring black or white socks better dye them in some bright colours.



2. Roll each smaller sock into a ball shape.



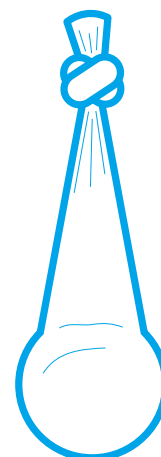
3. Push the sock ball down into the toe of the long sock.



4. If you want something heavier you could use a tennis ball instead.

5. Repeat for the other sock.

6. Pull and stretch out the top end of the sock and tie a knot. This makes a knob that you can swing the sock poi from.



For extra decoration you can sew ribbons onto the ball end of the sock.