

Activity based lesson plan complete with instructional yo-yo trick sheet, posters, certificate and how-to tips.



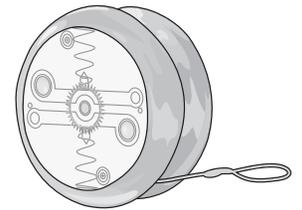
P.E. INSTRUCTOR

GENERAL INFORMATION

This PE unit is designed to follow the live 45 minute Mindset Mission Show. The lesson plan should provide you with everything you need to teach your students how to yo-yo in your P.E. classes. Many of the students will have purchased or received their own yo-yo as a result of the assembly and the five day Pay-It-Forward sale. Encourage student to bring their own yo-yos to your class so there will be less to loan out and service.

About the Auto-return Yo-yo

Give students who come to class without yo-yos a “loaner” yo-yo. We recommend using auto-return yo-yos for this unit, but all styles of NED yo-yos can be used. The auto-return yo-yos are “clutch” yo-yos that are the best for learning. They work great for beginners and those with more advanced skills. If you throw them softly they will not sleep and return more easily than a yo-yo set on sleep setting. If you throw them hard, they will sleep as the clutch will open up. Once the yo-yo is sleeping the student may return it to hand with a tug or simply wait for the yo-yo to slow down and the clutch will engage bringing the yo-yo back up automatically.



Adjusting/Marking the Yo-Yos

We recommend that 25 of the auto-return yo-yos have their strings shortened for your younger classes where kids are shorter. The other 25 can be for your older grades. We also recommend that you take something like finger nail polish and place a slash or stripe across each half of each yo-yo like a range ball is marked at a golf course. If one of your yo-yos happens to show up outside the gym anyone will know where they need to be returned. If you elect to mark the yo-yos in some way, choose a different color for the two different string length groups so you can easily keep track of them.

Extra String

It is common for yo-yo strings to become knotted and tangled in your sessions, so have replacement string on hand. When needed, replace knotted and tangled strings. Tip: *After kids have used their PE yo-yos in class, to avoid tangled strings, be sure they are required to wind up their yo-yo before placing it back into your loaner box.*

TIPS FOR SUCCESS:

Use terms that your students can relate to such as “make a muscle,” “hamburger catch,” “swatting a fly,” and “shoo the dog away.” These phrases are used in the instructional Learn to Yo™ videos which is part of the content we provide you. Using fun wording will help students remember how to do the tricks.

Consider creating **a collaborative learning environment** by encouraging your students to do the teaching. Find out which students know different tricks and allow them to teach the group or a smaller group of kids interested in learning that particular trick. You can also place student junior instructors at various trick stations around the gym to help other students learn.

Watch **instructional videos** at: www.TheNEDshows.com/pe

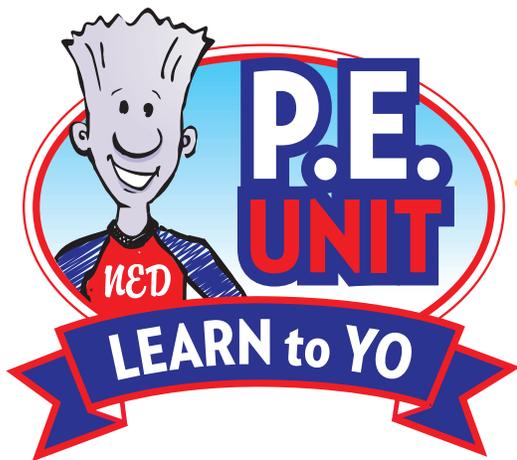


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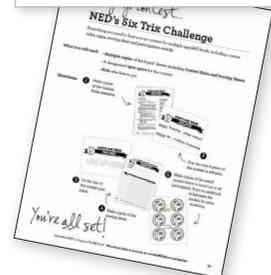
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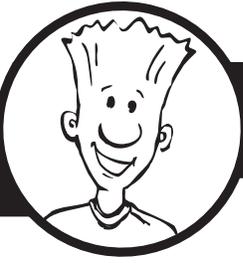
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P.E. LESSON PLAN

YO-YO SKILLS

NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST®

OVERVIEW

Students will learn to do some very cool yo-yo tricks and, more importantly, how to work together to learn new skills. Not only is the yo-yo a classic toy, it's also a tool to improve hand-eye coordination and cooperative learning. This session will enable students to take unique skills back to their homes and schoolmates to teach children of all ages and all abilities what they've learned.

STUDENT OBJECTIVES

- Perform the first three of NED's Six Trix™
- Demonstrate a growth mindset by continuing to try even when something is new or difficult.
- Understand how the principles of NED (Never give up, Encourage others, Do your best) apply to everything from learning to yo-yo in P.E. to doing your best in other school topics as well.

HOW TO RUN THE LESSON

1. Welcome the students

- Show the equipment - *Auto-return yo-yo*
- Explain the slip loop - *Refer to the wall poster*
- Go over yo-yo safety - *Refer to safety rules wall poster*
- Point out the six stations

2. Show trick #1, play instructional video, or allow a student to demonstrate.

- Give each student without a yo-yo a loaner yo-yo
- Practice trick #1 as a group
- Show the students different ways to wind up their yo-yos

TIPS FOR TRICK #1:

- Show an underhand and overhand catch
- Show the "hamburger" catch (for younger grades)
- Have students count how many down and up yos they can do without stopping.
- Hold a contest to see who can do trick #1 the longest. This fun skill contest can also be done for tricks #2 and #3.



Approx Time:
20-45 mins

MATERIALS:

- **Yo-yos** for every student
- **NED's Six Trix**
Make copies of this trick sheet for each student. (pgs. 5 & 6)
- **Posters**
Hang up printouts of NED's Rules, the Six Trix posters, and other informational posters (pgs. 7-53) on the walls around your gym to serve as station markers and address common questions.
- **Extra yo-yo strings**
- **How 2 Yo™ Video**
Play during your PE Unit.
Show one trick, pause, then allow students to practice with each other. Instructional videos are available at:
www.thenedshows.com/pe

Continued on next page

HOW TO RUN THE LESSON, *continued*

3. Go on to trick #2 and #3

4. Before trick #4, show how to make the auto-return yo-yo “sleep” by using a hard overhand throw. Proceed through tricks #4, #5 and #6.

5. Create stations, using the posters included in this booklet.

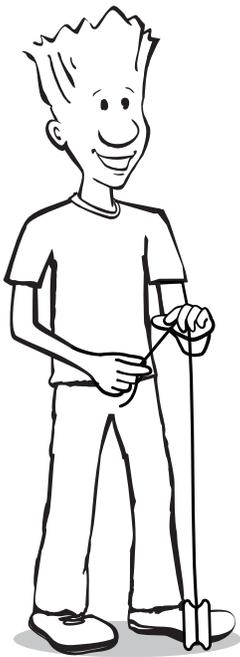
Create small groups to rotate through every station.

6. Take it to the next level:

- At any point insert a fun bonus trick.
- Teach the students a “picture” trick such as the one handed star or the Eiffel Tower.
Don’t worry about the yo-yo sleeping - just teach students the trick before they add spin.
Students will get a lot of satisfaction seeing a string trick form on their fingertips.
- Do NED’s Six Trix Challenge (instructions are included in this booklet)!

6. Have a copy of NED’s Six Trix available for each student to take home.

7. Give each student a ‘Certificate of Championsity’ (printable included) for a job well done!



NED'S SIX TRIX™

Scan the QR code to visit NED's Yo-Yo Channel (www.NEDKids.com), where you can watch step-by-step instruction videos and learn 30 more tricks!

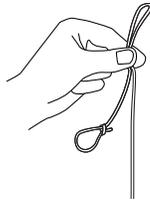


Is your string too long?

1. Measure the String

Let the string out and set the yo-yo on the ground.

Pinch the string at your elbow and let the top part drop. Slide your other finger down two inches.

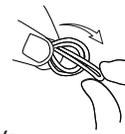


2. Make a Solid Loop

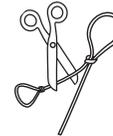
Tie a new knot by wrapping the string around your fingernail and pinching it with your thumb, just like tying a balloon. Slide it off your finger.



