6 Steps to Making a Hula-hoop!

**Supplies**
- PEX tubing (size preference)
  - small: 8 ft. of 1/2 in. tube
  - big: 9-10 ft. of 3/4 in. tube
- Plastic PEX tube coupling/connector
- Multipurpose glue
- Scissors
- Measuring tape
- Duct tape (any color)

**Steps**

1. Gather all supplies. Many hardware stores have PEX tubing in the plumbing department, and will cut it to size for you.
2. Glue one side of coupling/connector and put into the end of PEX tube.
3. Glue other side of coupling and join the other end of PEX tube to create a hoop.
4. Wrap tape around the connection to secure. Let the glue set for 24 hours.
5. Once the glue is dry, cut tape into strips (3 inches for small hoop) (4 inches for big hoop) lightly stick them to an edge of a table or chair.
6. Neatly wrap tape around the hoop to create your own personal design.
7. Now put a smile on and hula hoop!!
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