

Create your own Kindness Cup

Use recycled materials from around the house to build your own 3D trophy.
Who will you award it to?

You will need

- 2 pieces of cardboard or card (could be a cereal box)
- Pen
- Ruler
- Scissors
- Paint, glitter, colouring pens or coloured paper to decorate

Top Tips

- Ask an adult to help you with cutting and measuring.
- What other materials do you have in the house that you could decorate your trophy with? You could use chocolate bar wrappers to make your trophy silver!

Method



1) Draw the outline of a trophy shape on your cardboard or card.



2) Carefully cut your trophy shape out - get an adult to help you.



3) Using your cut out trophy as a stencil, draw and cut another trophy.



4) Measure halfway down the length of your trophies and mark.



5) Take one of your trophies, and cut from the bottom of the trophy to the marked middle.



6) Take your second trophy, and cut from the top of the trophy to the marked middle.



7) Slide your trophies together using the newly cut slits. Your trophy should now stand.



8) Decorate your trophy! Use paint, felt tips, glitter and coloured paper to decorate it.

place2be.org.uk/kindness

#MentalHealthAwarenessWeek