Slip the end underneath and pull it through to form a penny-sized loop.

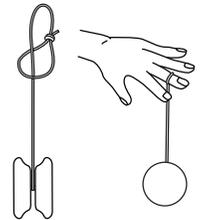


Pull the knot tight and cut off the extra string.



3. Make a Slip Loop

This loop will fit any size finger, so the yo-yo doesn't fall off your hand.



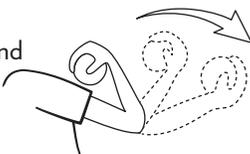
The Specialty yos need five wraps around the axle to do the first three tricks (See back) - Super Spinner yos need to be thrown 'softly' to do these 3 tricks.

1 Gravity Gripper

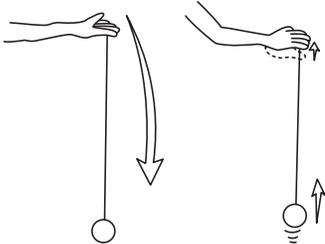
1. Place the yo-yo in your hand with your palm up. Make sure the string wraps over the top of your yo-yo.



2. Make a muscle, curl your wrist and fling your arm straight out in front of you.



3. Release the yo-yo with a hard downward throw. Turn your palm over, and catch the yo-yo. **Good job!**

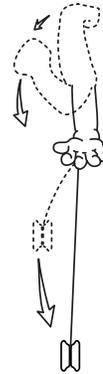


NED TIP

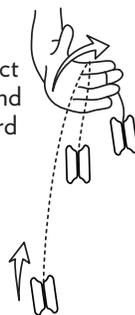
Is your yo-yo not coming up, but ends up spinning on its side? Line your shoulder, elbow and wrist straight out in front of you before your hard downward throw.

2 Flip Flop

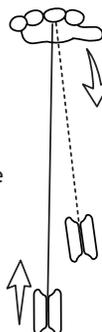
1. Release the yo-yo downward, like you would with the Gravity Gripper.



2. As the yo-yo comes up, direct it over your hand and back toward the floor.



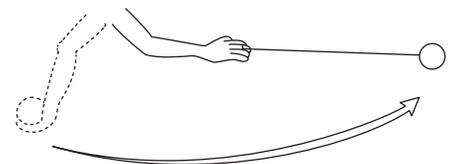
3. As the yo-yo flops back down let it do a second Gravity Gripper.



Congratulations! You've just done the Flip-Flop!

3 Forward Pass

1. Start with the yo-yo in your palm like you would for a Gravity Gripper. Now let your arms hang to your side, and draw your yo-yo hand back... ready to swing it quickly forward.



2. Let go of your yo-yo while it's behind you, and at the same instant, thrust your arm and hand forward in a swinging motion, leading with the back of your hand.

3. As the yo-yo comes back, turn your palm up to catch it. **Nice job on the Forward Pass!**





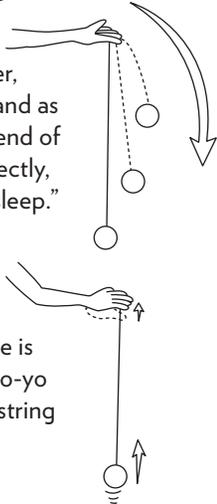
Remove wraps from the Classic Yo so there is just 1 left for tricks 4-6 (see below).



Always keep 3 wraps on the Auto-Return Yos.

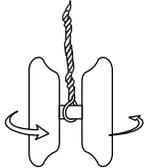
4 Spinner SLEEPER TRICK

1. Start this trick just like the Gravity Gripper, but gently stop your hand as the yo-yo reaches the end of the string. If done correctly, the yo-yo will spin or "sleep."
2. Turn your hand over (palm down) and give the string a tug. If there is still enough spin, the yo-yo will climb back up the string right into your hand.



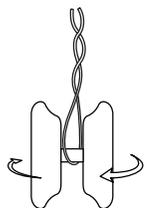
The harder you throw your yo-yo down the longer it will spin AND the looser the string must be.

YO-YO WON'T STAY & SPIN?



Your string is too "tight." Look down at your yo-yo, and turn it counterclockwise, like the hands of a clock moving backward. Now try it...
If your Auto-Return yo won't spin, use a harder overhand throw.

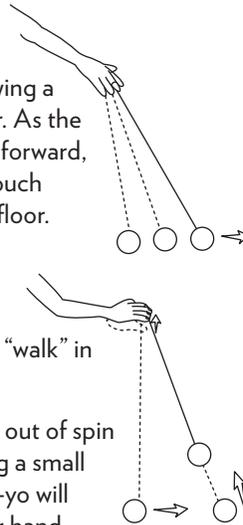
YO-YO WON'T COME UP?



Your string is too "loose." Look down at your yo-yo and turn it clockwise. Or, simply let the yo hang down and it will naturally tighten. Now try it...

5 Walk the Dog SLEEPER TRICK

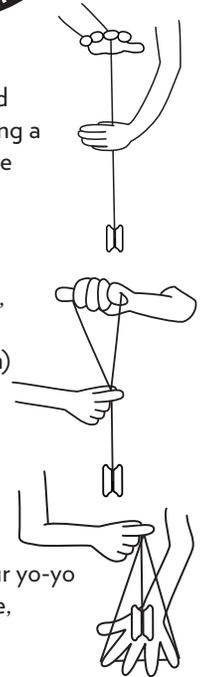
1. Start by throwing a good Spinner. As the yo-yo swings forward, lightly let it touch down on the floor.
2. Let the yo-yo "walk" in front of you.
3. Before it runs out of spin give the string a small tug so the yo-yo will return to your hand.



A hard floor surface - wood, gym or kitchen - works best for "walking your dog!"

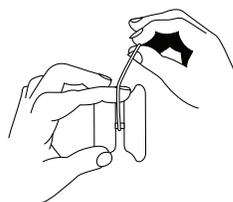
6 Rock the Baby SLEEPER TRICK

1. After throwing a good Spinner, grab the string a little above the middle with your free hand.
2. Bend the string down with your yo-yo hand, and pinch the string about 5 inches (13 cm) above your yo-yo.
3. Now swing the triangle down between you and your yo-yo and bring it into place, forming the cradle.

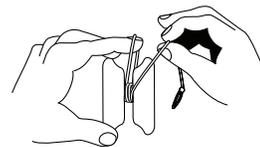


Try the trick a few times before adding the spin.

HOW TO WIND THE STRING on the Specialty Yos



1. Make the first wrap over one finger.



2. Continue to wrap string around the axle, to the side of your finger, 2-3 times.

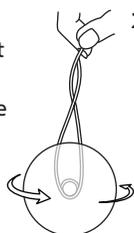
3. Remove finger and gently continue wrapping until wound.

4. The finger loop will disappear when you throw the yo-yo down!

HOW TO ADD or REMOVE WRAPS



1. Pinch the string about 3 inches (7cm) above your yo.

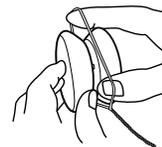


2. As you look down at your yo-yo, spin it counterclockwise until the strands of the string split apart

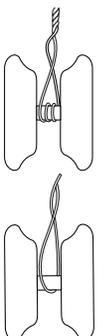
3. TO REMOVE WRAPS: Take off one wrap at a time until there is only 1 wrap left around the axle.

