



Cool Off Necklaces Instructions

1. Cut up some cellulose sponges into 3 cm x 3 cm squares.
2. Allow about 8-10 sponge pieces per girl.
3. Take some colourful drinking straws and cut them into "beads" about 2 cm long
4. Thread a large darning needle with plastic cord or waxed dental floss.
5. Girls will thread the sponge pieces and straw beads into a necklace.
6. Soak the necklaces in cool water and have girls wear their cool off necklaces.
7. You can also refrigerate the necklaces.