

Wristband Instructions:

You will need:

A4 paper, cardboard or foam

Scissors (grown-up use only)

A printer

Glue

Decorations

1

With help from a grown-up, cut along the outer edge of the wristband to make a paper template. Lay your template onto a piece of card or foam and draw around the edge. Ask a grown-up to cut along the outline you have drawn. If you prefer to make your wristband from paper, simply use your template as your wristband.

2

Measure your wrist to check how long your wristband needs to be. Ask a grown-up to make a slit at the correct length by cutting along one of the dotted lines on the strap.

3

Wrap the wristband around your wrist and push the arrow through the slit to fasten it.

4

Decorate your wristband any way you like. If you want to use the decorations on the sheet, ask a grown-up to help you cut them out and use glue to stick them to your wristband.