TO ADD WRAPS:

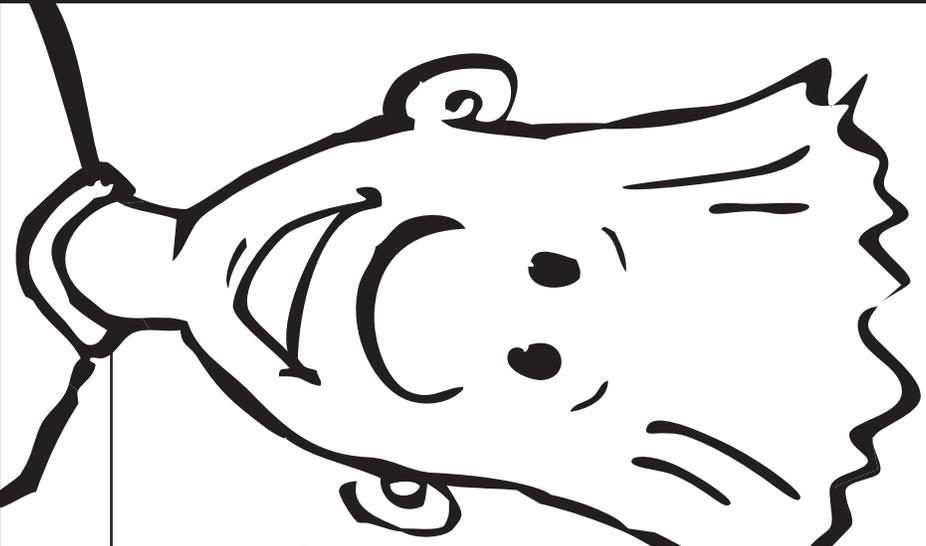
Add one wrap at a time until there are 3 wraps (Classic Yo) or 5 wraps (Specialty Yos) around the axle.



4. Let go of the pinched string, and the yo-yo will spin, returning the string to its natural position.



Be safe, be cool,
follow **NED's Rules!**

- 
- Practice in the **approved P.E. area.**
 - Stay at least an arm & string length apart for Forward Pass.
 - Do not attempt swinging tricks unless approved by P.E. teacher.

Never Give Up • **E**ncourage Others • **D**o Your Best[®]

1

NED'S SIX TRIX™

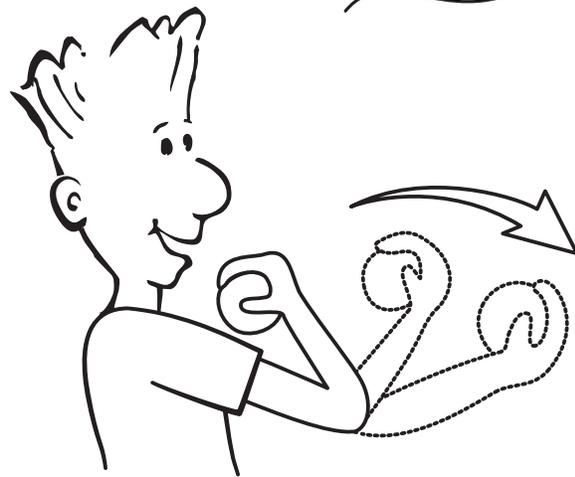
GRAVITY GRIPPER

NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST®

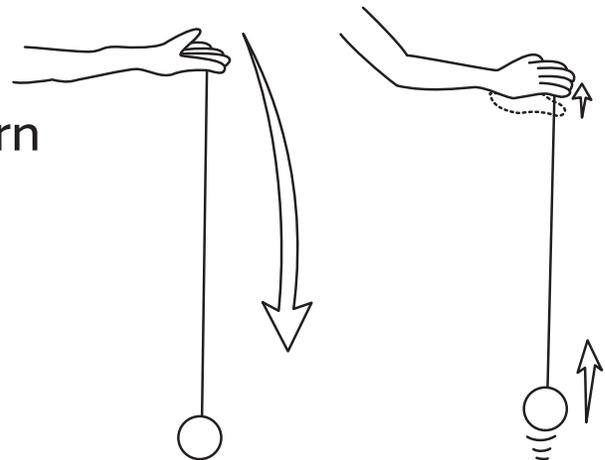
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2. Make a muscle, curl your wrist and fling your arm straight out in front of you.



3. Release the yo-yo with a hard downward throw. Turn your palm over, and catch the yo-yo. **Good job!**



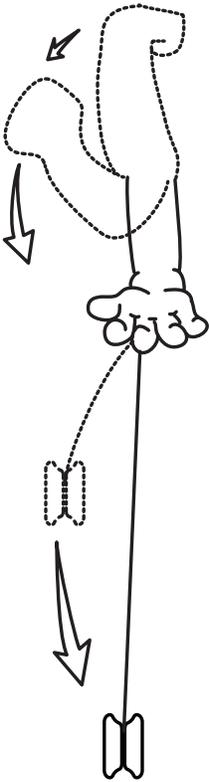
Is your yo-yo not coming up, but ends up spinning on its side? Line your shoulder, elbow and wrist straight out in front of you before your hard downward throw.

2

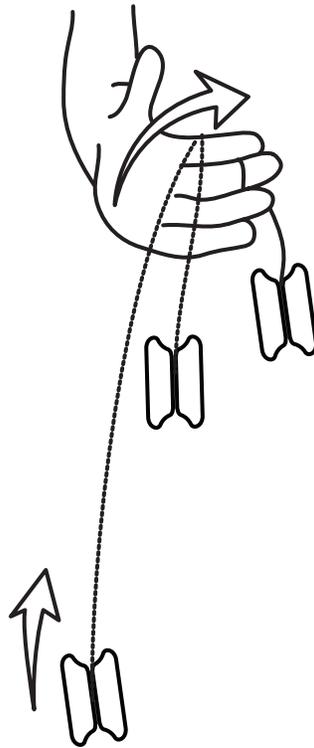
NED'S SIX TRIX™

FLIP-FLOP

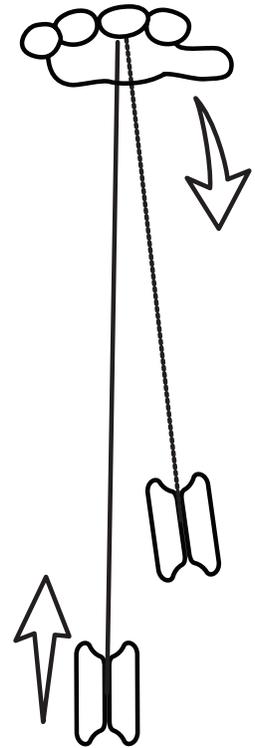
NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST®



1. Release the yo-yo downward, like you would with the Gravity Gripper.



2. As the yo-yo comes up, direct it over your hand and back toward the floor.



3. As the yo-yo flops back down let it do a second Gravity Gripper. **Congratulations!** You've just done the Flip-Flop!

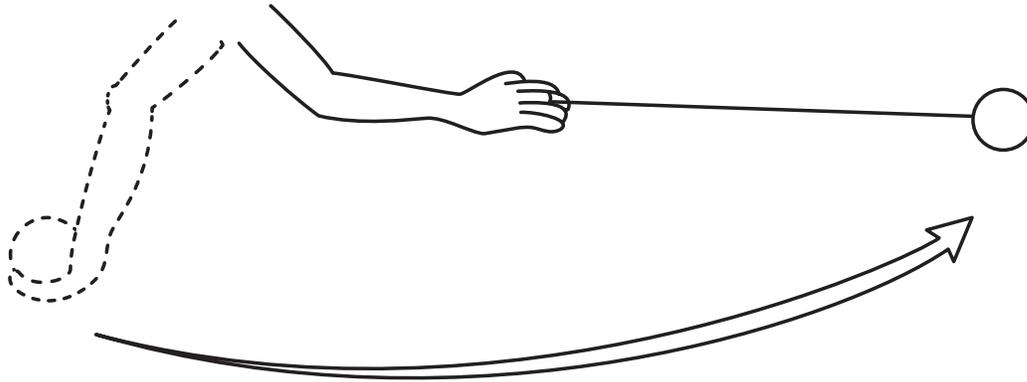
3

NED'S SIX TRIX™

FORWARD PASS

NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST®

1. Start with the yo-yo in your palm like you would for a Gravity Gripper. Now let your arms hang to your side, and draw your yo-yo hand back... ready to swing it quickly forward.



2. Let go of your yo-yo while it's behind you, and at the same instant, thrust your arm and hand forward in a swinging motion, leading with the back of your hand.
3. As the yo-yo comes back, turn your palm up to catch it. Nice job on the Forward Pass!



