

How to make a Super Mom Cape

Designed by Jessica Garrett - a Mother Out Front in Massachusetts.

Materials:

- Any flowy red fabric (check the edges to see if they will run when cut. Best to have fabric that won't run, so you don't have to sew the edges. Lycra/polyester work well, but t-shirt material is lighter weight. It just doesn't flow as well and sticks to other clothes.) Discount fabric stores may have lots. 1 yard is enough for 3 capes.
- red and blue felt - for the "MOM/DAD/AUNT/KID" shields on the back of the cape. Each blue shield is about 10 by 7 inches. Each red is 9 by 6 inches Slightly more blue is needed because it's a bigger shield. So from a square yard, you should get 3 shields across by 5 shields down or 15 shields. (See page 4) You can use scraps to make headbands as shown in pic below.
- "Adhesive glitter foam sheets" - blue and/or gold or silver from Michaels Craft store – you can get about 3 capes worth of letters out of one sticker if you are very efficient with laying out your stencils. (See page 5)
- stencils (of MOM/DAD/HERO/AUNT/KID) printed on paper, and then cut out. (See separate PDF to print them, and see page 5 for instructions.) You could consider also cutting out "Climate"
- package of hot glue sticks - can be purchased at any craft store

Tools: (this is for one cape. For a team build, you'll want several of each and assign roles to make an assembly line.)

- scissors for fabric
- scissors for cutting paper and stickers: good to have sharp points for delicate cutting of letters.
- hot glue gun
- ballpoint pen or pencil for tracing letters
- measuring tape



Cut the capes out of the red “flowy” material. Each cape is a rectangle that is about 36 by 20 inches. Each yard of cloth is about 60 inches wide so each yard should give you 3 capes across. We recommend cutting the long cloth into yard lengths first. Then fold the material into thirds (each about 20 inches wide) and cut on each fold to get the 3 capes. How to shape them and cut the neck hole is on the next page.



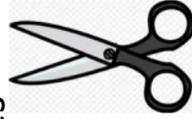
Fold the cape in half.

Trim the unfolded edges so they are rounded. The scraps can be donated to a school or art place.

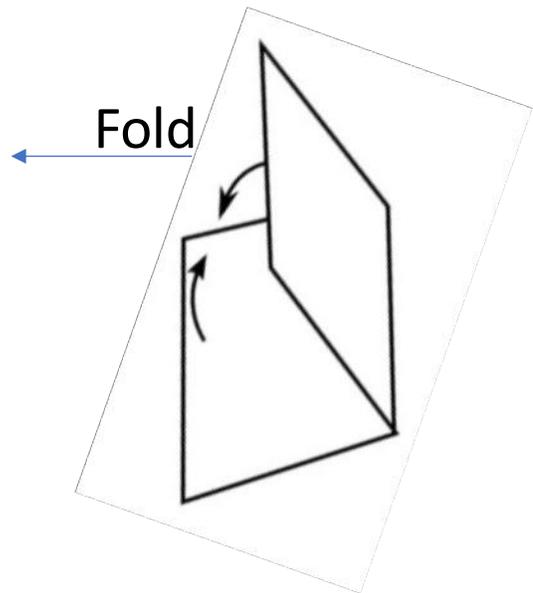


4"

