

HULAPALOOZA

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GET CREATIVE WITH YOUR HULA-HOOP!


MAKE A DREAM CATCHER

A hula-hoop is more than a toy to twirl around your waist, limbs or neck. You can use your hoop to bring out your imagination, too. With only a few supplies – scissors, yarn, fabric, tulle – you can build a work of art with bold colors and fun designs.


1. Wrap the entire hoop with yarn. Alternate colors if you wish, leaving strings on the outside edges.




2. Decide where the top of your dream catcher will be and tie a knot with the yarn you wish to use for the center of the dream catcher. Then wrap the yarn multiple times around the hula-hoop. Wrap as many times as you wish, always keeping the yarn loose.




4. Keep going until you reach the center.




3. Run your yarn through those loops all the way around again and again.




5. Once you do, pull it tight to create a mesh web that resembles a net.



7. Get one long piece of yarn and tie a knot to make a circle. Feed part of the circle into the hoop and pull the knotted end through. Now you have a loop from which to hang your finished dream catcher.



6. Tie off and cut the yarn to complete the net.



8. Now you can attach any number of hanging elements for decoration. You can also weave items into the net, or you may want to tie strings and attach colorful fabrics or other elements to make your dream catcher vibrant!

