

Handprint Flying Superhero

Supplies

- Blue or white paper
- Selection of coloured paint
- Cotton wool
- Paint brush
- Felt tip pens
- Spare card



1 Using the spare card, draw a city sky line shape which is long enough to reach across the bottom of the page. Then cut this out.



2 Use this as a stencil by placing it over the bottom of the paper. Then use cotton wool balls to dab white paint onto the paper to give the effect of clouds. Remove the stencil to leave behind a city sky line, then leave to dry.



3 Now choose a colour for your superhero! Paint one hand in this colour and print it on to the sky at an angle, with the heel of the hand just below the centre of the picture and the fingers pointing towards one of the top corners.



4 Then using your painted fingers, drag behind the fingers of the hand print, to make it seem like the hand print is flying!



5 Now give your superhero a face! To do this, make a large thumb print overlapping the heel of the hand. You may wish to print a smaller print in a darker colour for hair. Or add two smaller skin toned prints for hands.



6 Once this is dry, use felt tip pens to add detail to your superheroes face and body.

Bottle Jet Pack

Supplies

- 2 x 2litre plastic bottles
- Paper cups
- Thick ribbon
- Foam sheet
- Cardboard
- PVA glue
- Sticky Tape



- Tin Foil
- Red, yellow and orange tissue paper
- Stapler



1 Cover one of the bottles in PVA glue, to do this pour the glue into the paper cups and use paint brushes to get a good layer. Now, stick tin foil around the bottle until it is completely silver. Leave it to dry.



2 For the flame, take some pieces of tissue paper and place them on top of each other in layers.



3 Pick up the layers of tissue paper and cut strips vertically into them, ensuring the cuts do not go right to the top.



4 Gather the sheets of tissue paper together at the top and tape them together. Secure this to the inside of the neck of the bottle with more tape.



5 Repeat steps 1-4 with the second bottle so that you have two flaming cylinders for your jet pack. Leave to dry.



6 Cut a length of ribbon that is long enough to wrap around the middle of both bottles. Then secure this around both bottles with either glue or tape so that they are held together securely.



7 Now make some straps for the jet pack! Cut two long lengths of the ribbon that are long enough to be worn comfortably as straps.



8 Take the cardboard and cut it so that it does not hang over the edges of the bottle when they are placed on top of it.



9 Use the stapler to attach the straps to the cardboard so that the ends of the ribbon are both overlapping the cardboard on the same side.



10 Use PVA Glue to attach the cardboard to the bottles, so that the ends of the ribbons are hidden.



11 Now decorate the jet pack using coloured foam! Draw and cut out shapes of your choice. Then stick them along the middle strip of ribbon using PVA glue. Make sure your jet pack is completely dry before you start zooming around with it!