

# FUN PALACES

## #TinyRevolutions – PomPom revolution!

Paul Simpson in Hampshire tells us about his pom-pom making and sharing in his community – he started making pom-poms to help with anxiety ...

“We found a way of making a connection as people walked outside our front garden, while celebrating frontline workers too. We adorned our wall with an array of coloured pom-poms, encased in a clear bauble (the kind used for gifts on the tree at Christmas), to protect them from the elements, accompanied by a message on a gift tag. People we’ve never met have waved across the garden; left messages of thanks on our local community Facebook page – one even left a chocolate Easter egg. Anyone is welcome to take a pom-pom as an act of solidarity, to pass one on, or leave them in the display to celebrate key workers, which everyone sees, like rainbows in windows.

If you are using a shop-bought ‘maker’, begin by wrapping wool until full, first one way around a semi-circle, then around the other semi-circle, before closing them up, cutting between the gap around the two semi-circles, double knotting a piece of wool around the gap between them, then prise apart to discover the delight of a fluffy ball. A final trim with scissors gently fluffs up the pom. Alternatively, create your own ‘maker’ using two cardboard discs:

1. Cut out two circles of cardboard – use a glass or mug as a template.
2. Cut out a smaller circle in the middle of both to make a cardboard ring. The distance between the middle circle and the outside determines the size of your pom-pom.
3. Put the two cardboard discs together. This is your pom-pom maker.
4. Wrap wool around the circle you have created from the two cardboard circles.
5. When you’ve wrapped as much wool as you can, cut the wool at the edge of the circle by pushing scissors between the two discs.
6. When you’ve cut all around (take care that any short pieces don’t fall away) wrap a few longer lengths of wool between the two cardboard discs and around the pom-pom. Tie it off VERY tightly. Tie it again, just in case.
6. Pull the pom-pom out of the cardboard circle, give it a shake to make it fluffier and there it is!

Using two strands of differently coloured wool at the same time creates a fleck effect; alternating two different colours, one at a time delivers a marble effect.

Making pom-poms helps me cope with anxiety, so in recent weeks, I’ve gone into overdrive. I find solace in the mindless pursuit, while listening to the radio in the evening. There is something about their texture, their playfulness – something quite therapeutic about actually making something which can also be used to bring delight to somebody and help bring about some #tinyrevolutions.”



to share your own #TinyRevolutions ideas contact Fun Palaces  
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