



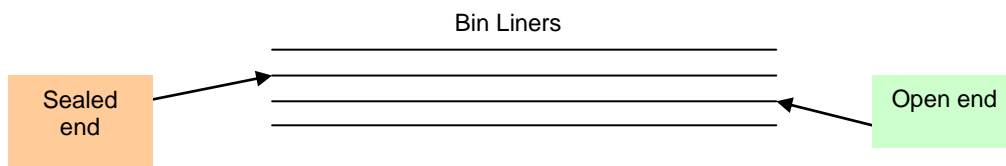
How to Make Poms

This worksheet is an easy step-by-step way to make Pompons, for very little money.

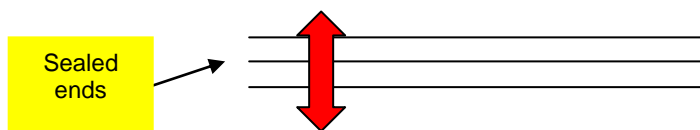
You need:

- **Rolls of bin liners**
- **Sellotape**
- **Scissors**
- **Tape Measure/Ruler**

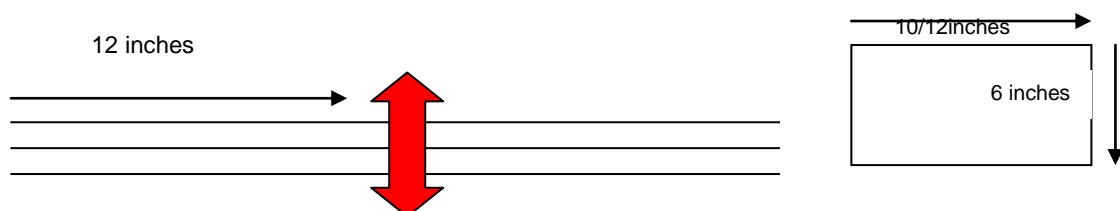
1. Roll out the bin liners and lay 10/20 (depending on the thickness) over the top of each other, with sealed ends all at the same end.



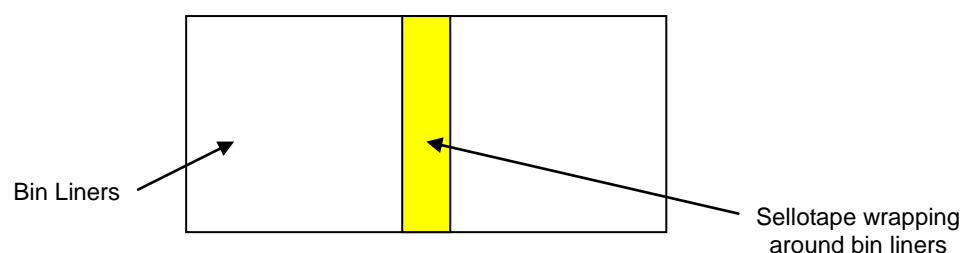
2. Cut off all sealed ends using scissors.



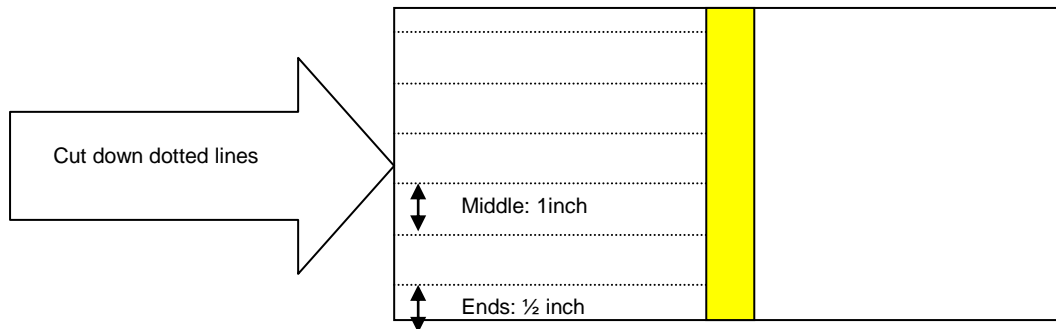
3. Measure 10/12 inches with the tape measure (depending on the length of the strands) and cut with the scissors. If width is thicker than 6 inches, cut down to size.



4. Place strips of sellotape approximately half the length along the top side and underneath side of the bin liners, keeping them flat on the table/desk.



5. Now cut down each side of the rectangular bin liners to where the sellotape is. Try to leave the ends to only $\frac{1}{2}$ inch width and the middle strips an inch (see diagram but repeat on both sides).



6. Grab the carrier bags in the middle where the sellotape is and wrap more sellotape around the middle (Do NOT roll the bags just grab them and secure around the centre).
7. Fluffing the poms: When you have completed steps 1-8 it is not time to fluff your poms. Take a clump of strands and separate all by peeling them (like a banana) in different directions. This is time consuming but the end effect is extremely worthwhile.

GOOD LUCK...



**A Big Thank You
to our Coaches for supplying this very helpful fact sheet**