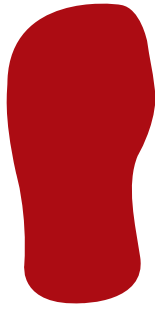
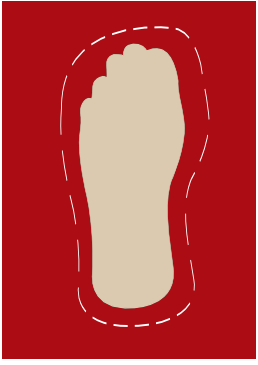
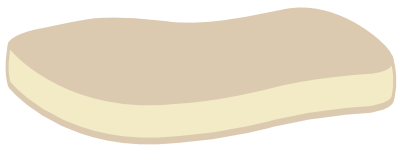


Making the sole...



- 1** Draw around your foot onto a piece of card; add about 5mm extra all the way around and then cut it out. This is the template for the sole of your shoe

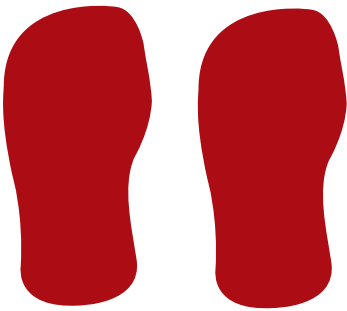


Foam



Bubble Wrap

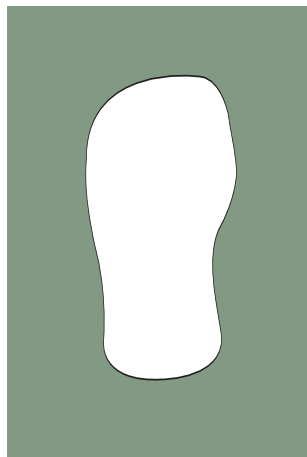
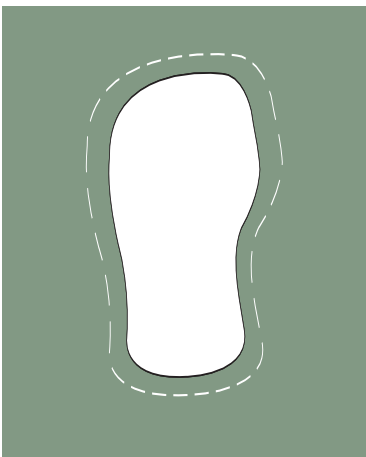
- 2** Use the template to cut out the shape from foam, or layers of bubble wrap stuck together.



- 3** Use the same template to cut out 2 pieces of card.

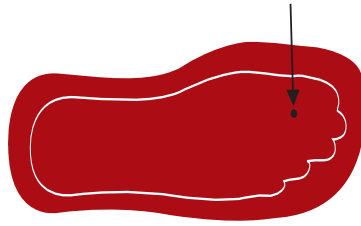
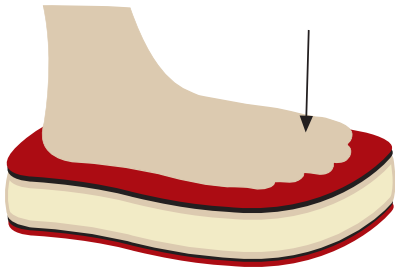


- 4** Sandwich the foam or layers of bubble wrap in between the card. You now have the sole of your shoe!



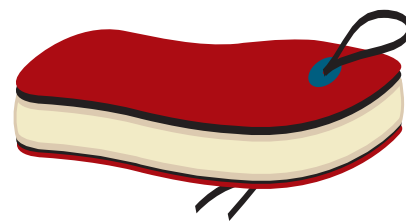
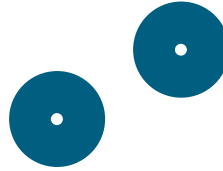
- 5** Using the template, cut out a piece of fabric make it about 4cm extra all the way round. This will cover the top of the sole. Turn the template over and cut a piece of fabric exactly the same size as the template. This will cover the bottom of the sole.

Making the Flip-Flops...

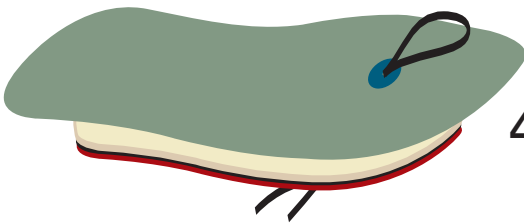


- 1 Put your foot on top of the cardboard and foam or bubble wrap sandwich. Make a pencil mark between your big toe and second toe. Use this mark as a guide to make a hole all the way through the layers, get an adult to help you with this. Make a hole in the larger piece of fabric in the same place too.

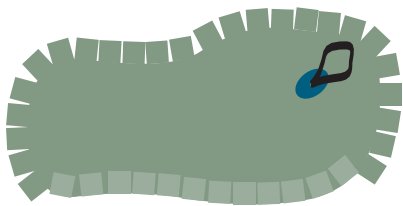
- 2 Cut out two discs of fake leather or thin plastic and make a hole in the centre of each.



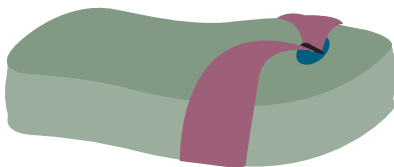
- 3 Loop a piece of leather thong or thick shoelace and push through the hole you have made in the cardboard sole. Push the disks over the top part (the loop), and the base of the sole (the thong ends). Glue both disks onto the cardboard.



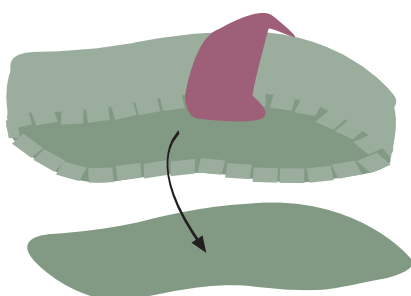
- 4 Push the loop end through the fabric that you made a hole in. Make sure it is about 2-3cms long. On the bottom of the sole, trim the ends of the thong (leave about 2cms) and tape the ends down.



- 5 Fold the material over the cardboard sole and stick the overlapping fabric to the base of the sole. It is a good idea to make small snips in the fabric to help it stick neatly.



- 6 Use a folded piece of fabric and feed it through the thong loop. Put your foot on the sole, with the thong between your big toe and second toe. Pull the folded fabric tight and tuck under the sole. Glue the ends of the fabric in place under the sole.



- 7 When everything is stuck down, use the other piece of fabric to cover the bottom of the sole. This will hide any messy bits. Repeat these steps to make a flip flop for your other foot.