



Walking stilts

You can use tin cans or blocks of wood to make stilts. Wood block stilts will carry heavier weight (e.g. grown ups).

Tin can stilts

You will need:

- ❖ 2 strong tin cans (preferably juice, soup, or milk cans so you don't have to remove the lid - this will keep the can strong)
- ❖ Rope or cord, about 2 metres (6 feet) for each can
- ❖ Toilet paper roll or small sections of garden hose pipe (or something similar)
- ❖ A triangle-head can opener

How to:

1. Pierce the can making a hole on each side near the top (rather than on the top itself).
2. Drain out the liquid and rinse inside with soapy water.
3. Thread rope through the holes and the toilet paper roll then join rope ends together.
4. Children hold onto the ropes using the toilet paper roll to cushion the rope as they walk on the cans.
5. Decorate the cans with strips of coloured electrical tape, stickers or paint.

Wood block stilts

You will need:

- ❖ Two blocks of wood about 12-15 cm high (5-6 inches) and wide enough for the stilt walker's foot



- ❖ Rope or cord, about 2-3 metres (4-6 feet) for each block (depending on the stilt walker's height)
- ❖ Toilet paper roll or small sections of garden hose pipe (or something similar)
- ❖ Drill

How to:

1. Drill a hole from one side of the block to the other.
2. Thread rope through the holes and the toilet paper roll then join rope ends together.
3. Stilt walker holds onto the ropes using the toilet paper roll to cushion the rope as he walks on the blocks.
4. Decorate the blocks with paint.

