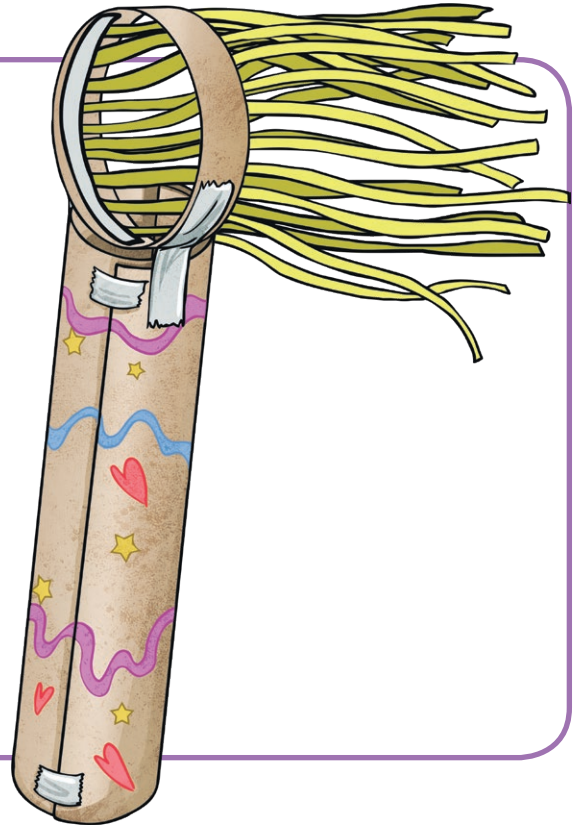


How to Make a Breathing Wand

You will need:

- A kitchen roll tube
- Scissors
- Resources to decorate the tube
- Sticky tape
- White glue
- Lengths of ribbon, streamers, strips of tinsel or strips of tissue paper



Instructions

1. Cut a 3cm piece off the end of the kitchen roll tube.
2. Decorate the large part of the kitchen roll tube using felt tips, paint or sequins. You can put on anything you choose!
3. Put glue around the inside of the 3cm piece of the kitchen roll tube.
4. Press the ribbons (or similar) into the glue.
5. Leave it to dry.
6. Attach the small piece of the kitchen roll tube to the large piece using two pieces of sticky tape at the bottom on either side.

