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# Brushbot

- Packaging
  - 1 toothbrush head
  - Coin battery
  - Mini motor
  - o 2 Glue dots
  - Handout
- Handout information and text
  - Supplies provided: Coin battery, motor, toothbrush head, glue dot
  - Optional supplies you can request: Pipe cleaners, googly eyes
- Instructions

- To make the motor vibrate, the exposed wire tips of the blue and red wires must be pressed against opposite sides of the battery. Make sure one tip can be easily removed, so you can use it as an on/off switch.
- Use your glue dots to attach and hold together the battery and motor.
- Pipe cleaners can be added to stabilize the bot and googly eyes etc. for decoration.

### **DIY Marble Maze**

- Packaging
  - Paper plate with deep rim (pick up separate)
  - 1 pipe cleaner
  - 5 wikki stixs
  - o 1 marble
  - Handout
- Handout information and text
  - Supplies provided: Don't forget your paper plate!
  - o Pipe cleaner, wikki stix, marble
  - o Optional supplies you can request: Paper scraps, tape
- Instructions
  - Use the craft materials provided and things you find around your home to create a maze on the plate.
  - Try it out with your marble. See if you can tip and turn the plate to guide the marble through the maze.
  - For more ideas, check out https://buggyandbuddy.com/paper-plate-marble-maze/

# Floating ball experiment

- Preparation: Die-cut paper circles
- Packaging
  - o 1 paper circle, 1 ping-pong ball, 1 flexible straw, handout
- Handout information and text
  - Supplies provided: Paper circle, ball, and straw
  - You will need: Scissors, tape
- Instructions
  - Make a cut halfway into the circle
  - Make a funnel shape with the paper circle and tape
  - Cut a small hole at the bottom of the funnel. Insert the short end of the bendy straw. Tape.
  - Blow into the long end of the straw and make your ball "float"
  - https://allfortheboys.com/floating-ball-activity/

# Crystal growing

- Preparation
  - Measure ¼ cup borax into a ziplock snack bag

# Packaging

- Bag of borax (¼ cup)
- 2 brightly colored pipe cleaners
- Handout

### Handout information and text

- Supplies provided: Borax (¼ cup), pipe cleaners
- You will need at least one cup of water, a container to heat the water in, and a container to suspend your pipe cleaners in (can be the same thing!)
- Optional: A piece of silverware or stick and some thread will allow you to hang your pipe cleaners in the solution.

#### Instructions

- Decide on the shape of your pipe cleaners. They can be cut, twisted together, or scrunched into a bundle.
- Find your container(s)
- Boil at least one cup of water per 3-4 tablespoons of Borax. Stir the Borax into the boiling water until it is clear.
- o Drop, suspend, or hang your pipe cleaners in the solution.
- o Put it in a safe place and let it sit overnight.
- Let your crystals dry and safely dispose of your Borax solution.
- For more instructions and tips, check out these websites
   <a href="https://www.instructables.com/How-to-Grow-Borax-Crystals/">https://www.instructables.com/How-to-Grow-Borax-Crystals/</a> and
   <a href="https://www.steamsational.com/borax-crystal-snowflakes/">https://www.steamsational.com/borax-crystal-snowflakes/</a>

# Balloon rocket

### Packaging

- o 10 ft pc thin string
- 1 balloon
- 1 straight straw
- Handout

### Handout information and text

- Supplies provided: Balloon, straw, string
- You will need tape

### Instructions

- Tie one end of the string to something sturdy.
- Thread the straw onto the string.
- Pull the string tight and tie it to another support (a chair is good because you can move it).
- Blow up the balloon (don't tie it!). Pinch the end of the balloon closed and tape it to the straw as seen below.
- You're ready for launch! Let the balloon go and watch your rocket fly!
- For more information, see the original experiment here https://tinyurl.com/mxy98ep

# Parachute experiment

- Preparation
  - Cut cloth squares no smaller than 8x8. Hem if inordinate amounts of time.
  - Cut 4 pcs of yarn or string, each 2 ft long
- Packaging
  - Fabric square
  - 4 pcs of string (2ft long)
  - Wooden person
  - Handout
- Handout information and text
  - Supplies provided: 1 parachute, 4 pcs string, 1 wooden figure
  - You will need scissors
  - Optional: You can use sharpies or fabric markers to decorate your cloth. You can also hem your parachute to keep it from fraying.

