

Superhero Capes and Cuffs

Cape Supplies:

- Plastic sheet or garbage bags (alternative: sheet, towel or any thin fabric)
- Scissors
- Markers
- Optional: sew on fabric names, shapes and designs if you are using a fabric instead of plastic.

Cape Directions:

1. Lay your plastic flat on a table
2. Cut the plastic about 30 cm or enough to form two large flaps
3. Tie the ends of the flaps together to make a large loop for the child's head to go through. Make sure the loop is very loose to prevent a choking hazard.
4. Decorate the back of the cape with stickers and permanent markers



Cuff Supplies:

- 2 toilet paper rolls
- Scissors
- Markers
- Stickers

Cuff Directions:

1. Cut each toilet paper tube length-wise
2. Decorate with sticker, markers
3. Wear with cape