

Though there are a variety of props to choose from, this activity guides you through the creation of veil sock poi. Veil sock poi is one of the flow arts' most common forms and involves swinging tethered weights through space to create a variety of rhythmical and geometric patterns.

## Materials

- One pair of long over the knee socks
- Two tennis balls
- Lightweight, flowy fabric
- Scissors
- Needle and thread

## Instructions

### 1. Gather Materials

Choose what materials you will use to create your poi. Will your socks have a pattern? What color fabric are you inspired to choose?

### 2. Create Sock Poi

Take one sock, open up the top and insert a tennis ball. Push the tennis ball down into the toe of the long sock. Next, pull and stretch out the top end of the sock. Tie a knot at the open end of the sock to act as a handle that you can swing your poi from. Repeat this entire process with the other sock.

### 3. Add Veil

Take your fabric and cut it into two, long and even pieces. Sew a small section of one end of one veil piece onto the ball end of one sock. Repeat this entire process with the other sock.

### 4. Spin Veil Sock Poi

Your veil sock poi is now ready to spin! Find a safe location with room for large movements outside your home. Take one poi in each hand, using the knots as handles. Spin your poi on both sides of you forward first, then backwards to see the visual effect the poi creates. Next, try spinning one poi forward as the other spins backwards. Breathing mindfully, play and explore spinning your veil poi through space. Be aware of the poi as it moves around you to avoid getting hit. What other directions can you spin your poi around your body?

#### **Flow Arts**

is a general term used to describe an emerging, movement-based artform which integrates the skills of prop manipulation with various movement disciplines such as dance, yoga, juggling, or fire spinning.

Additional prop spinning skills can be learned on your own with enough dedication and time. Take a video and show us your moves!

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