

LITTLE BOTTLES BIG ADVENTURES



*Created by Harvey,
aged 9 years*



Appetite for life

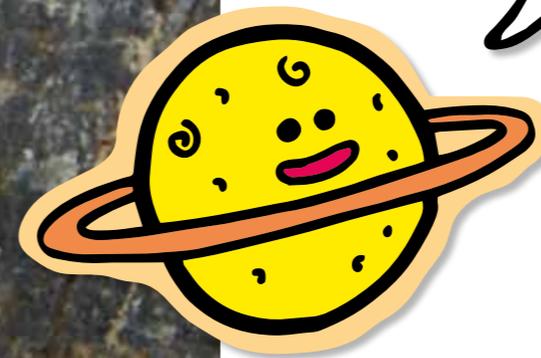




This booklet shows you how to turn your empty bottles into a cool rocket, a cheeky crab and a magic castle.

If you use your imagination, you can make anything in the whole entire universe.

Let's start by building a rocket and see where it takes us



This is Phoebe's rocket.
Phoebe is 5, and thinks her rocket
is the Coolest. Rocket. Ever.

I'm going to help
you build one that's
even cooler



To build your rocket,
you'll need all these things:



- One PaediaSure Compact bottle, with cap and foil seal
- Two different colours of foam
- Two different colours of card or thick paper
- Inside of a loo roll
- Sticky tape
- Scissors (ask a grown-up to help you)
- Glue stick
- Coloured pencil
- Paintbrush
- Paint
- Stickers
- Sequins

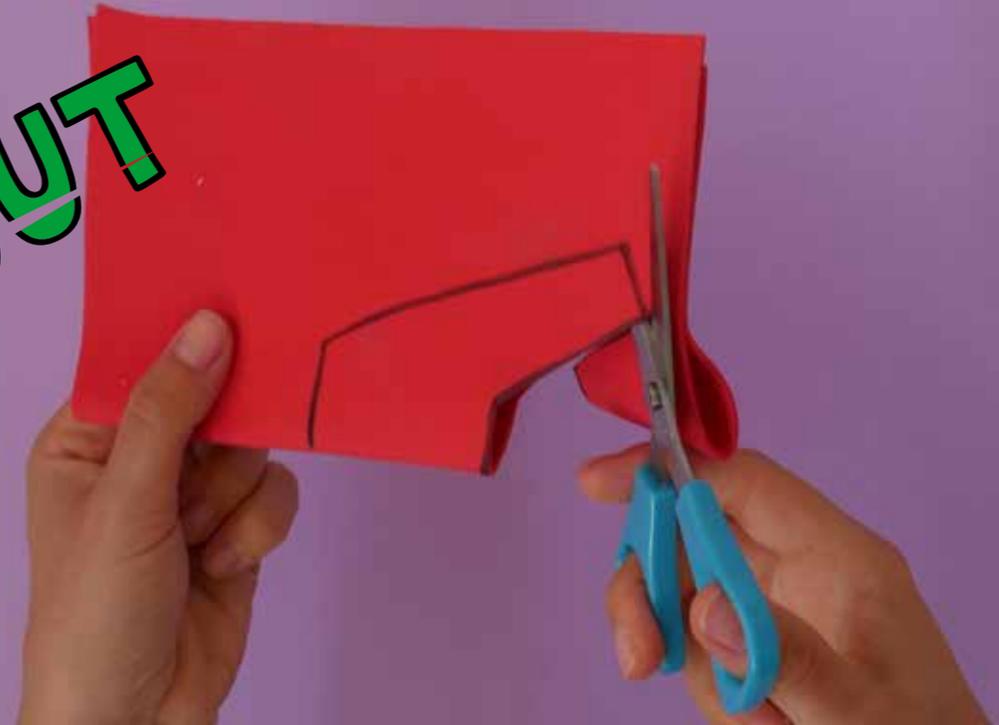
Step 1

We'll start with the body.

