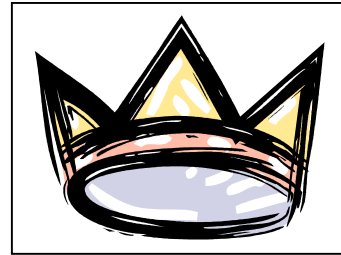


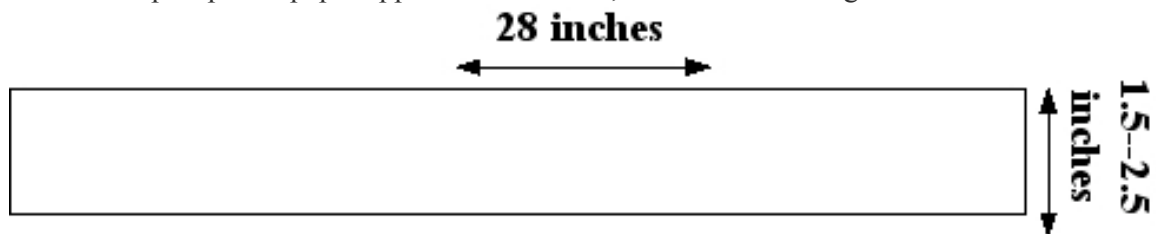
Making crowns is a time-honored arts and crafts project. There are many different ways that you can do this; here is a simple method:

Materials needed:

- White poster board-long
- Scissors
- Crayons, markers
- Glue/Glitter (optional)
- Scotch Tape



1. Cut a strip of poster paper approx. 1-1/2" wide, and about 28" long.

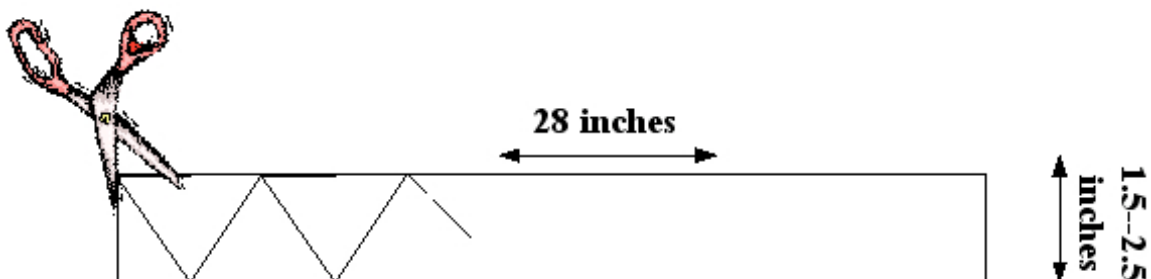


2. Wrap the strip around child's head to make a circle. Trim to fit. This will be the headband base for the crown, but don't tape it shut yet. Take it off child's head.

3. Brush white glue on what will be the outside of the headband and cover with glitter or tissue paper. Or, just color with markers and crayons.

4. When crown is dry, wrap it again around the child's head and tape in place to fit.

Note: if you cut the original piece slightly wider than the 1 ½ inches, you can **cut into** the band to make an actual crown shape.



For more tips, or if you need more information or would like to talk to someone:

In Washington State: Call the Family Help Line at 1-800-932-HOPE

Outside of Washington State: contact your local Circle of Parents agency at

www.circleofparents.org