#### Instructions

- Snip or punch a small hole in the four corners of your parachute
- Knot a string through each corner
- Tie the string around your person and toss or drop them from a high point.
- You can decorate your parachute and/or wooden person and try tying or cutting the strings at different lengths. Test different weights and heights with your parachute and different ways to hold it before dropping.
- For more ways to experiment, check out the ideas here https://tinyurl.com/yx9kycwx

### Softies

- Preparation
  - Die-cut fabric with the horse, gingerbread, fish, or owl. If fabric has a right and wrong side, make sure they can be matched up if using the horse shape.
- Packaging
  - Die-cut fabric pieces (2)
  - Basic stitch instructions (Jane Bull printout)
  - Handout

# Yarn butterfly

- Packaging
  - 3 pcs of yarn, each 6 ft long
  - o 2 regular (small) craft sticks
  - o 1 medium-large wooden bead
  - 2 small wooden beads (big enough for a pipe cleaner to fit through)
  - 1 pipe cleaner
  - Handout
- Handout information and text
  - Supplies: Yarn, 1 pipe cleaner, 3 beads, 2 craft sticks

- Make an 'X' shape with the craft sticks and wind yarn around the craft sticks to hold the sticks together. (Figure 1)
- Begin weaving the yarn in a figure 8 pattern up one side of your butterfly. When you reach the end, tie a double knot. (Figure 2)
- To switch yarn color, tuck the yarn end in and then begin your next color by weaving the figure 8 pattern again. (Figure 3)
- Repeat Step 2 for the other butterfly wing.
- Bend the pipe cleaner in half and wind it around the center of the 'X' shape and twist. Then thread two small beads onto the bottom and one larger bead onto the top. (Figure 4)
- Curl the top of the pipe cleaner to create two antennae.
- For more detailed instructions, see the original craft here https://www.thecrafttrain.com/woven-craft-stick-butterflies/

# Finger-knit snakes

- Packaging
  - 2 small yarn balls (~1" in diameter; 9 ft. long each)
  - Scrap of red/pink felt (1x1")
  - 4 googly eyes
  - Handout
- Handout information and text
  - Supplies: Yarn, felt scrap, googly eyes
  - You will need tacky glue or hot glue (available during Project Explore at the library)

### Instructions

- There are many techniques for finger-knitting (or finger-crochet). Ask one of the youth librarians, if they're not busy, or check out some of these tutorials online
- https://www.youtube.com/watch?v= rjrRZmrsRq
- https://www.thesprucecrafts.com/how-to-finger-crochet-4588276
- When you have a length of yarn knitted (or crocheted) use glue to attach your eyes and add details with the felt, like a tongue.
- For more detailed instructions, check out the original project here https://www.thecrafttrain.com/finger-knit-snake

### Felt Flowers

- Preparation
  - Die-cut felt circles and green felt leaves
- Packaging
  - o 2 felt circles
  - 4 felt leaves
  - 2 pcs floral wire
  - Handout

- Handout information and text
  - o Supplies: 2 felt circles, 4 felt leaves, 2 pcs floral wire
  - You will need scissors and hot glue (hot glue is available during Project Explore at the library).
- Instructions
  - Cut your circle in a spiral. You can cut the edges to make them look wavy
  - Using dots of hot glue, wrap your felt spiral around the end of the wire
  - Attach your leaves with hot glue. You can cut them smaller and have more leaves to work with!

### Cross-stitch box

- Preparation
  - Cut 6 equal squares from plastic canvas
- Packaging
  - 6 equal squares (rubber banded together)
  - 1 plastic needle (thin)
  - 3 small balls of yarn (3 ft long)
  - Handout
- Handout information and text
  - Supplies provided: A set of canvas mesh, yarn, and needle
  - Optional supplies to request: Additional yarn
  - You will need: Scissors
- Instructions
  - Decide on a pattern for each wall, bottom, and roof of your box. You can use graph paper to make the pattern or draw directly on the canvas mesh with a permanent marker.
  - Stitch the pattern onto each piece. You do not need to knot the yarn around the canvas - simply leave a tail and then sew over it. Weave your ends in.
  - Use a whipstitch to attach the sides of the box and the top.
  - You can find more instructions on this video with Ms. Jennifer https://youtu.be/aGhesAB9Ilk