Take the middle of a loo roll, and paint it whatever cool colour you like. Once it's dry, glue one end to the bottle neck, then sticky tape the other end to a bottle cap.



CUT



Step 2

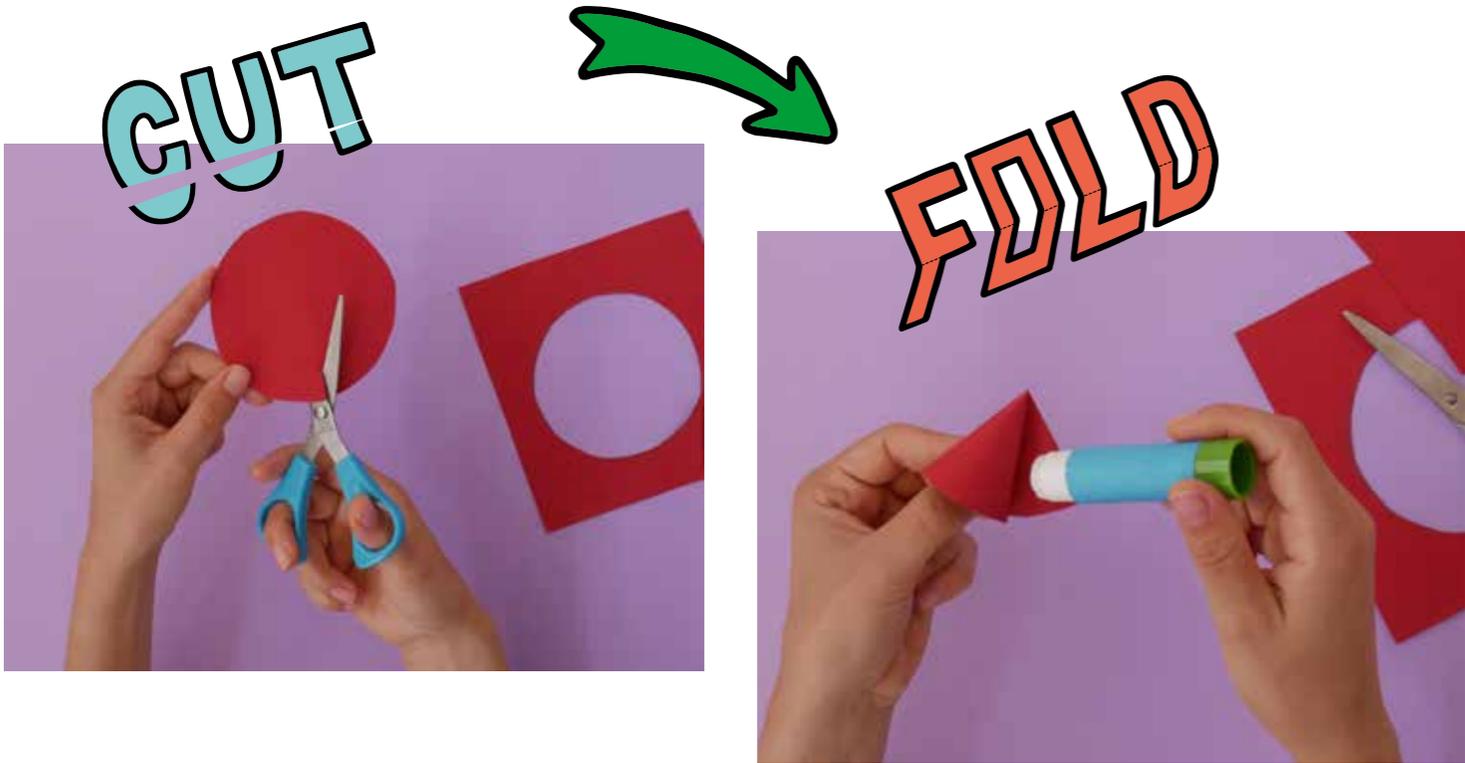
Let's make the wings.

