

Jump for Joy

Adult help needed.

Recycling helps keep trash out of landfills and oceans. And since it doesn't cost extra money, kids living in poverty often make toys by reusing old items. You can recycle by reusing plastic bags to make a jump rope.

Supplies

- 6-8 plastic grocery bags*
- scissors
- masking tape
- duct tape

Directions

- 1 Lay 1 bag flat and fold it in half lengthwise. Fold it in half again.
- 2 Cut off and discard the bag's bottom and handles. Then cut across the bag to make sections of about 1 inch. Repeat this with each of your bags. When you unfold the sections, you get loops.
- 3 Knot together 2 loops with a "strap hitch" by pulling an end of loop 1 under and up through loop 2, then back through loop 1 [see pictures]. Then pull both loops outward to form a knot. Keep attaching loops this way until your strand is about 10 feet long.
- 4 Repeat step 3 to make 6 more strands.
- 5 Knot together 2 loops with a "strap hitch" by pulling an end of loop 1 under and up through loop 2, then back through loop 1 [see pictures]. Then pull both loops outward to form a knot. Keep attaching loops this way until your strand is about 10 feet long.
- 6 Repeat step 3 to make 6 more strands.

* If you don't have plastic grocery bags to reuse, you can save 24 other plastic bags, like bread bags or newspaper bags, instead. Then double the number of strands called for in steps 4-6.



Illustrated Steps

