Build a Catapult!

Stack several craft sticks together and rubber band them at both ends, wrapping the rubber bands until tight. You can add more craft sticks or take some away later to test different designs.

Take two craft sticks and rubber band them at one end. Wedge the fulcrum (which is the first stack you made) in the middle so they splay apart. You can change the lever length of your catapult by moving your fulcrum to different positions.

Use two rubber bands to make an "X" around the entire flinger and fulcrum. Leave it loose enough so that you can change the lever length when you want to.

Rubber band a spoon to the end of the flinger. See how far you can make a cotton ball fly!