

# MAKE YOUR OWN CAPE!

## EVERY HERO NEEDS A CAPE

Help spread awareness of Capes for Kids by making your own cape with materials you have at home.



## Suggested materials for your cape:



LARGE PIECES OF FABRIC  
(OLD SHIRTS, PILLOWCASE,  
FABRIC FROM A CRAFT STORE)



SMART  
FAB FABRIC



GLUE OR  
FABRIC TAPE



SCISSORS



FABRIC MARKERS  
OR FABRIC PAINT

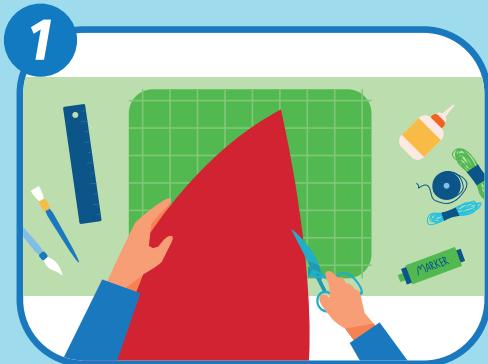


STRING, RIBBON,  
OR VELCRO FOR TYING

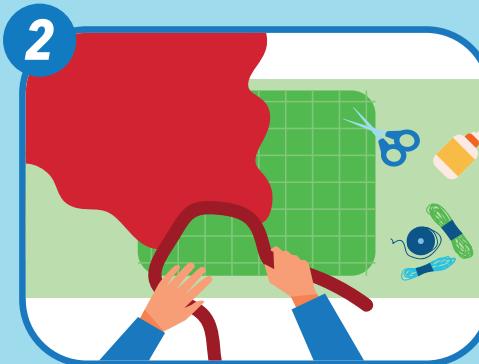


OPTIONAL:  
GLITTER, STICKERS,  
IRON ON PATCHES

## Instructions:



Measure and cut your material  
into the shape of a cape  
(triangle or rectangle works best)



Create a neck opening and  
attach a ribbon, string or  
Velcro to tie it on safely



Decorate with markers, paint,  
and felt shapes. You can add your  
school spirit/logo on the cape  
as a special message

**Try it on and strike a pose!**

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## **Make Your Cape Work for Everyone**

Everyone can join in, no matter how they move or what feels comfortable for them. Here are a few ways to make your capes easy to wear and fun for all.

### **Try different ways to wear a cape:**



- Use Velcro or snaps at the shoulders so the cape comes off easily.
- Attach the cape to the back of a wheelchair or walker.
- Make small wrist or arm capes that slip on without any ties.
- Create a lap cape that sits across your knees.

### **Keep it simple and safe:**

- Make sure the cape is not too long so it will not get caught in wheels or under feet.
- Avoid anything tight around the neck.
- Use quick-release fasteners whenever possible.

Always make sure the capes fit comfortably and are easy to take on and off.

### **Prefer to wear something else?**

You can still take part. When you raise \$100 dollars (or \$50 for younger participants), you will earn an official red cape to wear during Capes for Kids.