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RIBBONS CRAFTS

At Monkeys in Motion we use ribbons lots... So now is the time to make some of your own to use at home when Dancing or doing Yoga with us!

WHAT YOU NEED

- Stick or wooden rod
 - Scissors
 - Ribbons
 - Tape

WHAT TO DO

1. Get a stick the length you'd like or cut to the length suitable (this can be a softer material like a straw or wooden/plastic rod) – this is your handle
2. Cut a piece of ribbon the length you'd like to go on your stick
3. Wrap one end of the ribbon around your stick once

WHAT TO DO

4. Secure the ribbon to the stick using tape
 5. Tape, colour or decorate the handle so it is fully covered in either the same colour as your ribbon or a colour/pattern you desire!
- This gives the ribbon a lovely finishing touch!



HAVE FUN!