How to Make Captain Green

1. Cut a long cardboard tube in half or use a smaller one to make Captain Green's body. You may need to get a grown up to help you. Paint or colour it green.	2. Find some old cardboard packaging (cereal boxes are great) and cut out some strips to make Captain Green's legs and arms. Colour them in.
3. Using the cardboard packaging, draw around a circular object to create Captain Green's face. Cut out the circle.	4. Cut out Captain Green's cape in a shape as shown. Fold the top to make a tab to glue to the back of his body later. Paint or colour it. Or use some crepe paper for a more floaty cape.
5. Draw on and colour the circle from Step 4. to make Captain Green's face. Stick to his body. Paint on a large 'G' and add a belt and his superhero pants.	6. Stick the cape onto the back of his body and then add the arms and legs. Folding tabs first helps give you somewhere to put the glue. Have fun playing with Captain Green!