

# Sticky-Note Pom-pom Maze

This project transforms sticky notes into a maze that can be designed and constructed by a kid. The fun thing is that even though they designed the maze, it will still be a challenge to maneuver a pom-pom through it with a straw and some air power.

## Materials

- + 2+ stacks of sticky notes
- + Tabletop surface (or the floor)
- + Straws—one per child playing
- + A variety of different pom-poms

Create a maze track with the thin post-it notes (or masking tape). Line up the notes close together on a smooth surface, creating corners, turns and twists across the table.

Have your children pick out a straw and a pom-pom and start at the beginning of the maze. They need to blow their pom-pom to go through the maze without falling off the track. If they go outside of the lines of the “track” they need to take their pom-pom back to start and begin again.

## Modifications for Younger Kids

Have your children work on blowing the straw evenly to get their pom-pom to move. This is a great way to work on breathing control. Our youngest tykes just liked blowing their pom-poms anywhere. They can have a simple start/finish line or a set of bases to get their pom-poms to.

## Modifications for Older Kids

Cut the notes in half to make a narrower trail. Add some twists and turns in the maze, making it more difficult for kids to navigate their pom-pom around the barriers.

For a science twist, have your kids experiment. Is the pom-pom easier to control if they have a thinner straw? What happens when the size of the pom-pom changes?

## TIPS

Wondering how to create a maze? Try filling in an entire 2 x 3-foot (61 x 91.5 cm) area with the sticky notes. When the entire “box” is filled, remove the notes to reveal the maze route.

Regulating breathing by blowing pom-poms is a great way to learn breath control. This is also a good “calm down.”