



# SUMMER FUN

## CAN STILTS

[www.activitytv.com](http://www.activitytv.com)

## DESCRIPTION

You'll be walking tall in no time with the help of Host Lisa Bleyaert! Join in the fun as she show's you how to make your own can stilts!

## MATERIALS

- 2 large empty cans
- acrylic paint
- glitter glue
- rope
- scissors
- 2 sheets of sticky foam
- can opener

## DIRECTIONS

1. Empty cans and remove their labels. Wash and dry them.
2. Punch 2 holes on the tops of each can.
3. Paint your cans with a circus theme design.
4. Thread heavy rope through the holes and tie knots at the top.
5. Step onto the cans and hold onto the ropes!