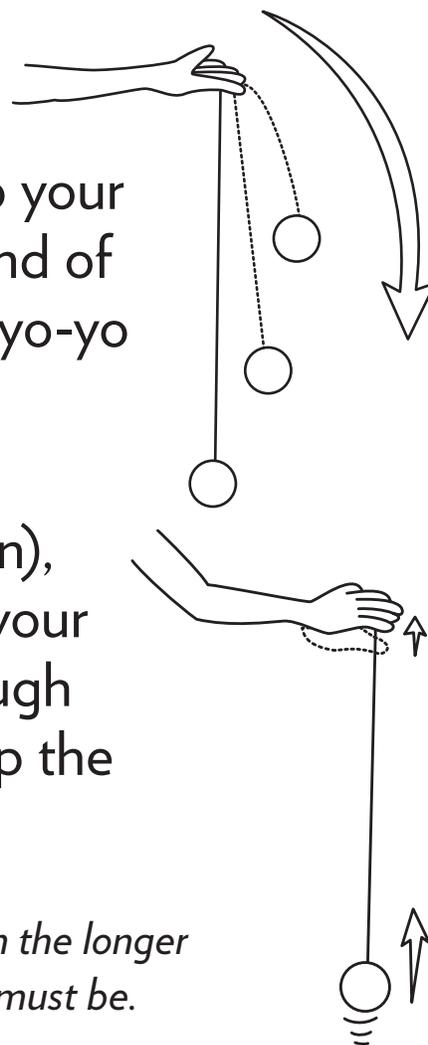
4

SLEEPER TRICK

NED'S SIX TRIX™ SPINNER

NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST®

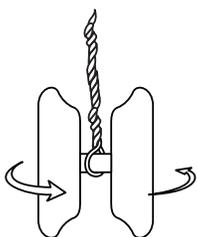
1. Start this trick just like the Gravity Gripper, but gently stop your hand as the yo-yo reaches the end of the string. If done correctly, the yo-yo will spin or “sleep.”
2. Turn your hand over (palm down), give the string a tug by flicking your wrist upward. If there is still enough spin, the yo-yo will climb back up the string right into your hand.



NED TIP

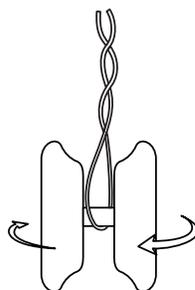
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Your string is too “tight.” Look down at your yo-yo, and turn it counterclockwise, like the hands of a clock moving backward. Now try it...
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5

SLEEPER TRICK

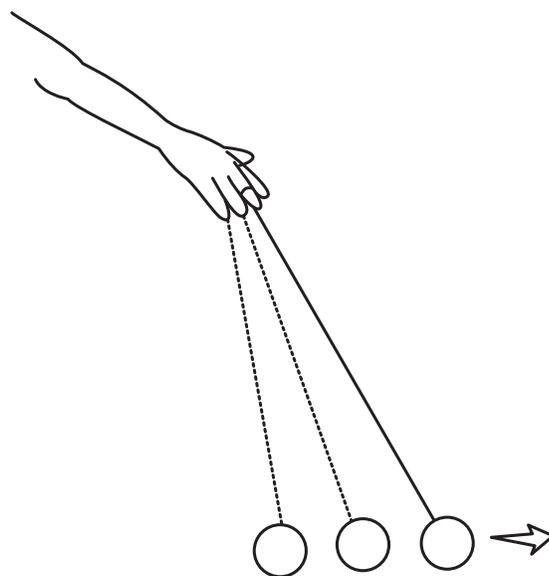
NED'S SIX TRIX™

WALK THE DOG

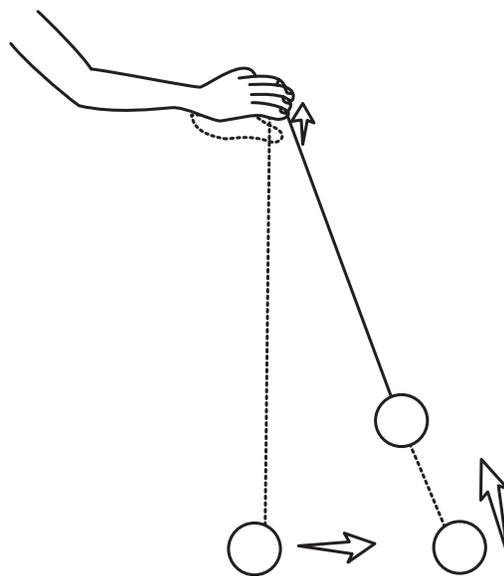
NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST®

1. Start by throwing a good Spinner. As the yo-yo swings forward, lightly let it touch down on the floor.

2. Let the yo-yo “walk” in front of you.



3. Before it runs out of spin give the string a small tug so the yo-yo will return to your hand.



A hard floor surface (wood, gym, or kitchen) works best for “walking your dog!”

6

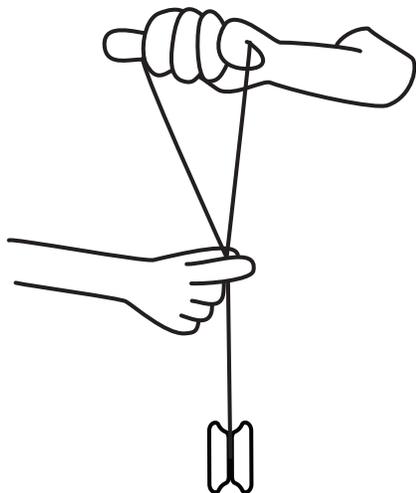
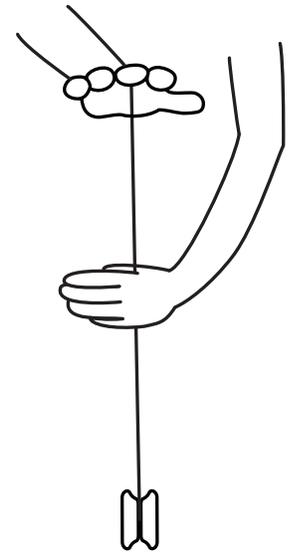
SLEEPER TRICK

NED'S SIX TRIX™

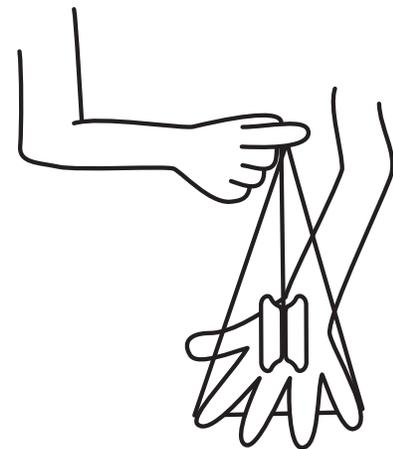
ROCK THE BABY

NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST®

1. After throwing a good Spinner, grab the string a little above the middle with your free hand.



2. Bend the string down with your yo-yo hand, and pinch the string about 5 inches (13 cm) above your yo-yo.



3. Now swing the triangle down between you and your yo-yo and bring it into place, forming the cradle.

**NED
TIP**

Try the trick a few times before adding the spin.

