



MAKING POM POMS

Age 24 months +



What you need

- 2 x circle cut outs of the same size from cardboard
- Wool
- Scissors

What to do

1. Take a piece of cardboard and draw around a cup.
2. Cut out the shape.
3. Cut out a smaller circle in the middle.
4. Thread wool through the inner and outer ring.
5. Continue this until the inner circle is full and there is no gap throughout.
6. (Adult supervision needed)- cut between the two pieces of cardboard.
7. Tie a piece of thread between the two cardboard discs.

You have now created a 'pom pom'.

This activity helps to develop your children's fine motor and pre-writing skills by building muscle development in the hands. This is also great for supporting mindfulness as a calming and engaging activity. The process can be extended by discussing the size of the pom-pom/s, the colours and what it feels like, whilst incorporating descriptive language.