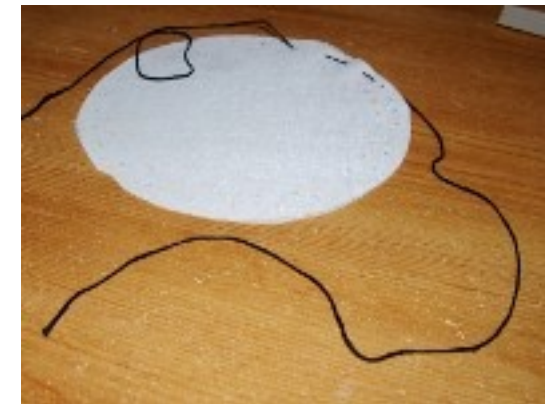
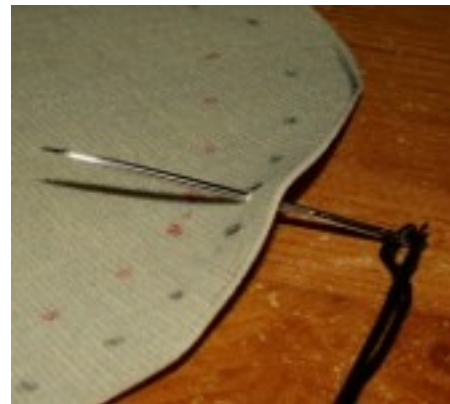


Maori Poi

You can watch a video showing poi being used here: <http://www.youtube.com/watch?v=Hu2g5h0hNM>



- 1) Choose a material that will not fray (we used leather look polyester from Hobbycraft). Draw round a small side plate and then cut out your circle. Optional: Ask an adult to add dots to show you where to sew.
- 2) Thread a long piece of embroidery thread through a large eyed needle. Place your circle of fabric on the table such that the side of the material that you want to end up on the outside of your poi is facing down. The first stitch must go up through the material as shown in the photograph. Do not pull your thread all the way through. Leave a length (this will become the handle).



3) Use a loose running stitch all the way round your circle. Make sure that your last stitch goes down, leaving a length hanging *outside* the poi. Do not knot or tie your thread.

4) Stitch a second row inside the first, again making sure that you leave a length of thread at each end.



5) Cut two squares of cling film (larger than your circle) and place them on top of each other.

6) Place 1-3 tsp of rice in the centre of the cling film (how much you need will depend on the size of your circle).

7) Carefully bring the corners of the cling film together and twist.

8) Wrap the end of the cling film round the small bundle and secure with sticky tape.

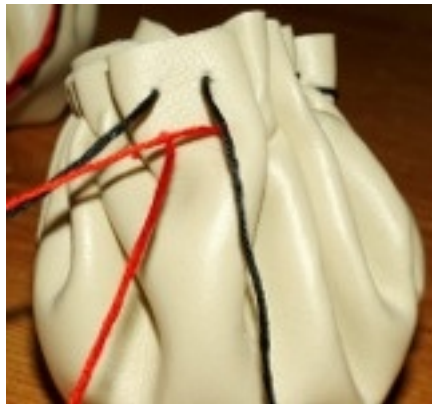


9) Place your ball inside the circle.

10) Carefully pull the loose threads whilst holding your bag still. This will cause them to 'scrunch up' as shown in the picture. Pull until the top of the bag is tightly shut.



11) Take two of the threads (one from each side) together. Treat them as if they were one thread. Plait. Tie a knot in the end to hold the plait secure.



Photograph of Poi dancer

Author: Honet

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Source: <http://en.wikipedia.org/wiki/File:Poi-manutuke.jpg>



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