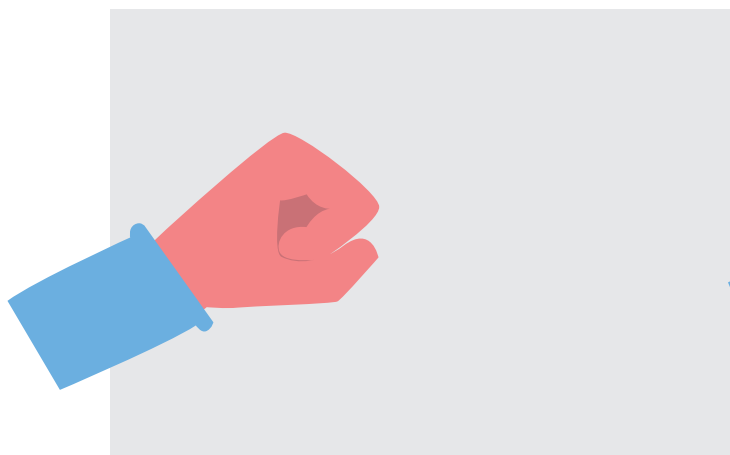
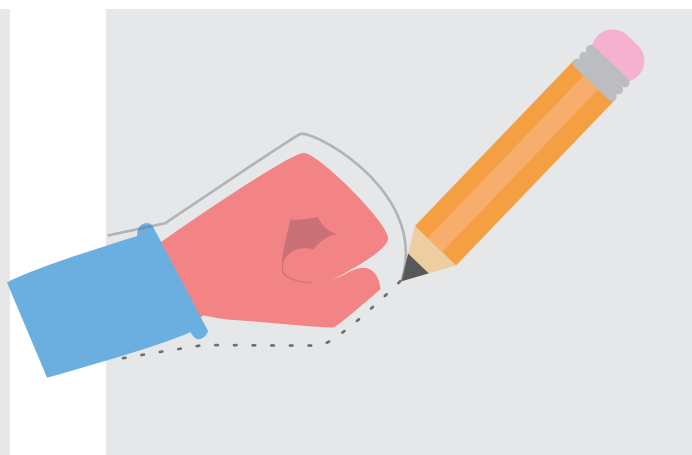


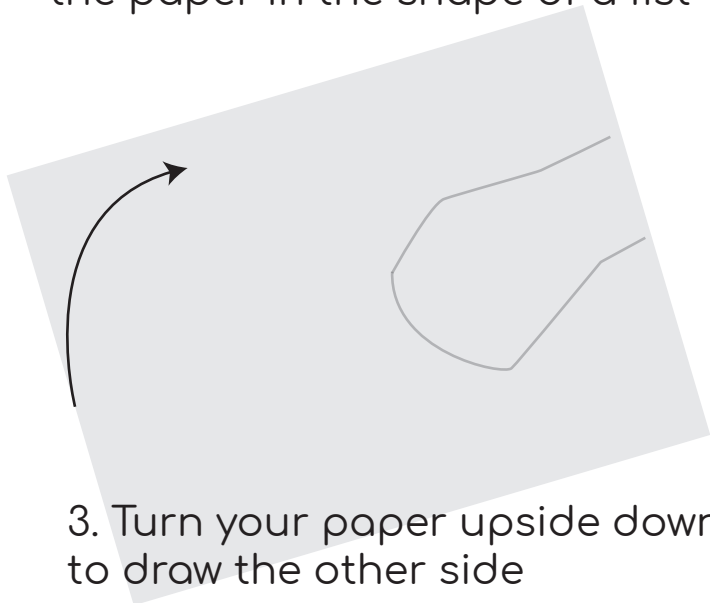
How to Create Your Own Superhero Mask



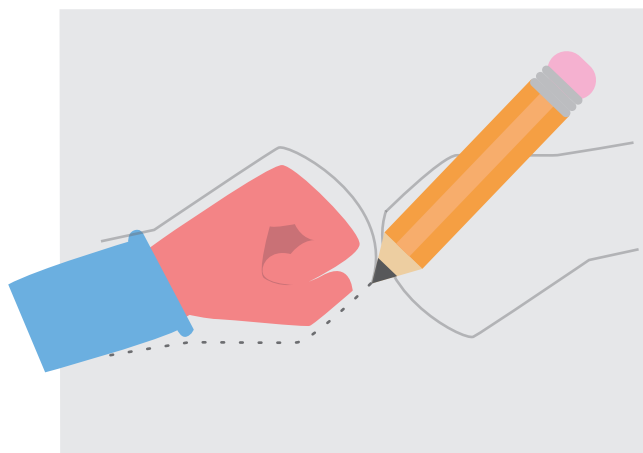
1. Put your non-drawing hand on the paper in the shape of a fist



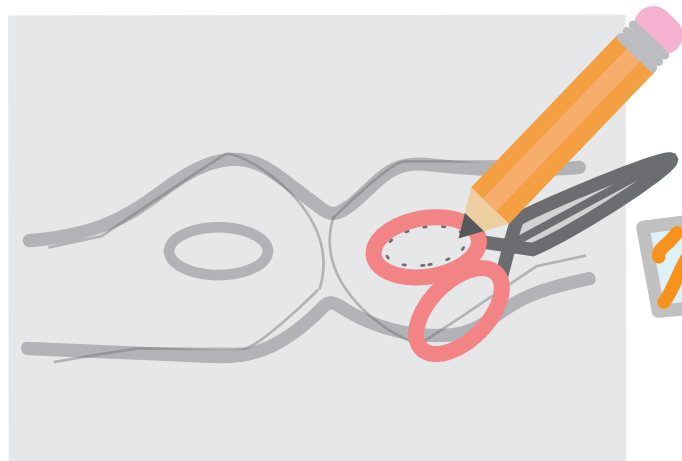
2. Trace the shape of your fist on one side of the page



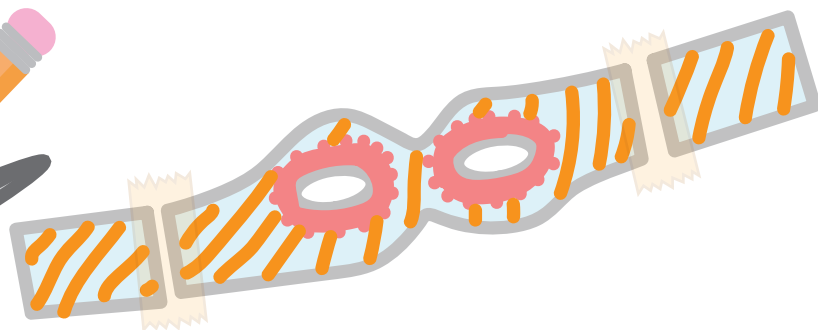
3. Turn your paper upside down to draw the other side



4. Trace the shape of your fist again



5. Even out your traced fists as best as you can and draw holes for eyes. (You can use your scissors' handle as a stencil!)



6. Cut out your mask and two rectangles that fit the sides of the mask. Colour the mask first, then tape it all together to fit! Happy crafting and thank you from your friends at
The Mindful Project ●