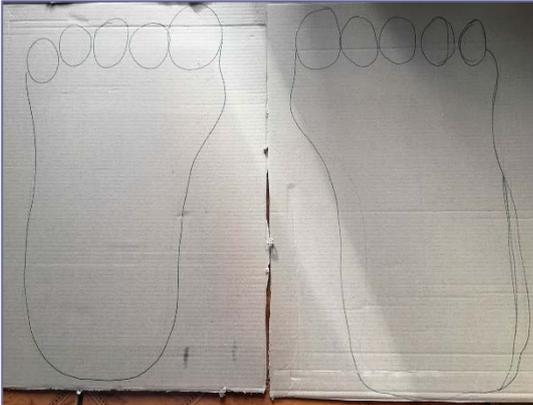


Monster Feet



These feet are fun to make and hilarious to walk in. The children enjoyed pretending to be monsters as much as racing each other to the finish.

Equipment

Thick cardboard - large sheets
PVA glue
Strong scissors or craft knife
Old pairs of flip flops
Paint
Hot melt glue gun

Method

1. If you have very thick cardboard, jump straight to step 2. If you have normal thickness cardboard, use PVA glue to stick two layers together. Allow to dry overnight.
2. Draw a giant pair of feet on the cardboard and cut out. If your cardboard is very thick or you have used double thickness, you may need to do the cutting as little hands will struggle. (I found a craft knife worked well, but I used it when the children weren't around.)
3. Paint the feet in monster colours, be sure to give them funky claws!
4. Once the paint has fully dried, use a hot melt glue gun to stick one flip flop to each foot. Be generous with the glue but move fast to ensure good adhesion. Put the flip flop near the back of the foot, rather than in the middle - this makes it harder to walk.
5. Set up a start and finish line. Put the children in the feet and race to the finish. High knees and frog legs work best!

Note: Do not use the monster feet on wet grass, they go soggy and start to disintegrate fairly quickly!

Extension: Use double-sided sticky tape on the claws and stick a lightweight ball to each. The player with the most balls left on their toes at the end of the race wins.

Areas of learning and development:

PSED Personal, Social and Emotional Development
PD Physical development
EAD Expressive Arts and Design