ABOUT THE YO-YOS



CLASSIC YO

Hitched for quick return

Ideal for NED's Trix 1, 2 and 3



AUTO-RETURN

Auto-return feature

Throw soft for most tricks

Throw hard for a sleeper



PROFESSIONAL

Long spins for string tricks

Comes **unhitched** -
great for Trix 4, 5 & 6

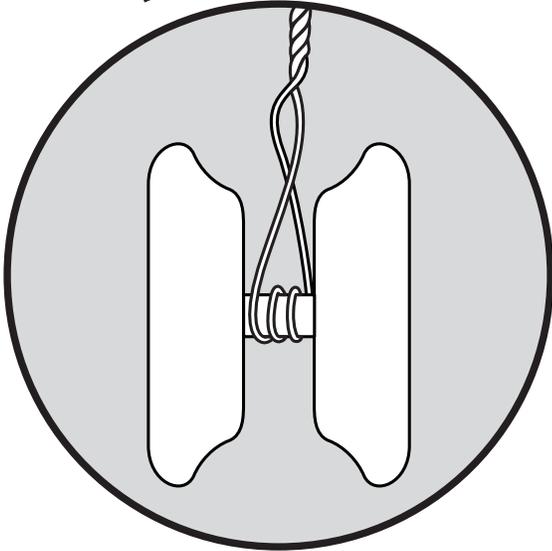
Add a hitch for Trix 1, 2 & 3

LEARN-TO-YO VIDEOS



NEDkids.com

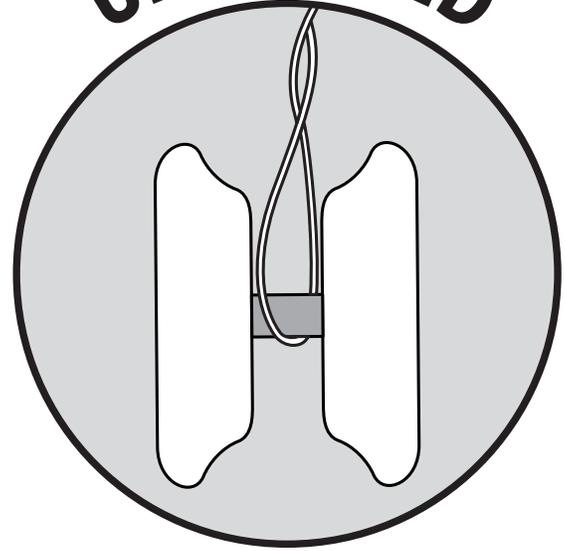
HITCHED



EASY PLAY
TRIX 1, 2 & 3

(3 string wraps around the axle)

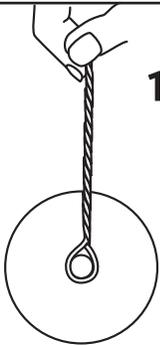
UNHITCHED



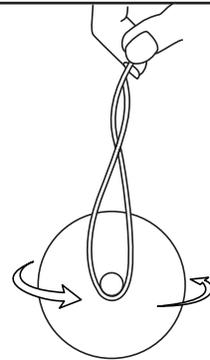
ADVANCED PLAY
SLEEPER TRIX 4, 5 & 6

(1 string wrap around the axle)

HOW TO ADD A HITCH



1. Pinch the string about 3 inches (7cm) above your yo-yo.



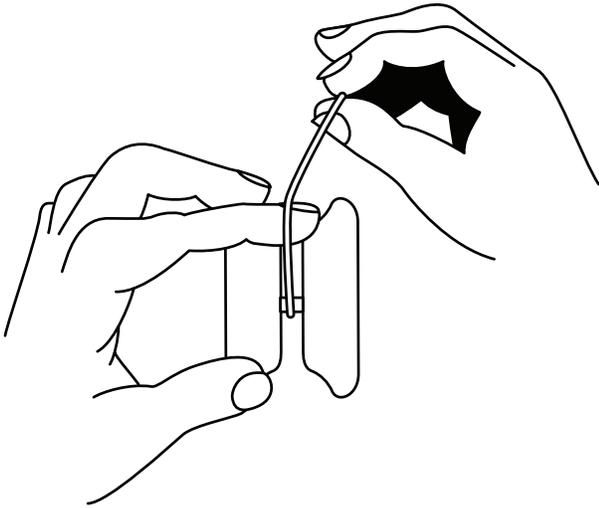
2. As you look down at your yo-yo, spin it counter-clockwise until the strands of string split apart.

3. Add one wrap at a time until there are 3 wraps (*Classic Yo*) or 5 wraps (*Auto-return Yo*) around the axle.

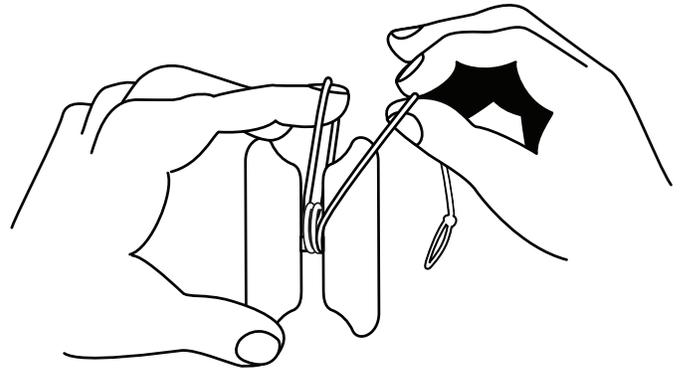
4. Let go of the pinched string, and the yo-yo will spin, returning the string to its natural position. Now you are ready for TRIX 1, 2 & 3!

HOW TO WIND THE STRING FOR A SLEEPER YO-YO

(UNHITCHED)



1. Make the first wrap over one finger.



2. Continue to wrap string around the axle, to the side of your finger, 2-3 times.

3. Remove finger and gently continue wrapping until wound.

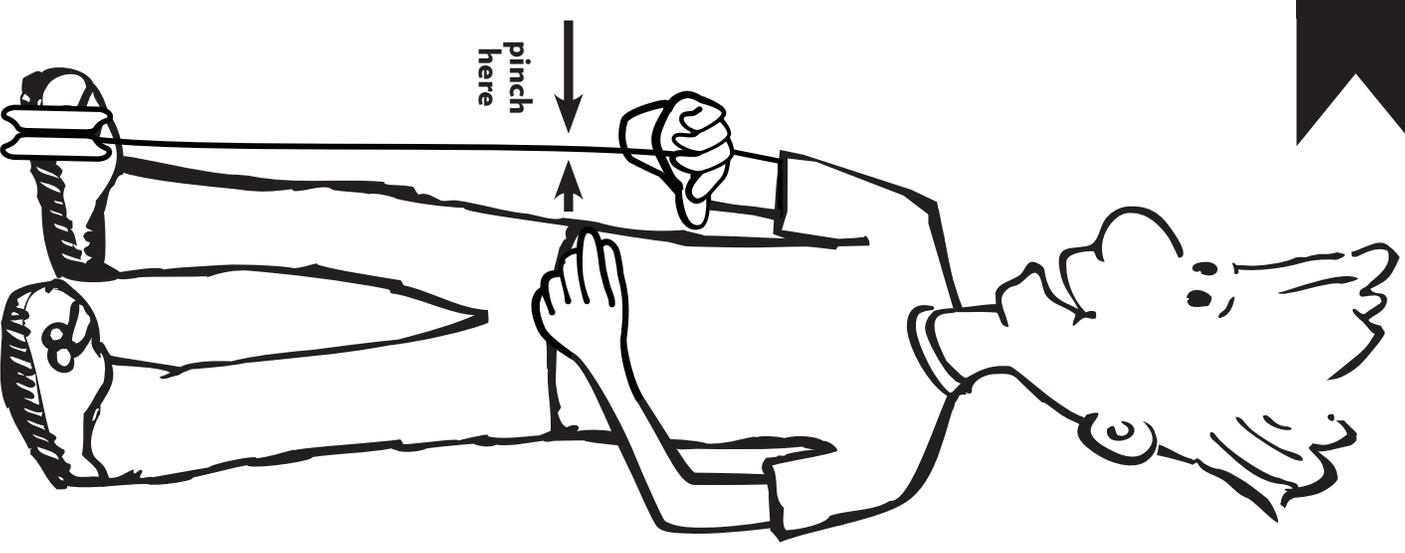
4. The finger loop will disappear when you throw the yo-yo down!

GETTING STARTED

1 STRING LENGTH

Extend the yo-yo to the floor, pinch the string at about the same height as your **waistline**.

