Colour Disc
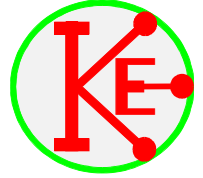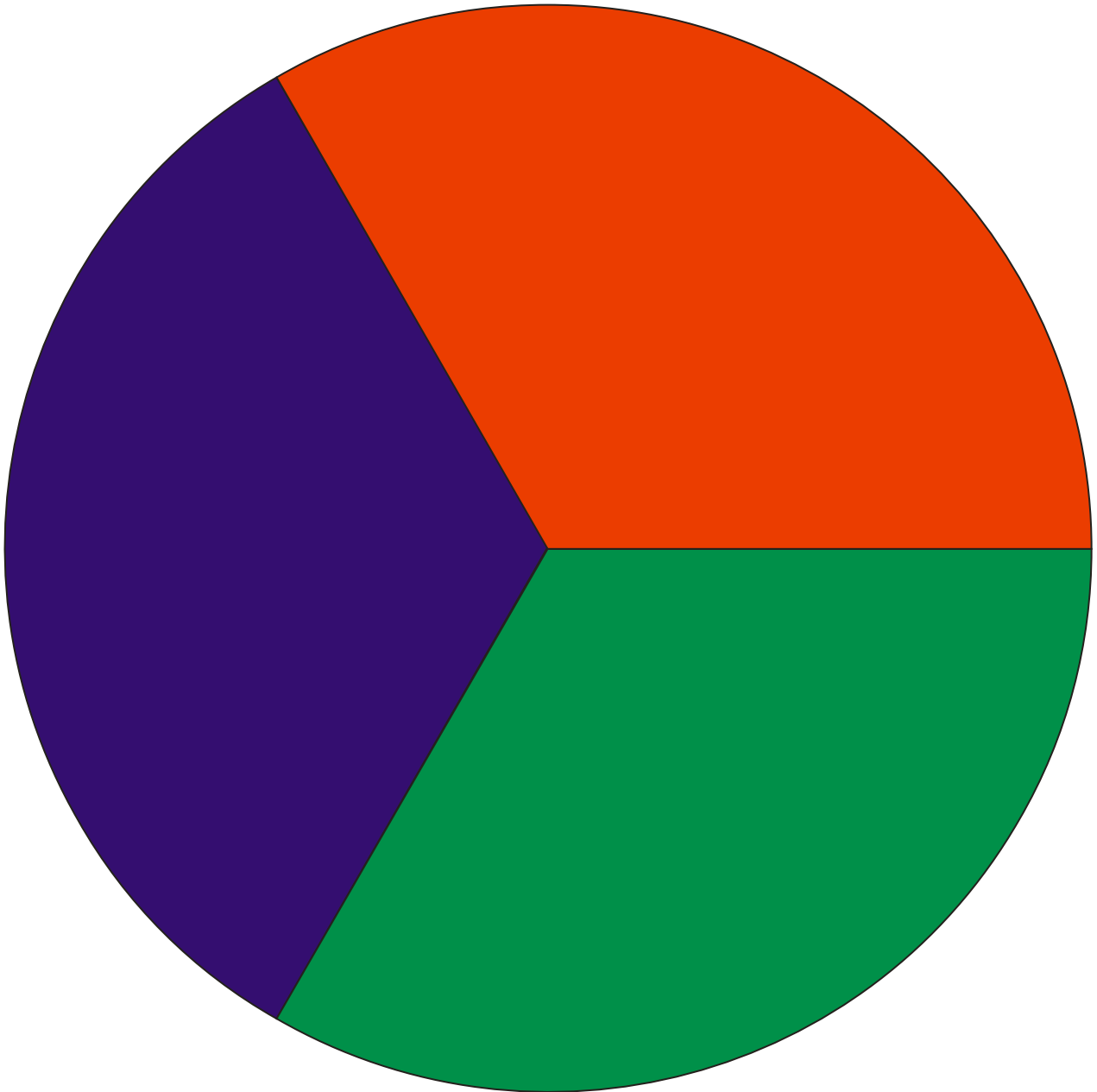
You will need:-

Cardboard, slightly larger than the colour circle
Glue
Scissors
1m of fine string

Method

1). Stick the colour circle page onto cardboard and then cut round the colour circle.
2). Make a hole along the join between the red and green areas 1cm from the centre. Make a second hole on the opposite side and also 1cm from the centre.
3). Thread fine string through the first hole and then loop it round and thread it back through the second hole.

4). Tie together the two ends of the string and move the colour circle to the middle of the string loop.
5). Take one end of the loop in each hand and twirl the colour circle around a few times until the string is twisted.
6). Pull the ends of the string apart and notice what happens to the colour wheel.
7). Alternate pulling and relaxing should keep the colour wheel spinning for a long time.

Note how the three colours merge to form a uniform white colour once the disc is spinning faster than the eye can follow.

Below is a circle that you can colour yourself.