



**Petits
Filous**

CALCIUM + VITAMIN D
FOR HEALTHY BONES

MATERIALS NEEDED

Duct tape, brown paper bags, scissors, and a colourful mix of leaves, flowers, and anything else you'd like to use for embellishments on your crowns.



STEP 1 Ask a parent to measure the circumference of your head. Use that measurement (plus an extra couple inches for the "seam") to cut a two-inch-wide strip from the paper bag that will fit around your head.

STEP 2 Cut another paper bag strip of the same length, but this time cut one side straight and one side in whatever pattern that you'd like to appear along the top edge of your crown (for example a zigzag cut).

STEP 3 Tear off a piece of duct tape of the same length, then lay it down on a flat surface, sticky side up. Attach your plain strip of paper bag at the bottom edge (make sure any printing on the bag faces down) and the shaped strip along the top edge (again with printed bag side down), leaving most of the sticky tape area exposed. This adhesive strip is where you'll attach all your beautiful floral adornments to create a glorious crown!



I AM
TEAM GB