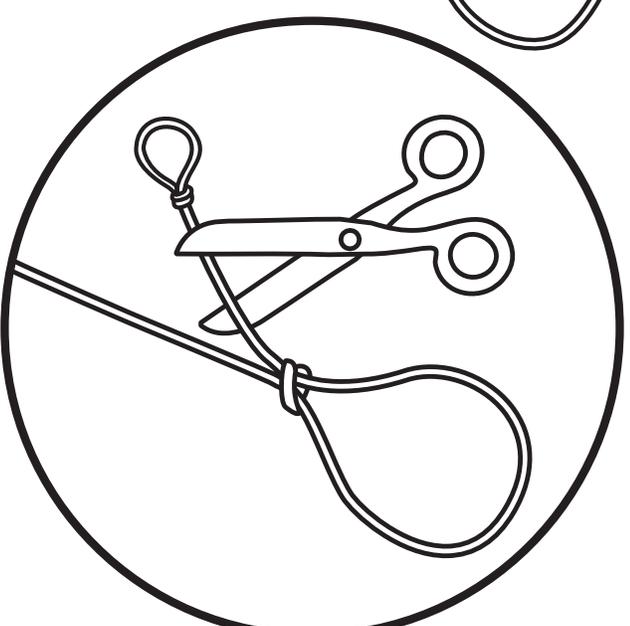
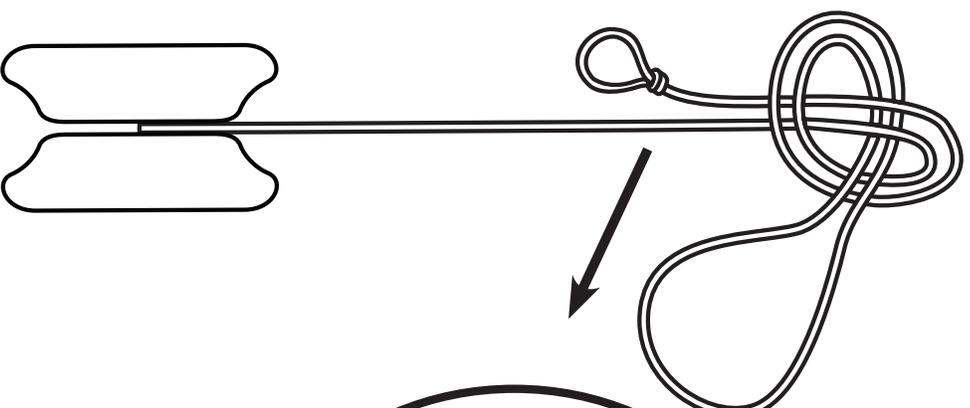
This is the perfect string length for you!



2

MAKE A SOLID LOOP

Fold string over at the top. Tie it around itself to form a loop the size of a marble.

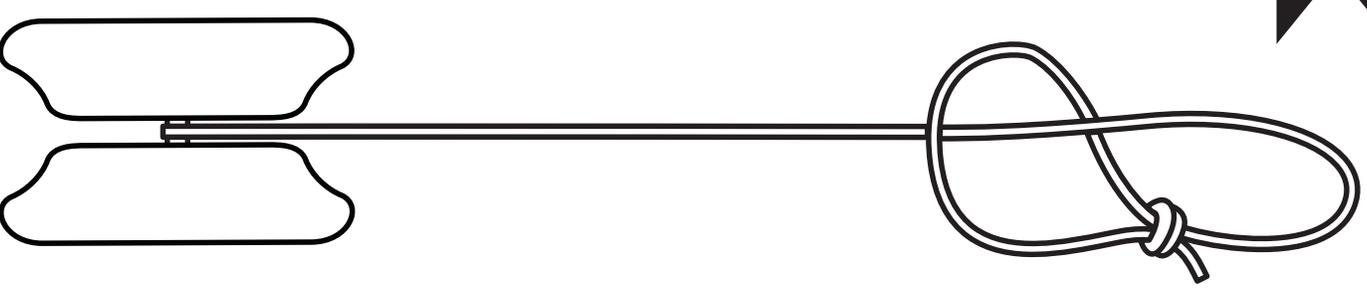


Cut off the extra string.

GETTING STARTED

3 MAKE A FINGER SLIP LOOP

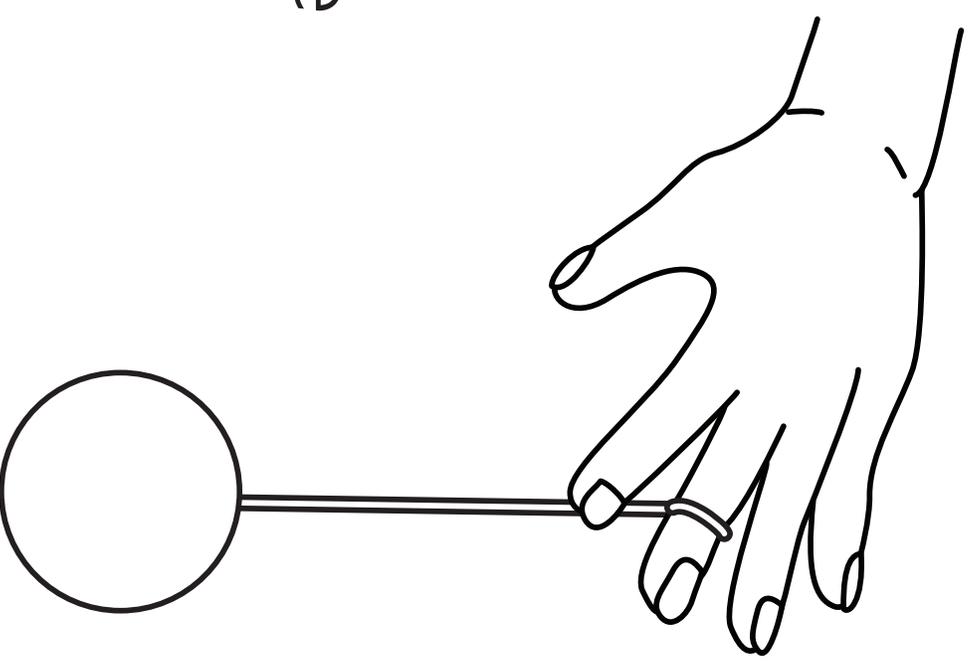
Put any part of the string through the solid loop to make the slip loop.



4

PROPER STRING PLACEMENT

Snug the slip loop onto your middle finger between the first and second knuckle (a bandage can prevent soreness).



CERTIFICATE OF CHAMPIONSHIP

ACHIEVEMENTS IN THE FIELD OF YO-YOING

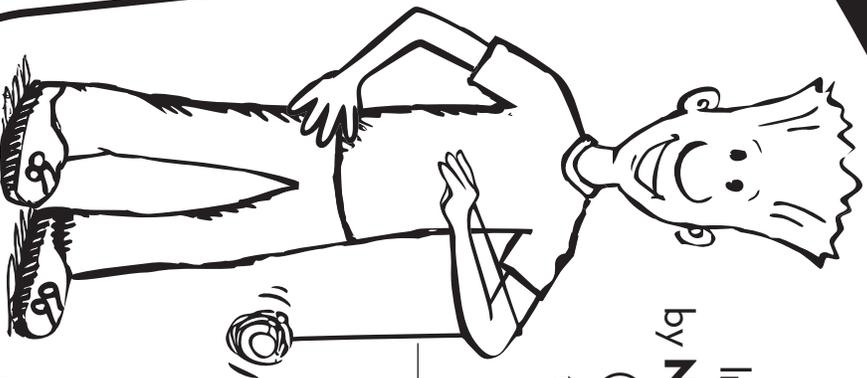
In honor of your commitment to outstanding yo-yoing
by **N**ever giving up, **E**ncouraging others and **D**oing your best
(not to mention the general display of awesomeness),
the University of Yo proudly presents this diploma to:

Name _____

Date _____



NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST!®



Run a yo yo contest...

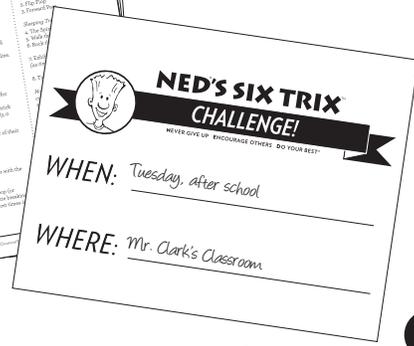
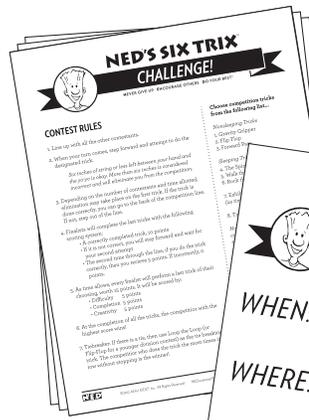
NED's Six Trix Challenge

Everything you need to host a yo-yo contest for multiple age/skill levels, including contest rules, signs, scoring sheet and participation awards.