# Circle braiding loom

- Preparation
  - Die-cut cardboard circles. Poke a hole in the center.
  - See the sample to cut 8 equidistant snips in the sides (use a ruler and pencil)
  - Cut 7 pcs of or embroidery floss, 3 feet long each. Loosely knot at one end
- Packaging
  - Cardboard loom
  - Floss
  - Handout
- Handout information and text
  - Supplies provided: Cardboard loom and yarn

Optional supplies: Beads

# Instructions

# Setting up the loom

- Thread all 7 strings through the hole
- Tie a knot in the end of the strings and pull it tight against the loom (you can add a little tape to hold it if it slides through)
- Pull a string through each slot—you should have one blank slot.

# Weaving your strings

- Cross the third string to the left over and down through the blank slot.
- Repeat! As your woven string grows, gently tug it through the hole.
- When your string is too short to pull through the slot, you are finished! Knot it off and do something cool with your woven thread—friendship bracelet, key ring, etc. You can reuse your loom again and again!

# Find out more:

- https://tinyurl.com/btm2fnv
- https://www.instructables.com/Cardboard-Loom-Friendship-Bracelet/
- https://youtu.be/IAQhiYI48y4

# Balloon popper

- Packaging
  - Plastic cup (put supplies IN cup, not a separate bag)
  - o 1 balloon, 1 small or medium pom-pom
- Handout information and text
  - Supplies provided: Plastic cup, balloon, and pom-pom
  - You will need scissors
  - Optional supplies: Tape, cardboard tube

#### Instructions

- o Carefully cut out the base of the cup. Be sure not to cut the rim.
- Tie a knot in the balloon (do not blow it up)
- Snip off the top of the balloon and stretch it over the base of the cup
- Hold the cup and balloon, pull back on the balloon and release to make your pom-pom pop.
- You can experiment with cardboard tubes, different sizes of cup, or secure your balloon to the cup with tape to make it sturdier.
- Here are two methods for making balloon poppers.
   <a href="https://www.pbs.org/parents/crafts-and-experiments/make-a-balloon-popper-https://www.redtedart.com/paper-cup-party-popper-craft/">https://www.redtedart.com/paper-cup-party-popper-craft/</a>

## Alka-Seltzer rockets

- Packaging
  - 1 plastic canister
  - 2 alka-seltzer tablets
  - Handout

### Handout information and text

- o Supplies provided: Plastic canister, two alka-seltzer tablets
- You will need water and an outdoor space. Safety goggles are recommended.

#### Instructions

- Warning: Rockets can shoot off in all directions, so check your area before you set it off.
- 1. Fill your small canister 2/3 of the way with water and drop in 1/4 of an alka-seltzer tablet.
- 2. IMMEDIATELY cap your canister tightly, flip it over, and put it on a flat surface.
- o 3. Step back and wait for the science to happen!
- Find out more about how this experiment works at https://tinyurl.com/y8xhdsls

### Yarn basket

# Packaging

- Ball of yarn 40 feet (or mixture of colors)
- 12 feet of thick, textured yarn
- Small ball of plain yarn (~9ft)
- Plastic needle
- Paper template (cut out and hole punched)
- Handout

### Handout information and text

- Supplies provided: Yarn, template, plastic needle
- You will need: clothespins (to hold yarn in place)
- Optional supplies to request additional yarn

## Instructions

- Press up the paper "sides" of the basket. Leaving a tail of yarn (1") inside, begin weaving your first color in and out around the paper stripes.
- When you are ready to start a new color, tuck the tail end in with the needle and continue weaving.
- When you have woven to the very top of your basket, covering the holes punched in the ends, get your bulky (thick) yarn for the rim.
- Using clothespins to hold the yarn in place, loosely wind the bulky yarn around the top of the basket. Tuck the tail into the weave.
- Thread your needle and insert it under all the layers of yarn on the outside of the basket. Leave the tail hidden under the yarn. Use a whipstitch, sewing through the hole punched holes, to bind the rim in place.
- For a video and more detailed instructions,
   https://therenegadeseamstress.com/2020/04/14/diy-cardstock-yarn-basket-weaving-new-one-minute-video/

