

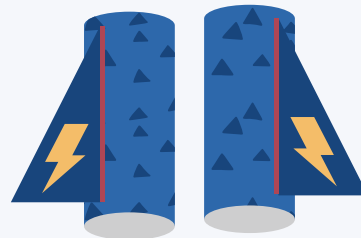
Craft your own Superhero Cuff

Transform into a real life Superhero with these DIY Cuffs! What superpower would your cuffs come with? Use the shapes from the template page to personalise your cuffs.

You will need: Two toilet rolls, coloured paper or wrapping paper, glue stick and a pair of scissors.

Optional: Decoration materials

- 1 Begin by colouring in your cardboard rolls or wrap and glue coloured paper over the surface. Don't forget we are making a pair so make two at the same time.
- 2 Cut out your chosen symbols from the superhero symbols page. Once coloured in, glue your symbols onto the cuff.
- 3 Add any other decorations you would like on your cuffs. Cut out two triangle pieces to glue to the outer edge of the roll to give it super speed fins.
- 4 Once your cuffs are ready, ask an adult to cut the toilet roll down the back and fit it over your arm. A superhero is here!



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