

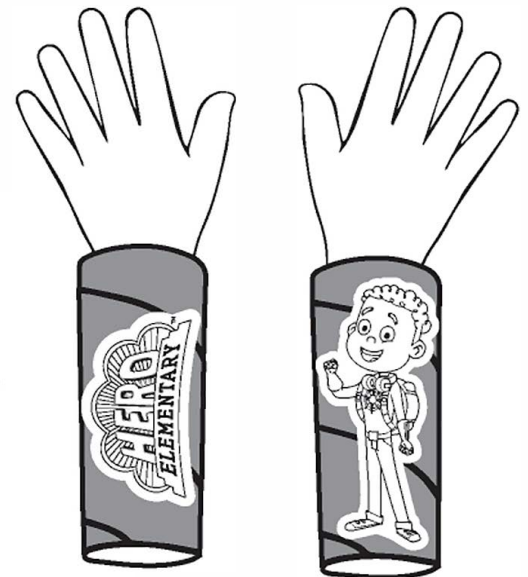
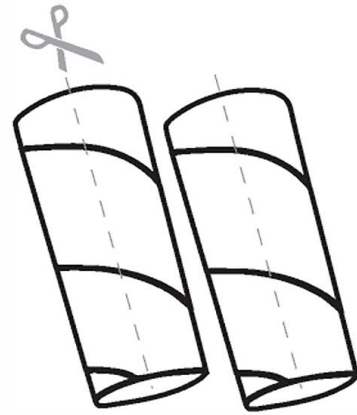


# Recycled Superhero Wrist Cuffs

AJ Gadgets uses his Superpowers of Science to engineer cool new gadgets from recycled materials. Join Sparks' Crew by making your own HERO ELEMENTARY superhero wrist cuffs from empty toilet paper rolls.

## Directions:

1. Find two empty toilet paper rolls and make a cut down the length of each one so that you can slip one over each wrist.
2. Decorate your superhero wrist cuffs! You can use paint, markers, glitter, yarn, fabric or your favorite art supplies.
3. Color and cut out the images below and affix one to each wrist cuff. Can you find other recycled materials from around your house to add to your cuff?
4. Wear your wrist cuffs and remember you can be a superhero by being kind and helping others!



**AJ Gadgets**

For more games and activities, visit [pbskidsforparents.org](http://pbskidsforparents.org)



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