#### Minimals

# Packaging

- 4 pcs felt in two colors (3x2" fit to image)
- Embroidery thread

- Printed instructions
- Handout
- Handout information and text
  - Supplies provided: Felt
  - Optional supplies to request: Needle, buttons for eyes, additional felt scraps and thread, and stuffing

- Decide which minimal you are going to make.
- Cut 2 shapes out of felt, using just the outer shape of the animal
- Use the scraps to make a tail, eyes, paws, ears, etc.
- Embroider the face or sew on your felt scraps.
- Put the pieces wrong side together and whipstitch around the edge, leaving a small hole for stuffing. Use the eraser end of a pencil to gently stuff your minimal.
- Sew up the hole.
- See the enclosed instructions for basic stitches or check out the book, Crafty Creatures by Jane Bull

# Minimals variation - Chirp Chirp Chickens

- Preparation
  - Cut felt bird pcs
- Packaging
  - o 2 pcs felt for body
  - o 2 pcs felt wings
  - Printed instructions
  - Handout
- Handout information and text
  - Supplies provided: Felt
  - Optional supplies to request: Needle, buttons for eyes, pipe cleaners for legs, additional felt scraps and thread, and stuffing

#### Instructions

- Organize your felt pcs and into the order you want to layer them and cut scraps into eyes, beak, etc.
- Embroider details or sew on your felt scraps. If you are layering them, add one at a time, the bottom one first.
- Put the pieces wrong side together and whipstitch around the edge, leaving a small hole for stuffing. Use the eraser end of a pencil to gently stuff your birds.
- Sew up the hole.
- See the enclosed instructions for basic stitches or check out the book, Crafty Creatures by Jane Bull

# Minimals variation: Bees and bugs

- Packaging
  - 4 pcs felt (cut larger than the bug pattern)
  - o 6 mini felt circles for spots
  - 1" square of white felt

- o 3" square of black felt
- o Printed instructions
- Handout
- Handout information and text
  - Supplies provided: Felt
  - Optional supplies to request: Needle, buttons for eyes, additional felt scraps and thread, and stuffing

- If your shapes are not already cut, use the pattern to cut out the teardrop shape of your bugs.
- You can add wings or other details with thread or felt scraps.
- See the enclosed instructions for basic stitches or check out the book, Crafty Creatures by Jane Bull

### **DIY Weather Vane**

- Packaging
  - Die-cut cardboard circle
  - Paper straw
  - Pencil (fresh eraser)
  - Pin (in small pc felt)
  - Small piece of construction paper (2x2" square)
  - Handout
- Handout information and text
  - o Supplies provided: Cardboard circle, straw, pencil, pin and construction paper
  - You will need a marker and scissors.

# Instructions

- 1. Write North, South, East, & West on the round piece of cardboard in a t shape (figure 1).
- 2. Cut a notch into each end of the straw (figure 2).
- 3. Cut an arrow and tail out of the piece of construction paper, then slip them into the end of the straw (figure 3).
- 4. Push your pencil into the center of the cardboard (figure 4).
- 5. Use the pin to fasten the straw to the top of the eraser and make sure it's centered (figure 5).
- o Optional: You can wiggle the pin back-and-forth to make the arrow spin easier.

# Catapult

- Packaging
  - 8 large craft sticks
  - 10 regular rubber bands
  - o 1 glue dot
  - 1 small-medium pompom
  - Handout

- Handout information and text
  - Supplies provided: 8 large craft sticks, 10 rubber bands, 1 glue dot, 1 pompom
  - Optional supplies: Bottle cap, drawing materials and projectiles
- Instructions
  - Rubber band a stack of 6 sticks together.
  - Put the stack between two sticks. Rubber band the end.
  - Put an X design of rubber bands around the middle.
  - Press your glue dot to the top end. It will be sticky enough to hold the pompom long enough to launch it.
  - To change the trajectory, adjust the number of sticks in your stack. You can also use the glue dot to attach a bottle cap to hold your projectile, decorate your catapult, and use different projectiles, but be safe and responsible!
  - https://www.youtube.com/watch?v=WpLFC\_SOpXs
  - https://www.instructables.com/id/Craft-Stick-Catapult/

# Basic Beading Craft

- Packaging snack bag
  - 1 2ft pc beading elastic
  - 10 pony beads
  - o 10 misc. Beads
  - 1 plastic animal bead
  - No handout