Draw a big pair of rocket wings on your foam. Are they big enough? Check them against the rocket's body if you're not sure. Now carefully cut them out.

Step 3

**Time to make the nose cone
(that's what astronauts call the top of a rocket).**

Draw a circle on a piece of card by tracing around your roll of sticky tape. Cut your circle out, then carefully make one cut from the edge to the centre. Now you can fold the circle to make a cone. Use glue to stick the edges together.



Step 4

Right, rockets need flames to fly, so let's make some.

Take two different colours of card and draw some really fiery flames. Make sure one flame is a bit smaller so it can sit on top of the other.



Step 5

Almost there.
Let's get those wings
and nose cone attached.

Use glue to stick the nose cone
onto the top of the cap, and sticky
tape to stick the edges down.
Use more sticky tape to stick
on the wings. Make sure they'll
stay on – the astronauts won't
be happy if the wings fall off.

TAPPE



TAPPE



Step 6

Now the REALLY
fun bit – it's time to
decorate your rocket.

Use whatever you can think of to
make it look cool. Sequins, paint,
stickers, buttons – it's totally up to you.

Some people
don't even believe
in aliens...



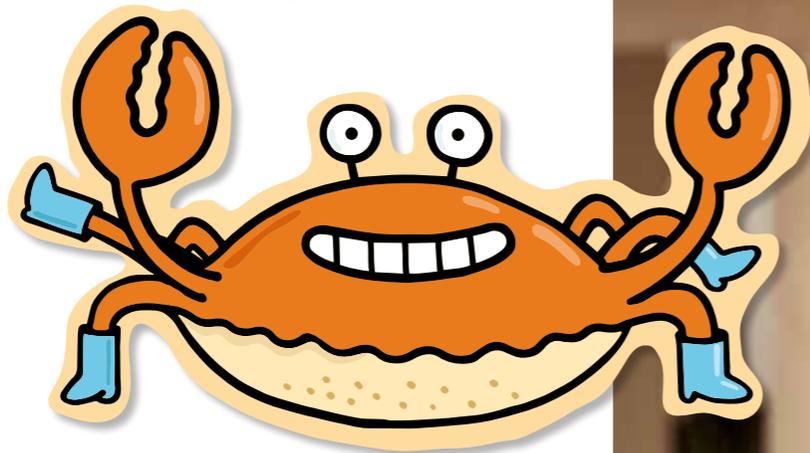


OK, you've got your finished rocket.
It's ready to explore space.
But where will it go?
Will the astronauts meet aliens?
Maybe they'll land on another planet;
what would it look like?



This magic crab was made by Harvey, who is nearly 10. Now we're going to make our own magic crab. Harvey called his crab 'Mr Googley-Eyes', but you can call yours whatever you like.

You can make me a friend



Step 1

Let's make the head first.

Cut a strip of foam (or card) big enough to wrap around the top of the bottle, and stick it in place with a little bit of sticky tape. Then, cut out a circle of different-coloured foam that's just big enough to cover the hole at the top and stick that on with glue. When you're done, poke a couple of holes in the top of your crab's head (carefully!), this is where the eyestalks will go.

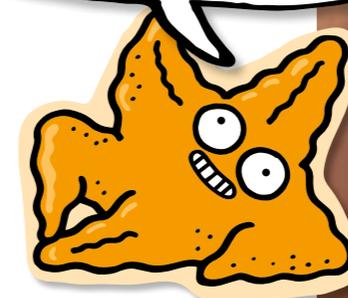


Step 2

OK, eyes and eyestalks time.

We need two really neat little circles of orange card – try drawing around a 10p coin – then cut them out. Stick a little googly eye to each of your circles, and stick these completed eyes to pipe cleaners or straws. Now, slide the eyestalks into the two holes you made earlier.

Crabs carry their eyes at the long eyestalks, to help them see further.



Step 3

Now it's time to make the legs and pincers.

Crabs have 6 legs and 2 pincers, so take 8 straws, paint them whatever colour you like and leave them to dry.