- What you will need:**
- **Multiple copies** of the 8.5x11" sheets including **Contest Rules and Scoring Sheets**
 - A designated **open space** for the contest
 - **Kids** who love to yo!

Directions:

- 1 Make copies of the Contest Rules available

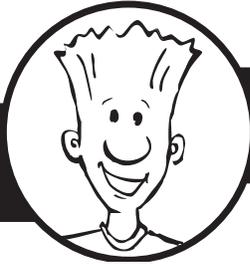


- 3 On the day of the contest post signs.

- 4 Make copies of the scoring sheet.

- 5 Make copies of the award medals below to hand out to all participants. Print on cardstock or laminate the medals for extra durability.

You're all set!



NED'S SIX TRIX™

CHALLENGE!

NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST®

CONTEST RULES

1. Line up with all the other contestants.
2. When your turn comes, step forward and attempt to do the designated trick.
When you catch the yo after the trick, six inches of unwound string (between your hand and the yo-yo) is okay. More than six inches is considered incorrect and may eliminate you from the competition.
3. Depending on the number of contestants and time allotted, elimination may take place on the first trick. If the trick is done correctly, you can go to the back of the competition line. If not, step out of the line.
4. Finalists will complete the last tricks with the following scoring system:
 - A correctly completed trick, **10 points**
 - If it is not correct, you will stay forward and wait for your second attempt
 - The second time through the line, if you do the trick correctly, then you receive **5 points**. If incorrectly, **0 points**.
5. As time allows, every finalist will perform a last trick of their choosing, worth 15 points. It will be scored by:
 - Difficulty **5 points**
 - Completion **5 points**
 - Creativity **5 points**
6. At the completion of all the tricks, the competitor with the highest score wins!
7. **Tiebreaker:** If there is a tie, then use Loop the Loop (or Flip-Flop for a younger division contest) as the tie breaking trick. The competitor who does the trick the most times in a row without stopping is the winner!

Choose competition tricks from the following list...

Non-sleeping Tricks

1. Gravity Gripper
2. Flip Flop
3. Forward Pass

Sleeping Tricks

4. The Spinner
5. Walk the Dog
6. Rock the Baby
7. Exhibition trick of your choice (as time allows)
8. Tiebreaker (if necessary)

Add more tricks to your contest - visit www.TheNEDshows.com/pe.

Note: For younger divisional contests limit the competition tricks to non-sleepers. As student age and skill increases, the sleeping tricks can be added.



*Special medal
for the contest winner*

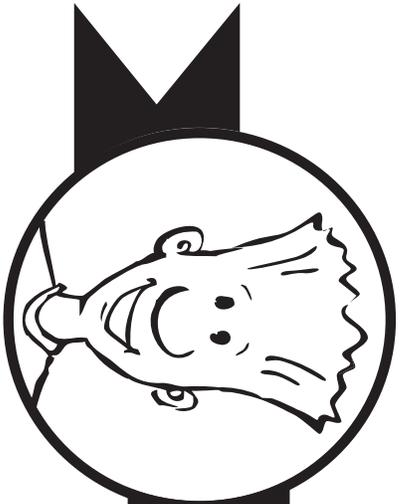
**MAKE COPIES
ON COLORED PAPER**



**CUT OUT MEDALS
&**

AWARD TO ALL COMPETITORS





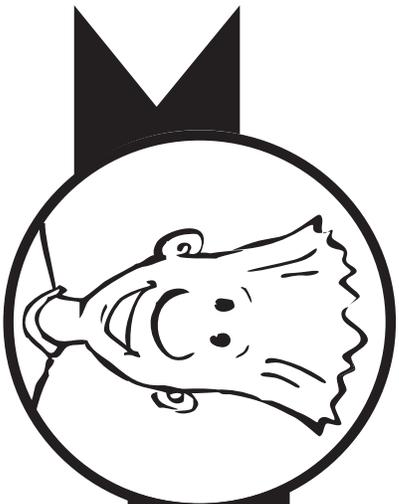
NED'S SIX TRIX™

CHALLENGE!

NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST®

WHEN:

WHERE:



NED'S SIX TRIX™

CHALLENGE!

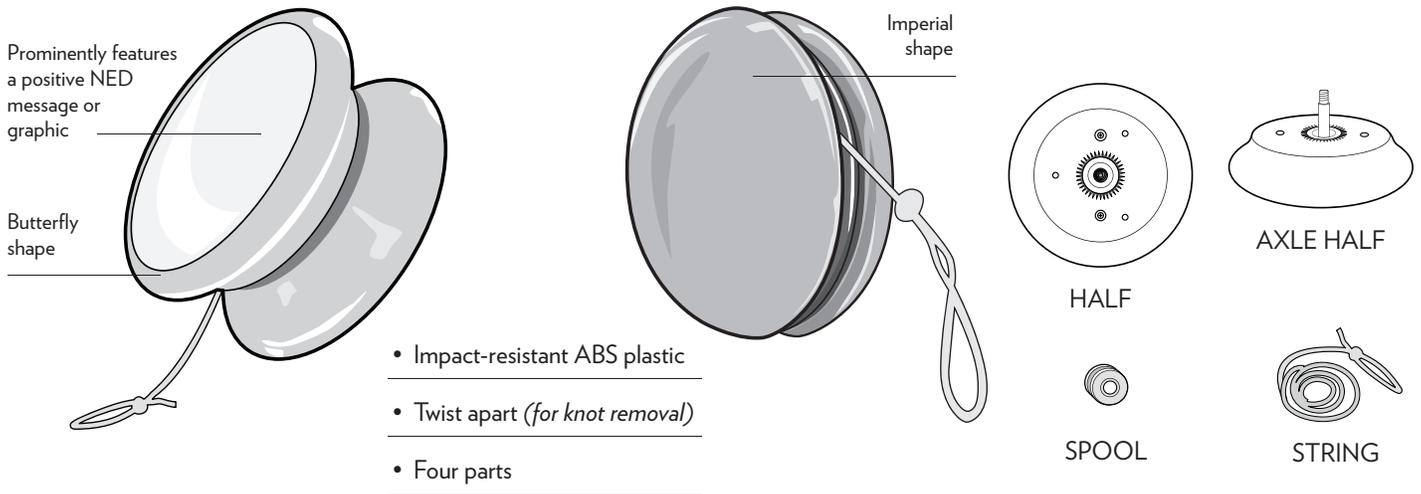
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LIME UP HERE

Classic Yo Information

Features

The Popular Starter Yo-Yo



Common Questions

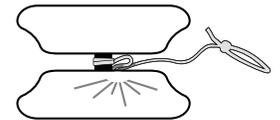
For related videos and downloads visit www.NEDkids.com

Can the Classic Yos sleep?

Yes! By removing two of the three wraps around the axle, the Classic Yos can “sleep” (spin continuously). But, keep in mind that the Classic Yo is a perfect starter yo-yo, and is not designed for long sleeping tricks. See the “How to remove the hitch (for advanced tricks)” instructions in the section below.

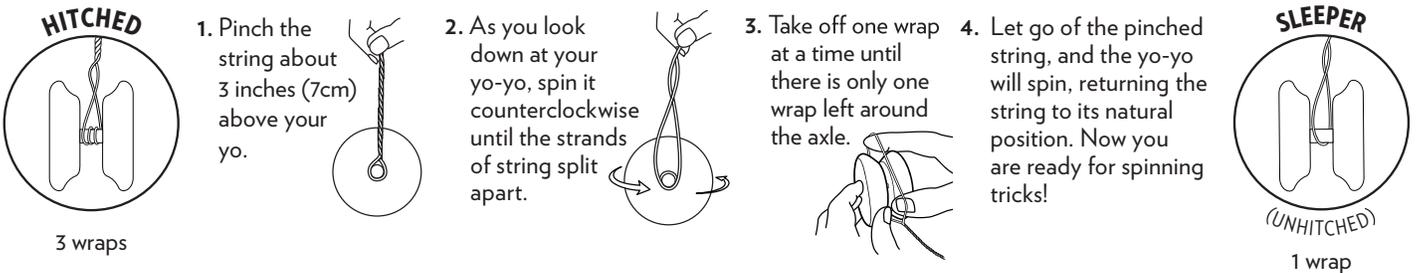
Why would the yo-yo need to come apart?

