

# CREATIVE LEARNING

geelong  
arts  
centre

<b>Facilitator Name</b>	Presented by Benji Leeks from Fresh Creative Entertainment
<b>Task:</b>	Making a Balance Stick and Poi
<b>Outline:</b>	Learn beginner circus arts skills in the classroom or at home

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## What you'll need for the balance stick:

A Dowel stick  
A soft/light piece of material

### Step 1

This is an easy one. Tie the material to the top of the stick. **All done!**



### Tip

Make sure that you look at the top of the stick when you are balancing.



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## What you'll need for the poi:

A pair of long socks  
2 x balls or rolled up socks

### Step 1

Another super simple one! Pop the balls or rolled up socks in the toe area of your socks.



**Congratulations! You now have your very own pair of poi!**

