

Monster Breathing Buddy

You Will Need:

1 Cardboard Tube



Eye Stickers



4-6 Pieces of Tissue Paper



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Instructions

1. Decorate the face of your breathing buddy on a paper tube. You can use stickers for the eyes, or draw your own. Be creative with your monster creation!
2. Using a glue stick- glue strips of tissue paper to the inside of the paper tube.
3. Add any finishing touches.
4. Breathe through the paper tube and watch the tissue paper dance as you take deep breaths.

