# AUGUST 23-29

HEALTHY BONES
ACTION WEEK

WHAT YOU NEED!
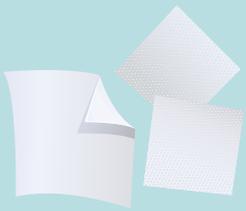
| Something to use as the base of the banner | Glue, Scissors, and Clear Tape | Stickers and Craft Paper to decorate | Colouring Pencils or Paint tools | Poles to hold up the banner |
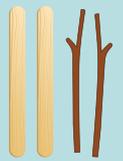
1 DESIGN YOUR BANNER

Plan and design how you would like your banner to look and find materials to create it! Use what you can find around the house! It could be recycled packaging, scrap paper, or wrapping paper.

Remember you don't want to select something too thick as you want to ensure you can break through it at the end!

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2 BUILD YOUR BANNER

To build your banner base, lay your selected banner base material side by side, overlapping slightly. When using thicker materials, it is recommended to ensure each piece is no larger than an A4 piece of paper as you will need to be able to break through the banner!

3 FORM ONE BIG BANNER

Stick each of the slightly overlapped corners of the banner pieces together using a glue stick or sticky tape to form one big banner. When using sticky tape, ensure to use small pieces so you don't get hurt when running through the banner!

4 DECORATE YOUR BANNER

Time to decorate your banner! Use your decorating materials to create your design! Stick them on with glue or draw your designs. If you are sticking onto your banner, make sure your materials aren't too thick and are smaller than an A4 piece of paper.

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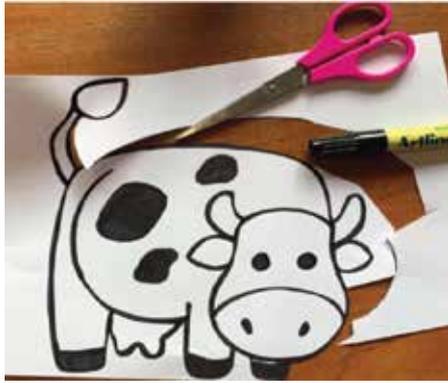
5

ATTACH YOUR BANNER TO A POLE

Time to attach your banner to a pole. Turn both short ends in 10 centimetres and tape down the banner to your poles. Alternatively, you can tape your banner to a doorway so you don't require poles to hold the banner.

6

TAKE A PHOTO AND RUN THROUGH IT

Take a photo of your banner and get ready to run through it! Film yourself charging your way through your banner. Get creative, think outside the square.

GOOD LUCK!