

# Superhero Cuffs

## Supplies

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



- 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.

# 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





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



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



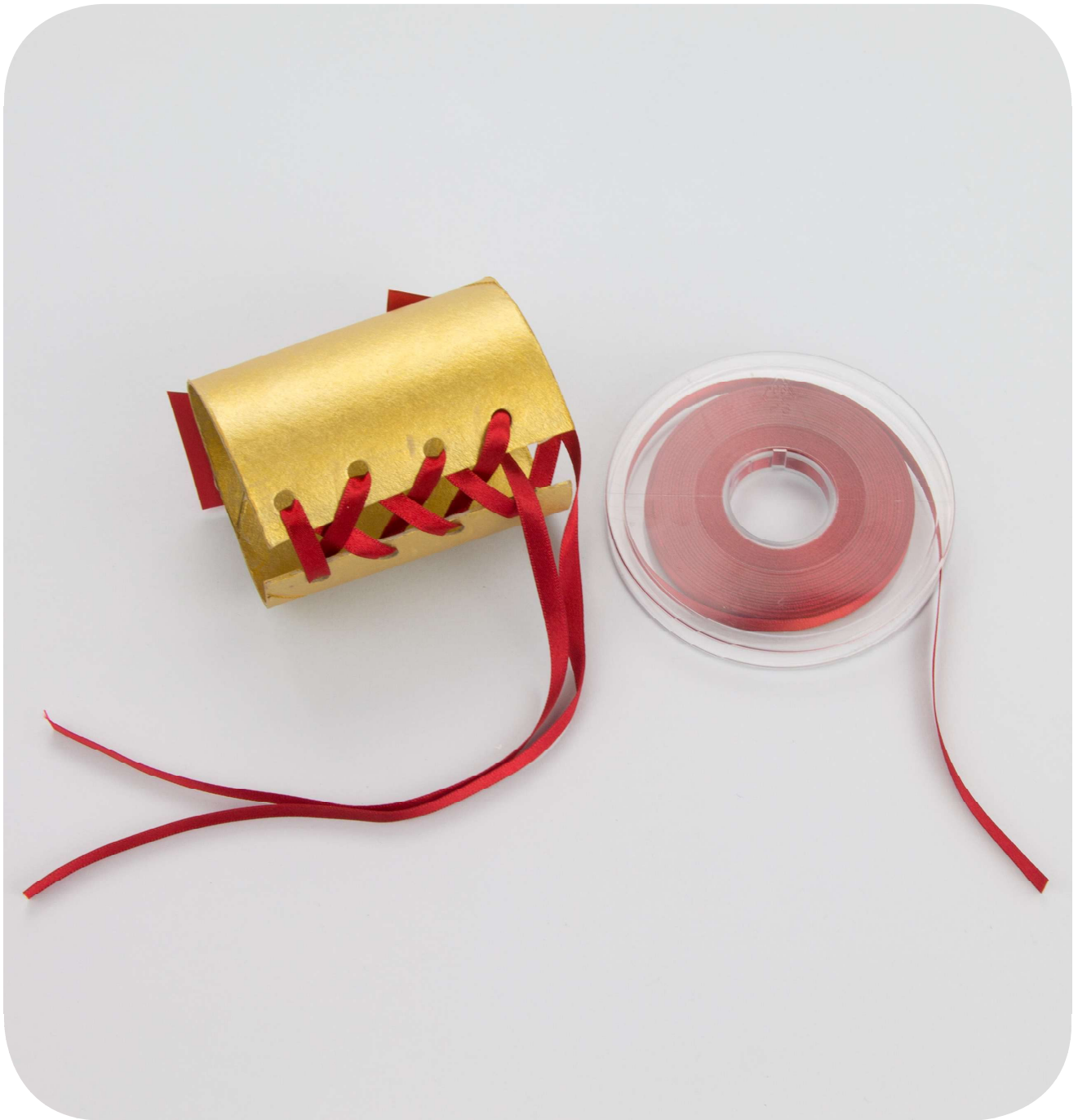
**Step 3.** Now decide what shapes you would like to decorate the cuff with! Either use the templates, or draw some of your own shapes onto coloured card, then cut out.



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



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



**Step 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.