



SUPERHERO COSTUME IDEAS

POW! WHAM! ZAM!

Superpowers at the ready, it's the Splashathon raising funds for Children's Health Foundation and this year's theme is superheroes!

Costumes don't need to be expensive or take hours of sewing, here are some quick ideas but feel free to use your imagination. Remember your little one's safety is paramount so teachers and pool owners might have some safety suggestions before getting in the pool!

★ **Please don't** use glitter or fabrics with glitter, beads or sequins or flaky fabric paint that could contaminate the water.

THE MASKED HERO



The simplest costume idea of all! Just a simple face mask is an incredibly effective way of showing your superhero intentions.

Cut a couple of eye holes in an old sleep mask

Or

Take a sheet of brightly coloured felt or thin foam

Cut out a superhero eye mask shape

Add a piece of elastic or ribbon to secure in place



THE CLASSIC HERO

Grab a safesun swim suit

Pop a pair of brightly coloured Y fronts over the top

Add a mask (see above)

Take an old T-shirt and cut it to leave just the back and neck to make a cape

Attach the cape to the swim suit



THE PRIMADONNA HERO



Take a babygro and add a superhero adhesive fabric patch (you can find them online)

Sew on a tulle skirt (again you can find tulle online)

Finish with a headband!

Optional extras – a mask and a cape!



THE

COMIC BOOK HERO



Do you have a favourite superhero?

Are you a fan of Banana Man or admirer of Batgirl? Get creative with your own home made versions or if you're short on time and energy there's a huge choice to be found online.

THE EVERYDAY HERO

Not all heroes are comic strip characters! Don't forget our healthcare professionals and our family members. Who is your hero? Perhaps you can dress as them!

