



Planet Protector Superhero Cuffs

A BAREFOOT ACTIVITY RECOMMENDED FOR AGES 3-7

Your mission, should you choose to accept, it is to protect our beautiful planet, Earth! The *Yoga Planet* deck gives us lots of ideas for getting in tune with and protecting our world. You can also decorate your own superhero cuffs and pledge to become a Planet Protector! Choose recyclable items from around the house to decorate your cuffs and start a conversation about the importance of protecting our planet and creating a sustainable future.

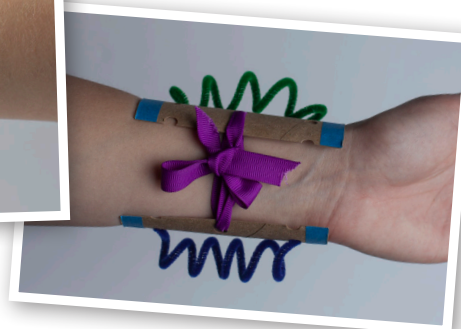
WHAT TO FIND

- Toilet paper/paper towel rolls
- Glue
- Scissors
- Markers, paints, watercolors, crayons, or other coloring supplies
- Hole puncher (optional)
- Ribbon or yarn (optional)

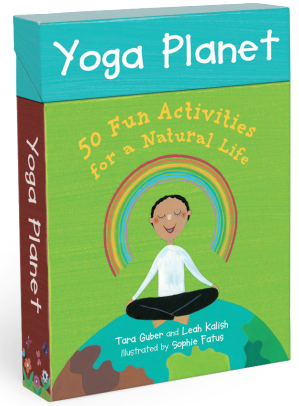
- Recyclable/around-the-house materials for decorating, such as magazines, newspapers, cotton balls, cupcake liners, bottle caps, popsicle sticks, grass, leaves, buttons, glitter and stickers

WHAT TO DO

1. Adult helper job: Cut a slit from the top to the bottom of each roll.
2. Paint or draw on your toilet paper or paper towel rolls to add a bit of color. If using paint, let it dry before moving on to the next step.
3. Decorate! Add various recyclable and around-the-house items to your cuffs with glue. Let glue dry before moving on to the next step.
4. Optional: For added security, attach your cuffs by punching holes on both sides of the slits and threading ribbon or yarn through.
5. Place on your wrists and wear! What can you do to help protect our planet?



Want to complete your superhero costume?
Try making a mask and cape out of recyclable material!



Yoga Planet

50 Fun Activities
for a Natural Life

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Illustrated by Sophie Fatus



Barefoot Books
step inside a story