Did you know crabs can be any colour? Even green and pink!



Step 4

Let's make the pincers.

While the straws are drying, cut out two circles of card. Draw a zig-zag line down the middle of each one, then cut along them to get four half-pincers. Take two half-pincers and stick them together at the bottom.

Step 5

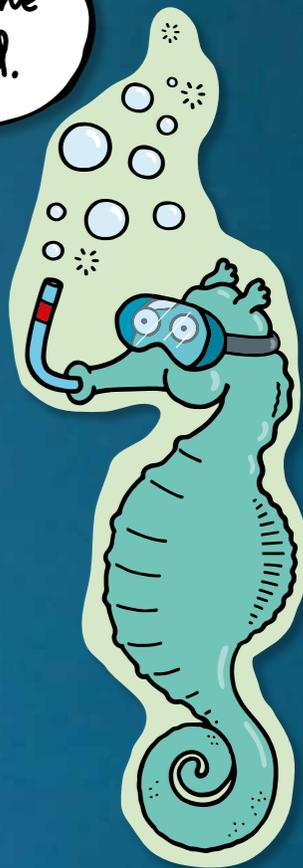
Use sticky tape to stick the pincer halves to straws.

Then use some plasticine or blue tack (you can paint blue tack too) to attach the crab's legs and pincers to the bottle. Finally, give your crab a smile or frown or moustache, add some decoration (stickers, paint, whatever you like), and show mum or dad!





OK, now you've made the cheekiest crab around.



What's your crab's name?

What is its magic power?

(All magic crabs have a magic power)

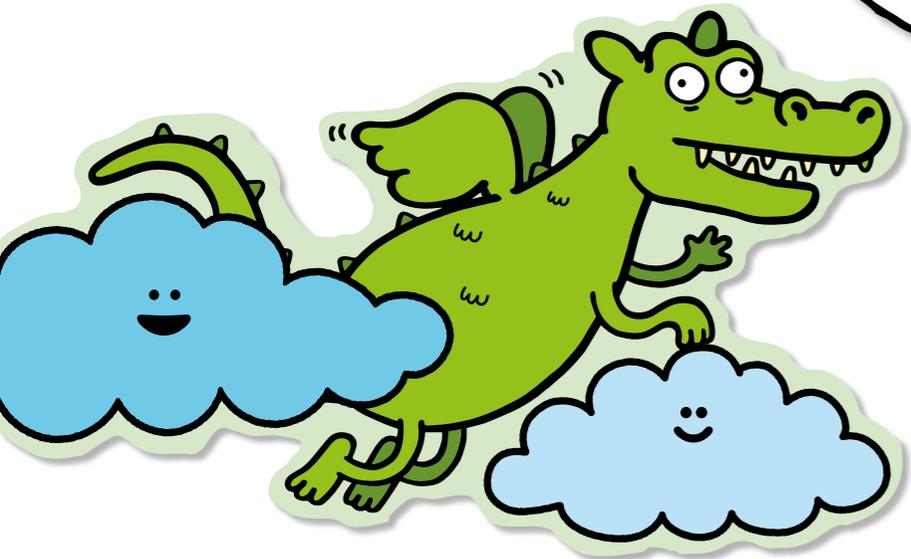
What does it like to do?

(Does it have a job? Who are its friends?)



Summer is 8 and she's made a terrific tower. It's part of a huuuuuge castle, with lots of other towers and windows and flags.

We're going to build a great big castle too





To build your castle, you'll need all these things:



- Three PaediaSure Compact bottles, with caps and foil seals
- Three different colours of card
- Pipe cleaners and bendy straws (one for each tower)
- Paint and felt tip pens (lots of different colours)
- Sticky tape
- Craft tape
- Gluestick
- Scissors (ask a grown-up to help you)
- Stickers
- Sequins
- Sparkly stick-on shapes
- Blue tack or Plasticine

Step 1

We're going to make a really tall tower, so we'll need three bottles.