# Sling Shot

- Packaging
  - 4 large popsicle sticks
  - 2 large rubber bands
  - 1 small-medium pompom
  - Handout
- Handout information and text
  - Supplies provided: 4 large popsicle sticks, 2 large rubber bands, 1 pompom
  - Optional supplies: Drawing materials and projectiles
- Instructions
  - Make 2 stacks of 2 popsicle sticks forming a small x on one end. (Figure 1)
  - Take 1 large rubber band and make an X on the small side of the X. (Figure 2)
  - Take the other large rubber band and wrap each end of the long X sides. (Figure
     3)
  - Fire your pompom!
  - Optional: You can decorate your slingshot and try shooting other projectiles, but make sure you use it safely and responsibly!

# Straw weaving

# Packaging

- o 3 straws
- 1 pc plain yarn, 9 ft long (or 3 pcs 3 ft long)
- 1 mini ball fancy/colored yarn, 6 yards long
- handout
- Handout information and text
  - Supplies provided: 3 straws, plain yarn, colored yarn
  - You will need scissors and some tape
  - Optional supplies: beads

### Instructions

- Tape your straws together at one end.
- Cut your plain yarn into three pieces, each 3 ft long (if it is not already cut)
- Use your colored yarn and, leaving a tail, weave it between the straws until you reach the end of the straws.
- o Thread the short, plain pieces of yarn through the straws, one piece per straw.
- Tie the plain pieces of yarn off at the untaped end. Slide the weaving off the straws, then tie off the plain yarn at the opposite end.
- For more detailed instructions, including a video tutorial, visit
   <a href="https://happyhooligans.ca/straw-weaving/">https://happyhooligans.ca/straw-weaving/</a> Don't forget to keep and reuse your straws for more weaving projects!

# Decorative No-Sew Pouch

- Preparation
  - Cut 10" squares of cotton fabric in sets of two
  - Cut 9x4" sections of interfacing, 1 per set of two pcs of fabric

# Packaging

- Count as sets of two
- Handout available separately

### Signage

- Pick out TWO squares of fabric and ONE piece of interfacing
- Put materials in a clear shoebox, interfacing in an envelope
- Handout information and text
  - Supplies provided: 2 pieces of pre-cut fabric, one piece of interfacing
  - You will need scissors, a pencil, a ruler, and an iron
  - Optional supplies that can be requested: Needle and thread or sewing machine

#### Instructions

- Decide which side of our fabric is the top. Fold a hem of approximately 1". Use your ruler and pencil to draw a line down the fold.
- Cut your interfacing into four thin strips. Place one strip, rough side down, below the pencil line and iron. Remove the paper, press down the hem, and iron.
- Repeat on your second piece of fabric.

- Line up the two pieces, right (pattern) side together, to see if they match. Lay a strip of interfacing, rough side down, on the sides and bottom. Iron. Remove the paper, lay your second piece of fabric right (pattern) side down, and iron.
- Let your project cool for a minute or two, then turn right side out.
- Note that this will not carry any weight, it's just decorative. If you want it to be a
  more solid bag, you will need to sew around the edge by hand or with a sewing
  machine.
- For a step-by-step video, go to <a href="https://youtu.be/jgUDcJjN00Q">https://youtu.be/jgUDcJjN00Q</a>

### No-Sew Fleece Pillows

- Preparation
  - Cut 12" squares of fleece in sets of two
  - Cut a 2" square out of each corner
  - Snip 2" deep and 1" wide fringe
- Packaging
  - Count as sets of two
  - Handout available separately
- Handout information and text
  - Supplies provided: 2 pieces of pre-cut fleece
  - Optional supplies that can be requested: Embroidery floss and/or fabric scraps
  - Optional supplies if you have them: Stuffing or a small pillow, permanent marker(s)
- Instructions
  - Decide what you are going to make. If you are going to decorate your item, do that first. If you are going to stuff it, make sure you have stuffing or a small pillow available.
  - Line up your two pieces of fleece, wrong sides together if there is a pattern or decorations. Starting in a corner, tie the fringe together. When you have three sides finished, if you are making a pillow stuff or slide in the pillow. Tie the last row.
  - For more instructions: <a href="https://www.wikihow.com/Make-a-No-Sew-Fleece-Pillow">https://www.wikihow.com/Make-a-No-Sew-Fleece-Pillow</a>

