

RECIPES *for* PLAY

Activities to discover, make, and enjoy at home

SUPER YOU CAPE

AGES 3 and up

INGREDIENTS

- Old sheet (Cut to fit on your back.)
- Markers
- Yarn or ribbon
- Scissors

IDEAS / INSTRUCTIONS

1. If you could have super power, what would it be? Use markers to design a superhero cape for the hero in YOU.
2. Cut slits at the upper corners of the cape.
3. Tie a long piece of yarn or ribbon to each slit.
4. Secure it to your back by wrapping the string around your shoulders and under your arms. Then tie it in a bow. (It should fit like a backpack!) Do not tie the cape around your neck.
5. Now test out your new super powers and all the amazing things you can do.

