INSTRUCTIONS

- 1. PRINT OUT ONTO CARD OR PAPER
- 2. CAREFULLY CUT OUT THE PIECES
- 3. GET CREATIVE AND ADD SOME COLOUR!!
- 4. STICK THE SIDE PIECES TO THE FRONT USING GLUE OR TAPE
- 5. MEASURE THE CROWN AROUND YOUR HEAD
- 6. CUT OFF THE EXCESS LEAVING ROOM TO OVERLAP THE ENDS
- 7. STICK THE ENDS TOGETHER
- 8. SHARE YOURS ON SOCIAL MEDIA #EATTHEMTODEFEATTHEM









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