Superhero Cuffs Instructions

These cool superhero cuffs are essential wear for every superhero. To get your own supercool superhero cuffs, just follow these simple instructions.

You will need;

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 cardboard tubes and open them out slightly ready for painting.

2

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

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.

4

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

5

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

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.