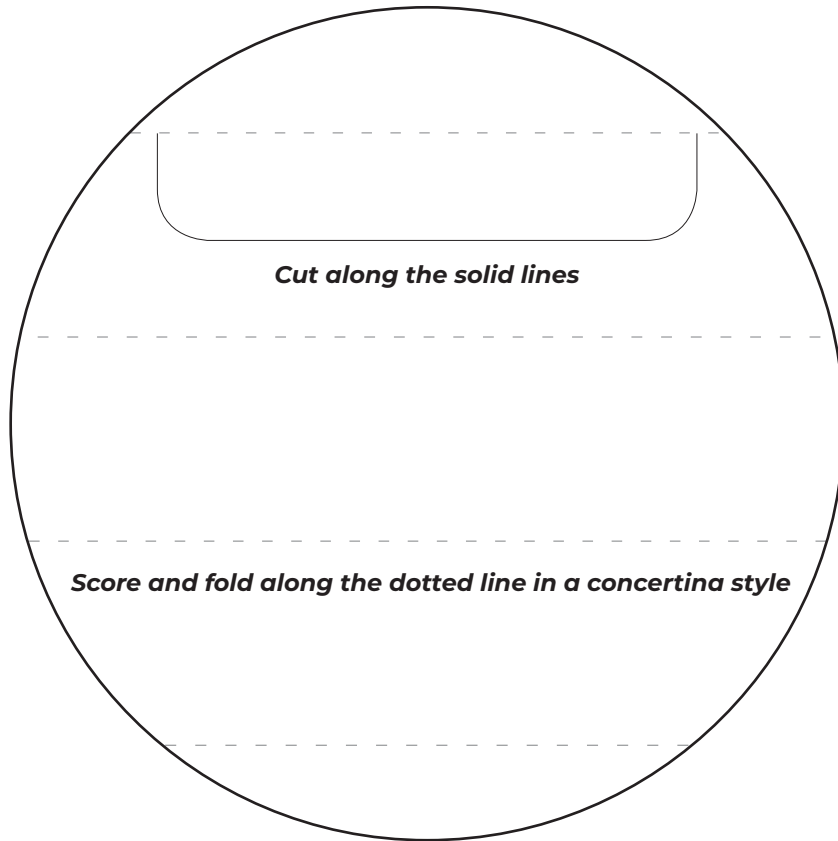


**THANK  
YOU**

**NHS  
HEROES**

# INSTRUCTIONS FOR CREATING YOUR NHS HEROES HAND CLAPPER



**Above:** example of the lines on your clapper

**Please consider donating to my nominated charity - Colchester & Ipswich Hospitals Charity COVID-19 Staff Wellbeing Appeal**

[www.ipswichhospital.charitycheckout.co.uk/  
CV19staffwellbeingfund#!](http://www.ipswichhospital.charitycheckout.co.uk/CV19staffwellbeingfund#!)

## 1. Download the PDF file

## 2. Print on an A4 sheet of card\*\*

At least 160-200gsm card is recommended - the thicker the card, the better the clapper will work. It will depend what thickness your printer will take.

## 3. Colour in

Give the printed picture to your child to colour in so it is nice and bold and bright!

*(It may be best to do these next two steps before your child colours in the picture)*

## 4. Score along the dotted lines

Once your child has coloured in the sheet carefully **score from edge to edge of the page** along the dotted lines using a sharp object and a ruler\*.

## 5. Cut along the solid lines

Next, carefully cut along the solid lines using a sharp object or scissors\*

*\* Please ensure you supervise your child if you allow them to score and cut this sheet themselves.*

## 6. Fold along the dotted lines

Fold the sheet along the dotted lines in a concertina style, to create a fan formation. The flaps that you cut out should follow the flow of the folds.

## 7. Clap!

Holding one end of the clapper bunched together between your fingers in one hand, clap the fanned end of the clapper on the palm of your other hand to make the clapping sound for our NHS Heroes!

**\*\* This clapper works best on an A3 sheet of card however I have created it at A4 to fit most desktop/home printers.**

If you have any questions or need help please get in touch via my website [iamdamian.co.uk](http://iamdamian.co.uk)