

5 Ways of Wellbeing Podcast Activity: Learn something new with the Boring Bears!

Use this template to make your own 3D bear. You can follow the video here:

<https://www.youtube.com/watch?v=LfzDkwQvow0&feature=youtu.be>

You will need:

This template

Some old cardboard – cereal packets are fine

Scissors or a craft knife

Tape – masking tape is great

Pencil

Ruler

For the papier mache you will need:

PVA glue

A pot

Paintbrush

Newspaper or tissue paper.

Some paint or coloured pens to finish it off

