

MAKE YOUR OWN

SUPERHERO

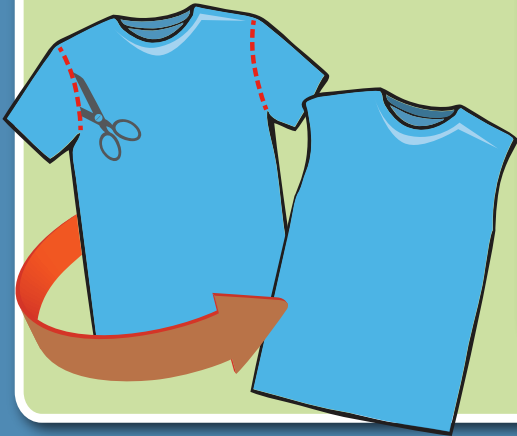
CAPE

Cape Day is the third Friday in October.
Take a picture with your cape and share it on social
media using #CapeDayATL.

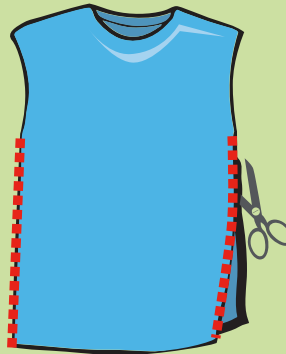


Cut It!

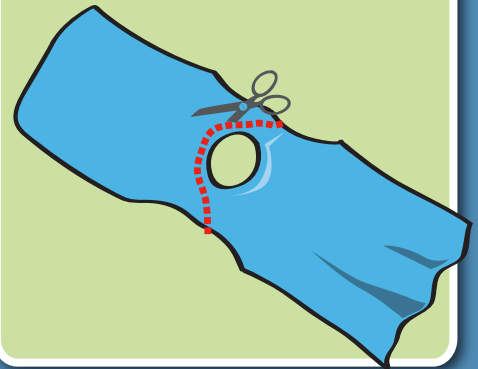
- 1 Find a T-shirt and cut off the sleeves.



- 2 Cut the sides of the T-shirt so it is open. Be careful to leave the neck hole intact.



- 3 Open the T-shirt and cut around the neck hole.

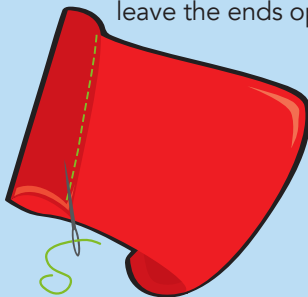


(or) Sew It!

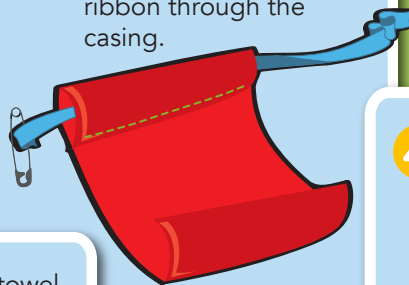
- 1 Gather a towel and a piece of ribbon long enough to tie around your neck.



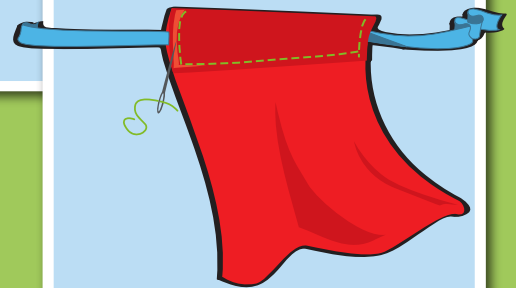
- 2 Fold over 1" of the towel and sew to make a casing for the ribbon. (Be sure to leave the ends open!)



- 3 Using a safety pin or barette, thread the ribbon through the casing.



- 4 Adjust the ribbon so it fits securely around your neck. Then sew the ribbon down so it won't slip through the casing.



Visit choa.org/CapeDayATL for more details.



Children's
Healthcare of Atlanta