### Twisteez wire bracelet

- Packaging ziplock snack bag
  - 1 pc Twisteez wire
  - 15 pony beads
  - 1 button/charm
  - Handout
- Handout information and text
  - Supplies provided: 1 pc Twisteez wire, 15 pony beads, 1 charm
  - Optional supplies that can be requested: Ask to borrow a crochet hook
- Instructions

- Tie a slip knot at the end of your wire. String beads one at a time, poking a loop through the original loop after each bead. You are basically crocheting with wire and your fingers!
- For more detailed instructions, watch this video <a href="https://www.youtube.com/watch?v=iuvqYmzrqds">https://www.youtube.com/watch?v=iuvqYmzrqds</a> or ask one of the youth services staff to give you a tutorial.

# No-Sew Pokemon Patch

- Preparation
  - Cut out Pokemon badge circles (leave a rim of black)
  - Cut out an equal number of squares, slightly larger than the biggest circle, from different colors of plain flannel
  - Cut an equal number of 2" squares of interfacing
- Packaging
  - Handout available separately
- Signage
  - o Pick out ONE each: Pokemon patch, circle backing, interfacing square.
  - o Put materials in two clear shoeboxes, interfacing in an envelope
- Handout information and text
  - Supplies to take: One pokemon patch, one flannel circle, one square of interfacing.
  - Optional supplies that can be requested: Needle and thread (iron is available to use in the library during Project Explore)

### Instructions

- Put a piece of flannel on an ironing board. Lay a piece of the interfacing rough side DOWN, paper side UP. Press with the iron (the interfacing will melt to the fabric).
- Peel off the paper and put your Pokemon patch on top of the sticky area. Press again with the iron. Give it time to cool.
- Optional sew around the edge, add yarn or a ribbon to hang it by, or other decorations.
- Safety caution: Do not put the iron on the interfacing, it will melt onto the iron. Do not use the interfacing/iron on acrylic or rayon fabric (like fleece); the fabric will melt.

### Crossbow

- Packaging
  - 1 Handout
  - 4 regular craft sticks
  - o 1" straw piece
  - 2 small buttons
  - 1 regular rubber band
- Handout information and text
  - o Supplies provided: 4 craft sticks, 1" straw piece, 2 small buttons, 1 rubber band

- What you need: Hot glue/Super glue
- Optional supplies: Decorations & Markers/colored pencils/crayons

- **Optional:** Decorate the craft sticks.
- Glue two sticks together, then glue the other two sticks together.
- o Choose which stick will be the handle and which will be the crossbar (figure 1).
- Glue the crossbar 1/4 of the way from the top of the handle.
  - (Make sure the crossbar is on the bottom.)
- Glue buttons on the crossbar about 2 cm from the ends.
- Glue the straw piece on top of the handle above the crossbar.
- Wrap a rubber band around the end of the crossbar, and then repeat for the other side.
- Pull the long side of the rubber band behind the straw to anchor the rubber band.
- Load a Q-tip and have fun!

# **Pompom Creatures**

- Packaging
  - o 1 Handout
  - o 2 pompoms
  - 4 googly eyes
  - 2 pieces of felt (~1"x1")
  - 1 pc yarn (2 ft long)
  - 1 keyring
- Handout information
  - Supplies included: 2 Pompoms, Felt, Piece of yarn, Googly eyes
  - Supplies needed: Scissors, Glue OR Sewing needle and thread
- Instructions
  - Cut ears, mouths, etc. out of felt. (The kit includes googly eyes!)
  - Use glue or sew the creature parts onto your pompom.
  - Use glue or sew the pompom to the piece of yarn.
  - Loop the yarn through the keyring.

# DIY Pompom

- Packaging
  - Yarn ball (~1" in diameter; 9 ft. long each)
- Handout information
  - Supplies needed: Scissors
- Instructions
  - Take the end of the yarn, lay it on top of your hand and hold the end with your thumb.
  - Then wrap the ball of yarn around your fingers until there is about 6-9" left and cut it off (3" for keychain loop).

- Take the yarn off of your hand and use 6" piece to tie the wrapped yarn in the middle.
- Then use the scissors to cut the loops.
- Finish your pompom by trimming all around.
- o Tip: The more you trim the smaller the pompom will be.
- You can rub your pompom between your hands to break up the yarn fibers to make it more puffed.