



# Fuzzy's & Britta's Circus School

## **Poi**

**Poi come from New Zeland. They were used by Mourie women for cerimonial dancing Originally could Poi-Poi they were much shorter and had pom poms on the end. Sock Poi are what we will make. We use sock poi because string poi tangle while in the storage box.**

### **What you will need:**

**A pair of long socks, two tennis balls or bean bags, decoration if required.**

### **Step 1:**

**Place a tennis ball in each sock**

### **Step 2:**

**Tie the end of the sock in a knot**

### **Step 3:**

**Tie a ribbon or coloured material above the ball for decoration**

