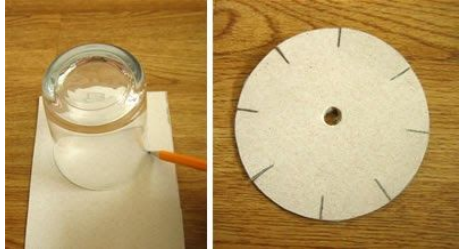


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Week 1: Super friendship bracelets (Wool, wooden circle, cardboard)



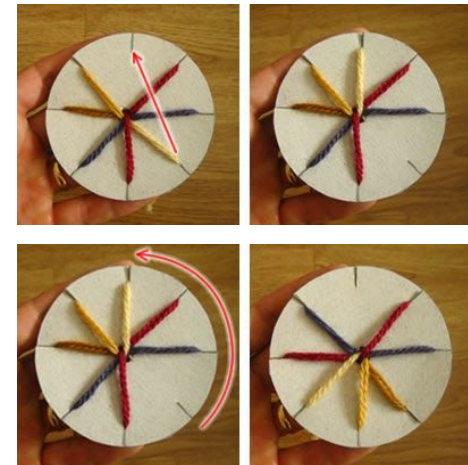
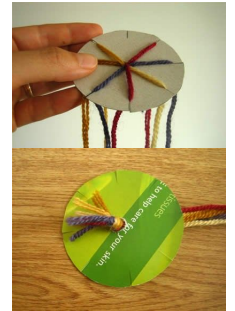
Step 1: Make Your Cardboard Braiding Disc

Trace a circle onto a piece of cardboard using a drinking glass and a pencil. Cut out the circle, then cut 8 small slits evenly spaced around the edge. Each slit should be about 1/2" (1 cm) long. Also, use your pencil to poke a hole through the center of the circle. (Be careful not to poke your hand!)

Step 2: Put the Yarn on the Braiding Disc:

Poke the knotted end of the yarn bundle through the hole in the center of the braiding disc, like this>

Then clip one piece of yarn into each slot, except the top slot. Your braiding disc should look like this>



Step 3: Braid Your Friendship Bracelet

Braiding your bracelet with the disc is really easy. There are just two steps to learn and repeat.

Step A: Hold the disc so that the empty slot is at the top. Un-clip whichever yarn is in the bottom-right slot and clip it in to the top slot.

Step B: Now the bottom right slot will be empty. So, rotate the whole disc so that the empty slot is at the top again.

Now, just keep repeating Step A, Step B, Step A, Step B etc, and your bracelet will grow. It seems a bit like magic the first time but it really works!

As you continue, you'll see your bracelet growing down through the hole in the center of your braiding disc. Unclip your braid and wollah! You have a super friendship bracelet!



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Week 2: Super bravery badges (Card, ribbon, pens, tissue paper, badge pin, scissors, glue)

Step 1: Cut out a circle of card

Step 2: Cut out strips of superhero coloured tissue paper

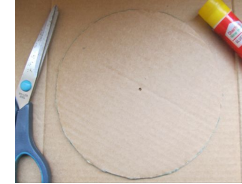
Step 3: Cut your ribbon into lengths to fit onto your badge

Step 4: Decorate your badge with your superhero logo or the words 'I am brave'

Step 5: Glue on the tissue paper and ribbon around your badge

Step 6: Add the pin onto the back of your badge

Step 7: Leave it to dry and then wear your badge with pride



Week 3: Super-courage cuffs (Card, scissors, stickers, foam, glue)



Step 1: Choose a piece of card and fold it long ways and cut in half.

Step 2: Take a piece of superhero coloured card and decorate it with pens stickers and foam shapes.

Step 3: Wrap your super courage cuffs around your wrist and ask someone to stick it down for you!

Step 4: Wear your cuff of courage to help you to be courageous this week!

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Week 4: super hero fear zappers (Wooden dowels, ribbon, pipe cleaners, foam, stickers)



Step 1: Pick a coloured dowel and a piece of ribbon. Wrap the ribbon around the dowel then cellotape it on.

Step 2: Take another piece of ribbon and wrap it around in the other direction.

Step 3: Wrap your pipe cleaners into a spiral shape. You could do this around a pencil. Then twist the pipe cleaner around the coloured dowel.

Step 4: Add some stickers onto the dowel, decorate with foam shapes and you could also add a card zig zag onto the top!

Step 5: Use your fear zapper whenever you feel scared!

Extra crafts:

Why not use any leftover decorations or craft resources to decorate your red bag to keep all of your superhero crafts in! You could also decorate your superhero mask with your superhero logo.