Use a short cardboard tube e.g. the centre from a roll of kitchen paper cut in half. With a craft knife, make 4 three-sided incisions at equal distances round the tube. Bend out each cut section at right angles to make four blades. Put a pencil through the middle of the tube and suspend it over a jug or basin (preferably see-through). Pour sand (or rice or lentils) over the wheel and into the basin.