

# WORLD FOOD & MUSIC CELEBRATION **CULTURE KIT**

## FILIPINO SIPÀ

A sipà refers to the ball used in the sport sepak takraw. Sepak takraw is popular in the Philippines and other Asian countries. You can use it like a hacky sack for fun or to practice sipà skills by bouncing the sipà in your hand, then on your knee, then on your foot. Play it with a friend, like a hacky sack.

**Julie Hayes, CultureALL Ambassador, Philippines**

### MATERIALS NEEDED:

- Fabric square
- Dry rice
- Rubber band

### INSTRUCTIONS:

1. Lay the fabric square down and fill center with the dry rice.
2. Gather the opposite corners into a bundle.
3. Secure the bundle with a rubber band, not too tightly, otherwise the filler will become compressed, and the sipà will be too hard.

# WORLD FOOD & MUSIC CELEBRATION!

SEPT. 12 - 20

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