

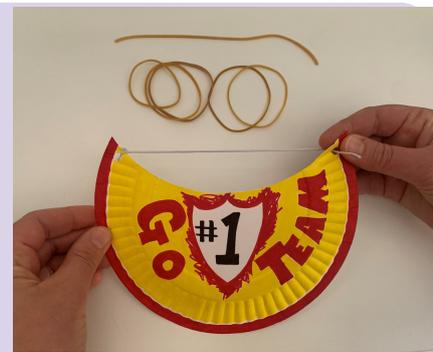
# Fun with Captain Starlight

**Fact: Baseball umpires are required to wear black underwear!**

This rule was established so that umpires would not be embarrassed if their pants split. So in the theme of Sports attire lets make our own cool gear to wear!

## Activity Title: Sports Sun Visors & Cheer Pom Poms

Materials: Coloured pencils and crayons, paper plates, rubber bands or elastic x 2, 6 sheets of crepe or tissue paper, piece of ribbon and scissors.



Use a coloured pencil to draw a half moon (or crescent) on a plain paper plate. You can trace the edge of another plate!

Cut off the half moon using Scissors. Don't forget to ask an adult if you need help!

Decorate your cool sun visor with your pencils or crayons

Punch holes near both points of the moon. Thread elastic or a cut rubber band through each hole and knot.

## Try This!

- Use the indented markings on the plate to draw several layers in your design or use several paper plates to create 3D layers to make it more interesting!
- Add scrunched up crepe or tissue paper to make your colourful design more textural!



## And This!

- Create an animal or creature using the offcuts from the crescent for eyes, ears, horns or hair!

Share your fun with Captain Starlight (with a little help from grown-ups) by using [#funwithCaptainStarlight](https://twitter.com/funwithCaptainStarlight) or emailing pictures to [Captain.Starlight@starlight.org.au](mailto:Captain.Starlight@starlight.org.au)

# Fun with Captain Starlight

## Do This!

- Too Simple? How about adding to your sporting outfit with a pom pom or two in your favourite team's colours or to match your sun visor! Pom pom handles can also be made using two toilet rolls. One foldered up inside the end of the other and taped together. Then wrap it in the same crepe paper or pipe cleaners you are using.



Layer 6 pieces of crepe paper around 50cm long on top of one another & then fold in half.



Cut upwards towards the fold forming strips stopping about 3cm. Make sure you stop before the top so they are still joined!



Thread a piece of elastic through the middle fold, gather and tie to form a circle. Secure with a ribbon



Try it on and wear it outside in the sun or to your next sporting event.



## Have You Thought About This?

Using your imagination, what else could you turn your pom poms into? A puppets hair? A game? Create your own dance routine! Or musical instrument to make sounds for a song! Don't Forget to tell Captain Starlight who your favourite sports team is, and WHY?

## Watch the video here !

HOW TO MAKE  
**SPORTS  
SUN VISORS  
AND CHEER  
POM POMS**



Share your fun with Captain Starlight (with a little help from grown-ups) by using [#funwithCaptainStarlight](#) or emailing pictures to [Captain.Starlight@starlight.org.au](mailto:Captain.Starlight@starlight.org.au)

# Fun with Captain Starlight

## Do This!

- Too Simple? How about adding to your sporting outfit with a pom pom or two in your favourite team's colours or to match your sun visor! Pom pom handles can also be made using two toilet rolls. One foldered up inside the end of the other and taped together. Then wrap it in the same crepe paper or pipe cleaners you are using.



Layer 6 pieces of crepe paper around 50cm long on top of one another & fold in half.



Cut upwards towards the fold forming strips stopping about 3cm before the top so they are still joined!



Thread a piece of elastic through the middle fold, gather and tie to form a circle. Secure with a ribbon



Try it on and wear it outside in the sun or to your next sporting event.

**Watch the video plus more Fun with Captain Starlight here !**



## Have You Thought About This?

Using your imagination what else could you turn your pom poms into? A puppets hair? Some sort of a game, create your own dance routine or musical instrument to create a song. Don't Forget to tell Captain Starlight who your favourite sports team is, and WHY?



Share your fun with Captain Starlight (with a little help from grown-ups) by using **#funwithCaptainStarlight** or emailing pictures to **Captain.Starlight@starlight.org.au**