

# Gymnastica Ribbon

Make a fantastica gymnastica ribbon.

## YOU WILL NEED

- 1 Wooden Dowel (3/4 x 12in. wooden dowel)
- 1 small square of all-purpose sand paper to sand the dowel
- Acrylic Paint (optional)
- 1 Small Eye Screw
- 1 9mm Split Ring
- 1 Swivel Badge Clip
- 1-2 metres of ribbon
- Duct Tape
- Paintbrush

## INSTRUCTIONS

- 1 Using your small square of all-purpose sand paper lightly sand your dowel to smooth out any rough spots.
- 2 Paint the dowel with a sassy acrylic colour using an even stroke from bottom to top and covering the entire circumference of the dowel as well as the top and bottom bases of the dowel.
- 3 Attach the eye screw to the top of the dowel.
- 4 For easy gripping and control of your ribbon stick use duct tape to create a handle which is about 3-4 inches up the dowel by wrapping the tape and securing it smoothly around the circumference of the dowel on the opposite side to the eye screw.
- 5 Join the swivel clip and split rings together.
- 6 Add the eye screw to the split ring.
- 7 Clip the ribbon to the swivel clip.
- 8 Now blast some tunes and create some twirly ribbon dances!



Follows a sequence of steps for making designed solutions that enhance physical activity

