**DIY Foam Nunchucks**

[](http://www.achickenwish.com/wp-content/uploads/2013/07/IMG_0900.jpg)

What you need:

-Pool noodles, each noodle makes two nunchucks. Dollar Store – $1 each

-Elastic headbands, one per nunchuck. Dollar Store – $1 for 6 headbands

-Duct tape, scissors, a Phillips head screwdriver

[](http://www.achickenwish.com/wp-content/uploads/2013/07/IMG_0910.jpg)

Step 1: Cut the noodle in half and then in half again, so you have four equal parts. Set aside two of the pieces.

[](http://www.achickenwish.com/wp-content/uploads/2013/07/IMG_0913.jpg)

Step 2: Wrap duct tape around the top of each of the noodle pieces twice.

[](http://www.achickenwish.com/wp-content/uploads/2013/07/IMG_0916.jpg)

Step 3:  Poke a hole through **one side** of the noodle, through the duct tape, with the screwdriver. Don’t do this too close to the end, and don’t poke it all the way through both sides.

[](http://www.achickenwish.com/wp-content/uploads/2013/07/IMG_0918.jpg)

Step 4: Put the headband through the hole (outside to inside) and loop it tight. Then do the same with the other side of the headband and noodle. Pull tight.

[](http://www.achickenwish.com/wp-content/uploads/2013/07/IMG_0925.jpg)

Ta-Da! Done. Simple, super fun and pretty durable. And it shouldn’t hurt anyone either!