The only time a yo-yo needs to come apart is for knot removal. If the string becomes all bunched up, just twist the yo-yo open, untangle the knot, slide the spool back over the axle and carefully close the yo-yo back up – being sure to not let the string pinch anywhere.



How to remove the hitch (for advanced tricks)

The Classic Yos comes hitched



More Info

NEVER GIVE UP ★ ENCOURAGE OTHERS ★ DO YOUR BEST®

- Visit www.NEDkids.com
- If a part is missing, exchange the yo for a new one and return with remaining inventory for full credit.
- Questions?
Visit the **Product Help Center** at www.mindsetmission.com/product-help-center.html



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There's a *Champion* in Every Kid!®

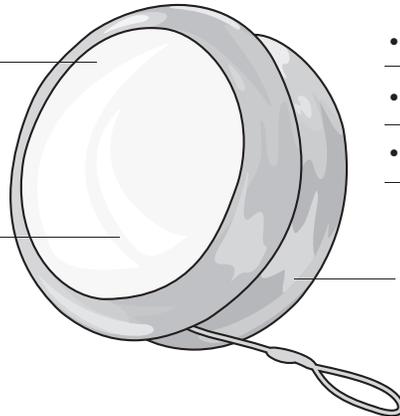
Auto-Return Yo Information

Features

Versatile Yo-Yo that Includes an Auto-Return Feature

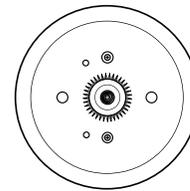
Clutch feature automatically converts the yo from a sleeper to hitched depending on how hard its thrown

Prominently features the a positive NED message or graphic

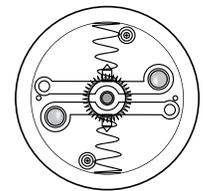


- High-impact-resistant plastic
- Twist apart (for knot removal)
- Five parts

Wider string gap for versatility



HALF



CLUTCH/AXLE HALF



STRING



SPOOL

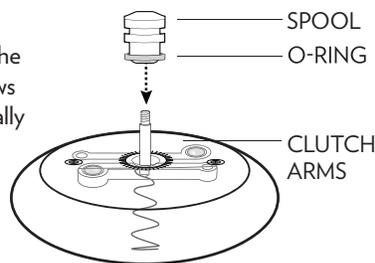


O-RING
color may vary

The Clutch

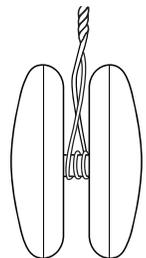
When a Super Spinner yo is thrown softly, it will return immediately. But when it's thrown hard, springs inside the yo-yo make the clutch arms open up in a way that allows the yo-yo to "sleep" (spin continuously) before eventually coming back automatically.

If you have to take a Super Spinner yo apart, make sure that the rubber O-ring is making contact with the clutch arms, when you put it back together.



Triple Wrapped

The Super Spinner is a hybrid of a hitched yo and a sleeper yo, so always keep three wraps around the spool of your yo-yo. More wraps don't change the performance of the yo and removing wraps prevents the clutch from working properly.



Common Questions

For related videos and downloads visit www.NEDkids.com

Why is the Auto-return yo not sleeping?

Throw the yo-yo down harder to get the clutch arms to open. Try using the overhand throw to get more speed on the downward motion. For more tips, watch the Learn to Yo video about *How to Throw Your Yo-Yo* at: www.MindsetMission.com/product-videos.html. If the yo-yo still won't sleep, **the O-ring might be missing**. If it's still there, then it's possible that the O-ring is making contact against the wrong half of the yo-yo. It needs to be resting against the clutch arms, so **check that it is inserted into the proper half of the yo**.

Continued...

Also, double check that the string is wrapped around the spool three times. If this needs to be adjusted, follow the steps for adding "extra wraps" to the axle, outlined in the video *Learn to Yo: The Hitch* at: www.MindsetMission.com/product-videos.html.

Why isn't the Auto-return yo automatically returning once it sleeps?

Check to see if the O-ring is missing. If it's not, it's possible that the multiple wraps around the spool were removed, leaving only a single loop. An auto-return yo needs multiple wraps around the spool in order for the clutch to work properly.

More Info

NEVER GIVE UP ★ ENCOURAGE OTHERS ★ DO YOUR BEST®

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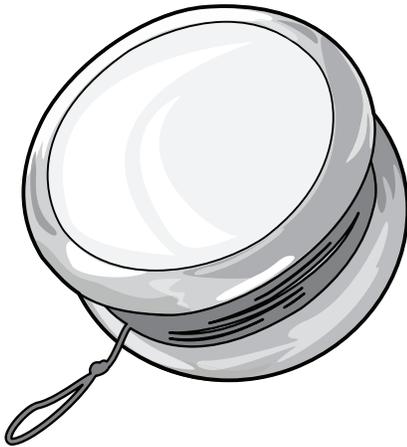


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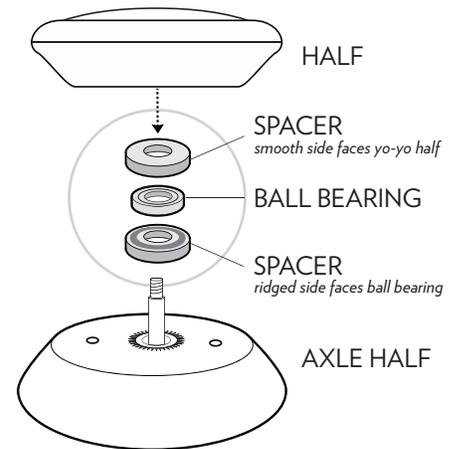
Professional Yo Information

Features

Professional Ball Bearing Yo-Yo



- Twist apart (for knot removal)
- Steel ball bearing (for friction reduction)
- Six parts

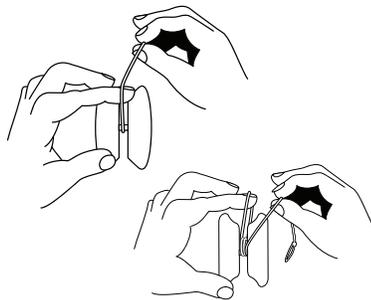


Common Questions

For related videos and downloads visit www.NEDkids.com

How do I wind up the string when it keeps slipping?

Wrap the string over your finger once. Then continue to wrap the string around the axle, to the side of your finger, 2-3 times. Simply remove your finger and gently finish winding up the string. The finger loop will disappear when you throw the yo-yo down.

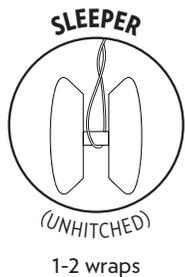


Can a ball bearing yo-yo be set for easy play?

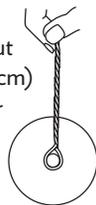
The Ball Bearing yo can be hitched for easy play, as well as unhitched for advanced tricks. It will take five wraps to make it stop 'sleeping' completely, for easier tricks. See the "How to add the hitch for beginner tricks" instructions in the section below.

Adding wraps to make a hitch (for easy play)

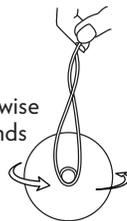
The Ball Bearing Yo comes as a sleeper



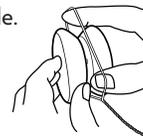
1. Pinch the string about 3 inches (7cm) above your yo.



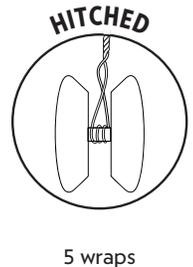
2. As you look down at your yo-yo, spin it counterclockwise until the strands of string split apart.



3. Add one wrap at a time until there are five wraps around the axle.



4. Let go of the pinched string, and the yo-yo will spin, returning the string to its natural position. Now you are ready for easy play!



More Info

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COUNSELORS

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REFLECTION ACTIVITIES

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includes WRITING PROMPTS

CLASSROOM FLAIR



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Relationships,
Test Prep
& more

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