

# A CREATIVE PROJECT

## Materials

Wool

Fabric  
(enough for two circles the size of a dinner plate)

Dinner plate  
(to draw around)

Plastic bag  
(optional)

Newspaper

Pen

Scissors



Share a photo of your creation and tag us using #AucklandArtGallery, #ArtBubbles and #AAGTOTFromHome.

## Poi Home Activity

Originally poi were made from harakeke (flax) and raupō (bullrush), but today we are going to make poi using materials we can find around the house. Using poi has been shown to improve your grip strength, balance and attention!

There are quite a few artworks in our current *Toi Tū Toi Ora* (on until May 2021) exhibition which feature poi. Make sure you come in and hunt them down when the Gallery is open!

## Instructions:

- 1 Gather together some wool – different colours are always fun. You will need quite a few lengths of each colour to make your plait thick enough. A good way to measure the length of wool is to hold one end of the wool in your fingertips and stretch it out to the inside of your elbow – then cut.
- 2 Tie one end of the wool together in a knot. Then, start plaiting down the length of the wool.
- 3 Once you are near the the end, stop and make your paper balls.
- 4 Take half a sheet of newspaper (or one sheet, if it is a small community paper) and form it into a twist. Tie the unfinished end of your plaited rope around the middle of your newspaper twist.
- 5 Bunch the newspaper up into a ball.
- 6 Add another sheet of newspaper to fill out and round your ball.
- 7 Lie your fabric (or plastic bag) flat and trace around a dinner plate with a pen. Cut it out.
- 8 Wrap the cut circle around your newspaper ball and tie up tightly with another piece of wool.
- 9 Trim off the fabric neatly around the rope. Repeat to make a second poi.
- 10 Enjoy!

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