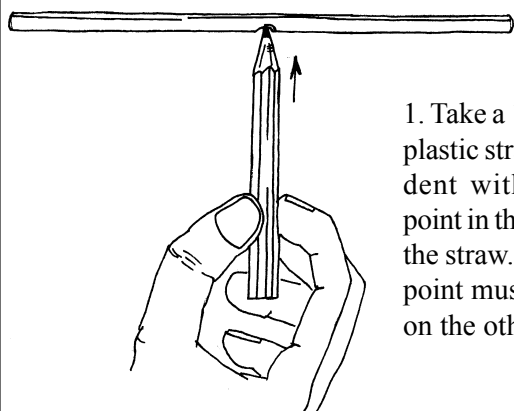


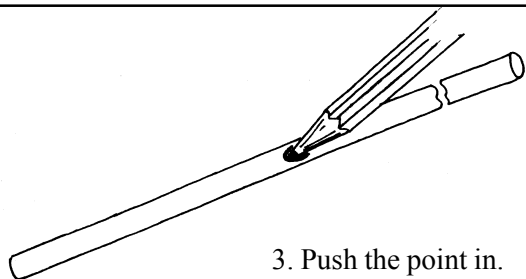
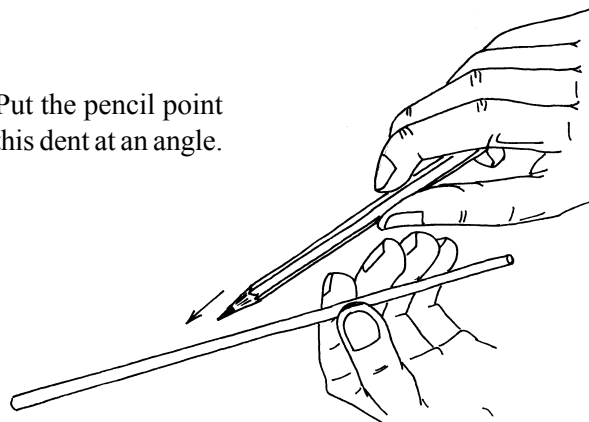
## ROTATING LOOP OF THREAD

This toy was found to be very useful with children suffering from asthma. Children have fun blowing in it. They simultaneously exercise their lungs.



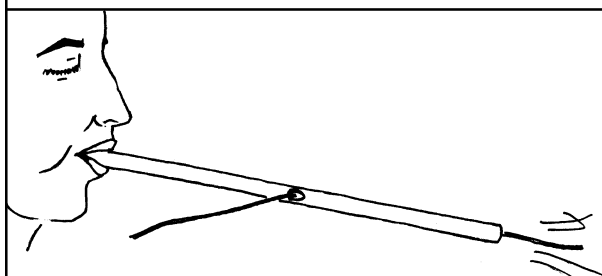
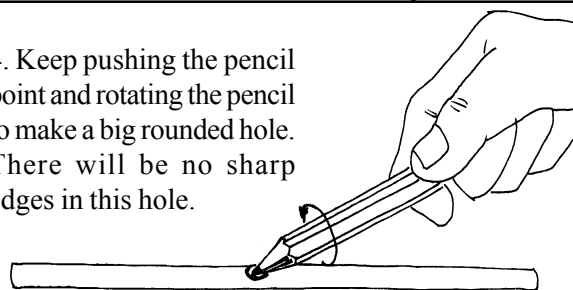
1. Take a 15-cm long plastic straw. Make a dent with a pencil point in the middle of the straw. The pencil point must not show on the other end.

2. Put the pencil point in this dent at an angle.

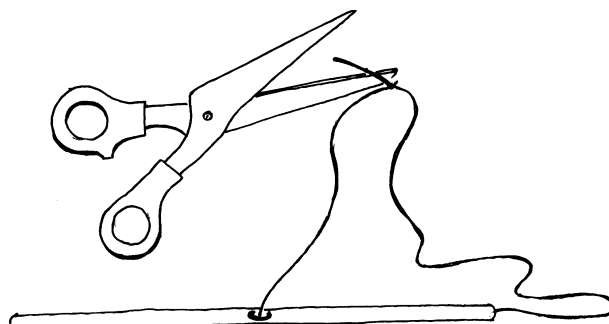


3. Push the point in.

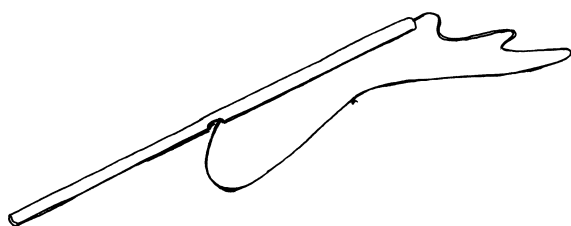
4. Keep pushing the pencil point and rotating the pencil to make a big rounded hole. There will be no sharp edges in this hole.



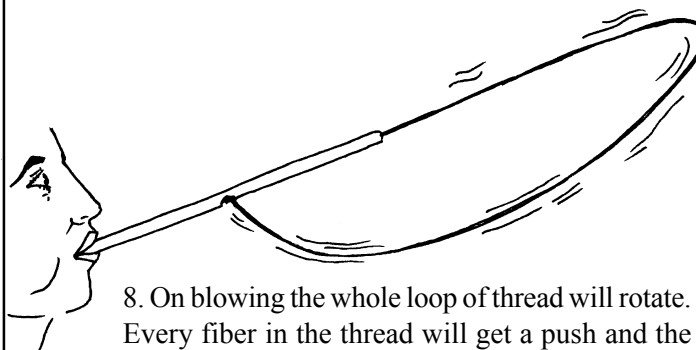
5. Take a 50-cm long piece of cotton thread. Place one end of the thread in this hole and gently blow from the other end to push the thread through.



6. Tie a small knot at the ends of the thread. Trim the tail of the knot.



7. You will have a loop of cotton thread hanging from the straw.



8. On blowing the whole loop of thread will rotate. Every fiber in the thread will get a push and the whole loop of thread will go round-and-round. If the knot gets stuck in the hole then either make the knot small or make the hole bigger.