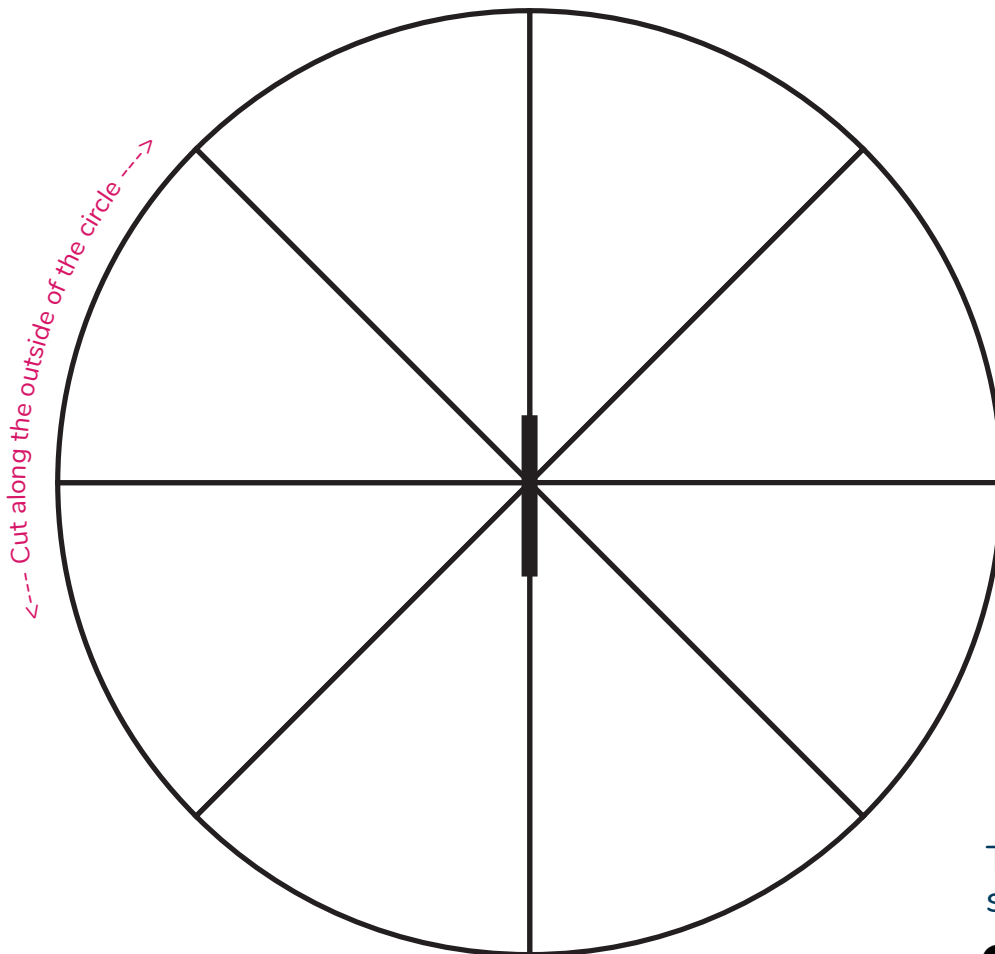


Culture Days 2021: Sharing Our Stories

WHIRLING COIN CRAFT

Create this colourful whirling craft using this template, scissors, makers or crayons, glue, a piece of cardboard (ie. cereal box) and a coin. After colouring the circle and gluing it to the piece of cardboard cut out along the outer edge of the circle and cut a coin-sized slit in the middle of the design and place the coin in the middle of the slit and give it a spin.

As you are watching the colours spin around, take few deep breaths and enjoy the whirling designs that you have created.



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To learn about the moving meditation, Sufi Whirling, you are welcome to watch Wonderhub's video: [Sharing Our Stories: Sufi Whirling with Heather Grove](#)