

Superhero Cuffs

Supplies

- Coloured card
- Scissors
- 2 small cardboard tubes
- Black, gold, red, green and silver paint
- PVA glue
- Wool or ribbon
- Hole punch



- Superhero cuff templates



- 1** Cut down the entire length of both toilet roll tubes and open them out slightly ready for painting.



- 4** Use PVA glue to stick the shapes onto the cuffs. Make sure that they are stuck onto the opposite side to the cuts.



- 2** Paint both of the cuffs in your chosen colour and leave to dry.



- 5** Using the hole punch, make 3-4 holes down each side of the cuff openings.



- 3** Now decide what shapes you would like to decorate the cuff with! Either use the templates, or draw some of your own shapes onto coloured card, then cut out.



- 6** Use ribbon or wool to lace up the cuff by threading it through the holes. The cuff can now be tied up when it is worn.