8 inches



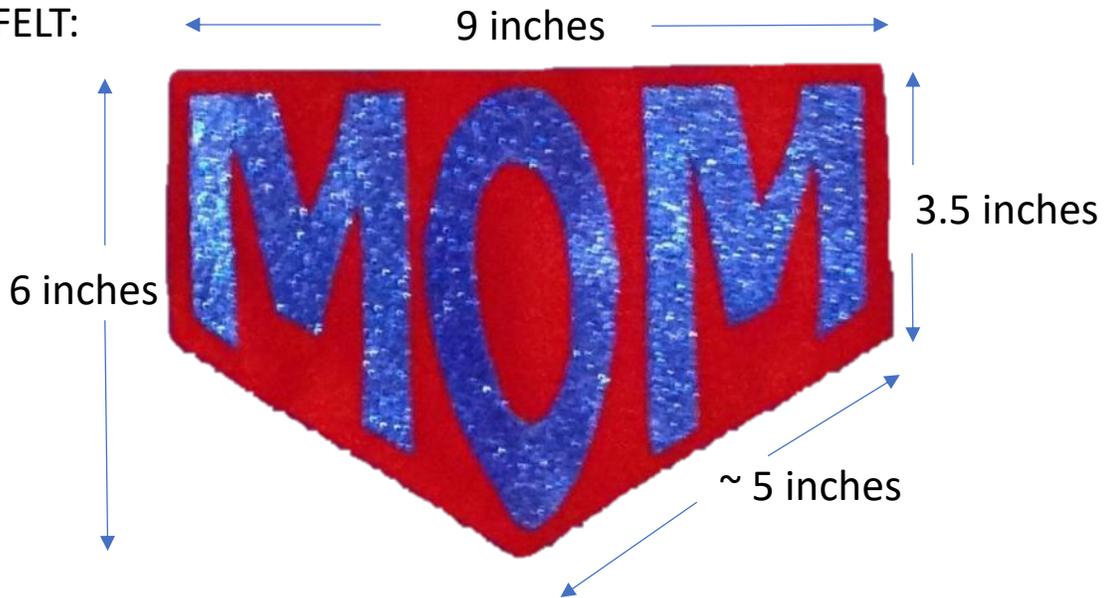
Cut a half circle out of the folded top to create the neck hole. Cut in about 4 inches from the fold to make an 8 inch diameter circle when opened.



MOM/DAD/HERO/AUNT shield.

Cut the shields out of the red and blue felt using the measurements below. The blue felt shield is slightly bigger than the red. The smaller red shield is hot glued on top of the blue. Once the letters are cut out of the adhesive foam (see next page), peel off the backing and then hot glue the letters onto the shield (the adhesive on the glitter foam doesn't last very long. You might become Super OM!)

RED FELT:



BLUE FELT:

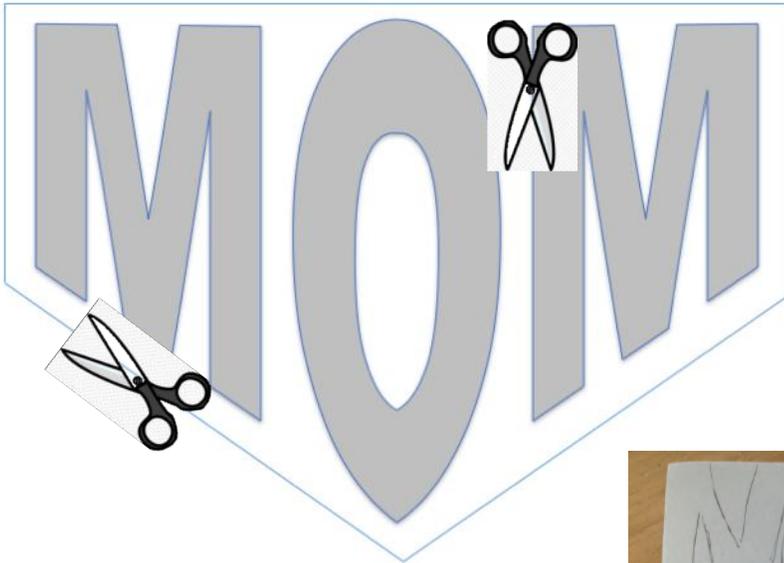


MOM/DAD/HERO/AUNT letters.

There are a limited number of the expensive adhesive glitter foam sheets. You want to conserve them, and try to get 3 words per sheet, at least. First, cut out the letters from the paper stencils (See step 1). Then trace them on the adhesive sheet. Arrange them in the most efficient way you can. (see example in step 2 below) Use any extra bits as letters for other words. In the photo below, there is space for an "I" in KID. Once the letters are all cut out, peel off the sticky backing and hot glue them onto the felt shields.

For tracing letters onto the sparkly foam, you have two options:

- Flip the letters over and trace them backwards on the back of the sparkle paper. The letters need to be traced backwards so that they will look right on the sparkle side. (It doesn't matter much for MOM, but it will for other words.
- You could also trace them right side up directly onto the sparkle side if the other method is too confusing. Kids like to just draw directly on the sparkle, and it's fun to let them draw "KID" themselves.



1) Using the paper stencil, cut along the shield lines. Then carefully cut out the letters.

2) Flip the letters over and trace them on the back of the adhesive glitter sheet.

