



How to make a Rula Hoop

MATERIALS:

2 metres of 1/2 inch standard water pipe (brands like hydrodeare normally cost 75cent per metre you can get it cut to your needs eg 20m for a group of 10 participants) https://www.diy.ie/departments/pipelife-blue-polyethylene-pe-push-fit-barrier-pipe-I-25mdia-25mm/5391536810528 BQ.prd

12mm wooden dowel (sold in long lengths approx 2 m) https://www.diy.ie/departments/oak-dowel-doweling-l-2400mm-dia-12mm/ 3663602429944 BQ.prd

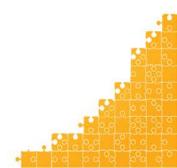
Electrical tape comes in green red, white, blue, yellow, brown https://www.diy.ie/departments/diall-multicolour-electrical-tape-l-10m-w-19mm-packof-5/1635823 BQ.prd

Pipe cutter (https://www.diy.ie/departments/manual-26mm-plastic-pipe-shears/ 5059340003634 BQ.prd)

Normally done in pairs but if you have budget each participant can make their own. For small children, use 1.5 m length of pipe.

Typically each Rula Hoop costs less than €2 and there last longer than the real thing!

- 1. Cut into lengths using a pipe cutter rather than knife as its safer and gives a cleaner cut.
- 2. Cut a 30mm length of wooden dowel this acts as a joiner3. Wrap the wooden joiner ends with one round of electrical tape to give a tight fitting
- 4. Insert into the open ends of the pipe
- 5. Tape the joint securely
- 6. Let the participants decorate
- 7. Make up lots of games and enjoy!

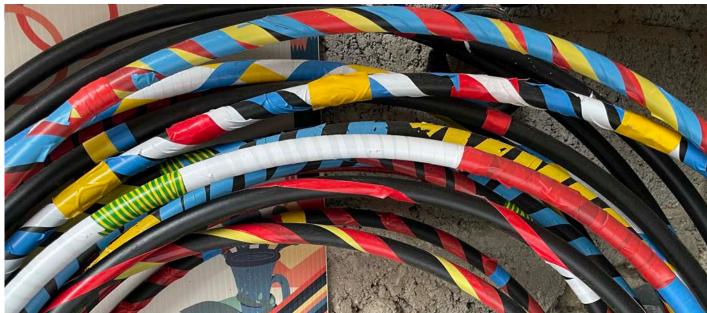












If you come up with any new games email me some photos please martin@playstrategist.com

