Get Creative with your Hula-Hoop!

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.

**MAKE A WOVEN HULA-HOOP**

1. Tie the yarn on the hoop, then wrap the entire hoop with yarn.
2. During this step, you can alternate colors of yarn or other materials to wrap the hoop — it’s up to you!
3. When you have covered the entire hoop, cut off the yarn and tie a knot so the yarn does not unwind.
4. For the inside weaves, you may want to choose a different color of yarn. Begin by tying a knot on the hoop.
5. Wind the yarn around the hoop, crossing back and forth as many times as you wish.
6. After the hoop is full of inside weaves, cut the yarn and tie a knot around the hoop so the weaves are secure.
7. Then, gather all of the yarn in the center with two fingers so every loop is within one of your two fingers.
8. Wrap a piece of yarn around the weaves and tie the loops together in the middle so it is secure.
9. Now it is time to weave the inside of your hoop. You can use any variety of elements — torn strips of fabric, yarn, ribbons or tulle. The wider the item, the less area you have to weave.
10. Begin in the center, where the inner weaves are tied together. Attach the first piece of material that you want to weave, then work in and out of the yarn so that the weaving is secure.
11. You can swap to another material to add texture and color to your hoop. Just tie the new piece of material to the piece you’ve already woven into the design. Continue as with as much weaving as you’d like, or until you reach the outside edge.
12. To hang your hula-hoop, tie a knot in a length of yarn so you form a circle.
13. 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 woven hula-hoop.

**GET INSPIRED WITH THESE HOOP DESIGNS!**

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