



Brain Beats Music

Make your own Stretchy Circles

Congratulations on choosing to make these stretchy circles for use with our *Stretchy Circle* song. We hope you and your children get many hours of pleasure and learning from using them.





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Stretchy Circle Instructions

Materials and tools required:

- Bungy cord / elastic (see lengths below)
- Fabric (for large or medium stretchy circle). I find sweat shirt or stretch velour fabric works best.
- Ribbon or fabric scraps to decorate small stretchy circle (optional)
- Needle and thread
- Sharp fabric scissors
- Sewing machine (for large and medium stretchy circles)

Instructions:

First you need to decide the size of the stretchy circle that you will need.

Large—suitable for 15-30 people to use.

Medium—suitable for 5-15 people to use.

Small—suitable for 1-2 people to use.

Now cut your bungy cord or elastic to length.

Large—6m of sturdy bungy cord. Ideally 5mm thick.

Medium—4.5m of bungy cord. Ideally 3-5mm thick.

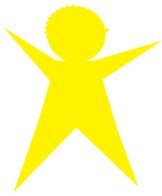
Small—1.8m of 15mm wide sturdy elastic.

Finally cut your fabric to length. You will likely need to make joins in the fabric to get it long enough. The finished lengths are as follows:

Large - 12m long and 12cm wide.

Medium - 10m long and 10cm wide.

Small - Cut pieces of ribbon or fabric scraps to decorate your piece of elastic (optional). See photo.



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Stretchy Circle Instructions

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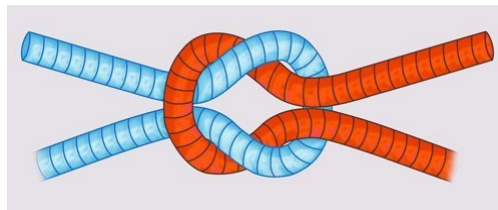
Large and Medium Stretchy Circles:

Fold fabric in half lengthways with right sides together.

Stitch 1cm from raw edge along the long edge, starting about 10cm from one end and finishing about 10cm before the other end.

Turn right side out to form a long tube.

Thread your bungy cord through the tube and tie tightly with a reef knot.



Hand stitch the short ends of the bungy cord to the long sides of the bungy cord to help stop the knot from coming untied and to keep it sitting flat.

Place the two short ends of the tube right sides together and stitch 1cm from raw edge.

Hand stitch the remaining opening to fully enclose the bungy cord.

Small Stretchy Cord

Take the piece of elastic and form a circle, overlapping the ends.

Stitch through the overlapped ends ensuring they are secure.

Decorate by tying pieces of colourful ribbon or fabric scraps at intervals along your elastic circle using reef knots (optional).