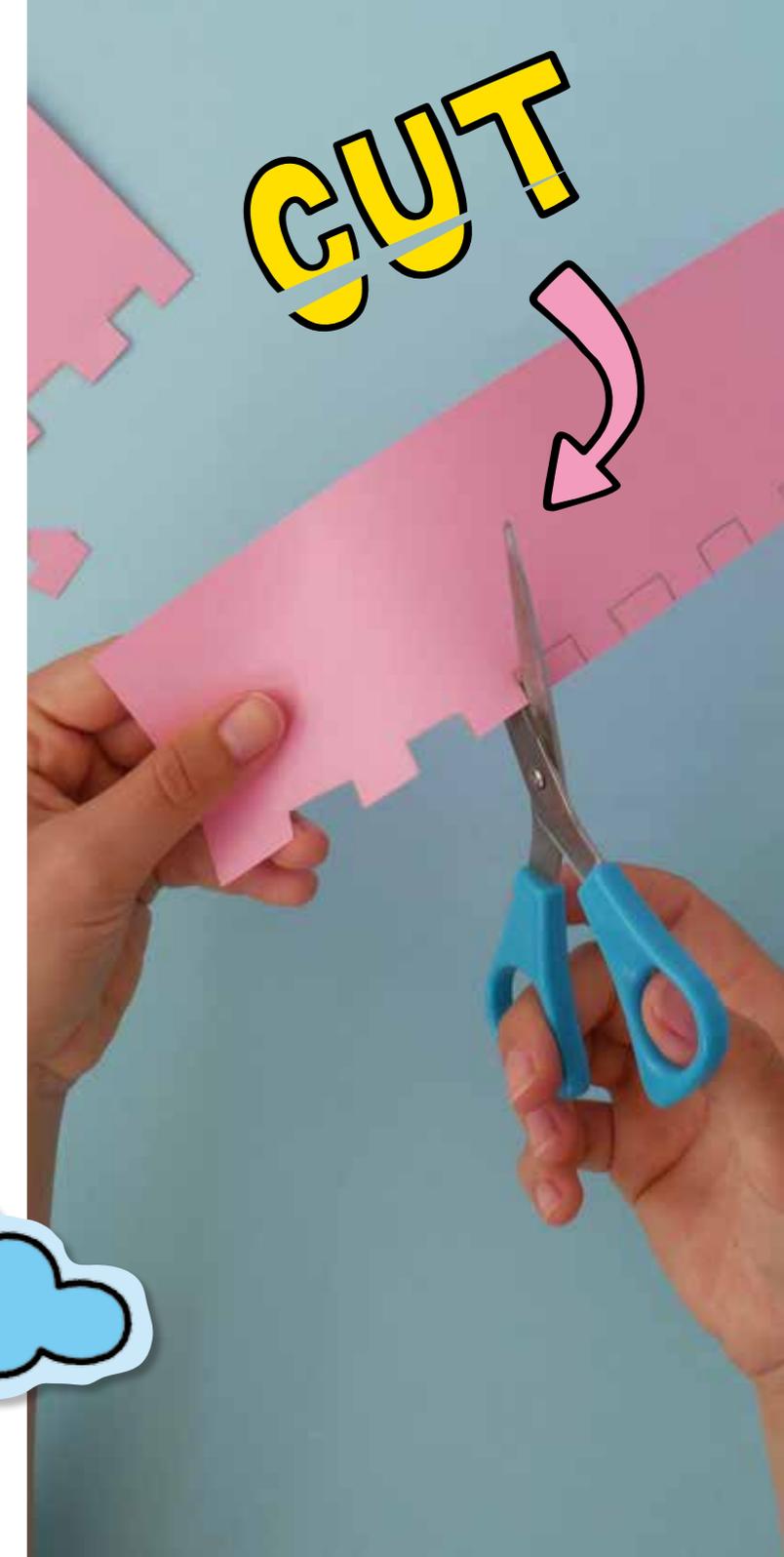
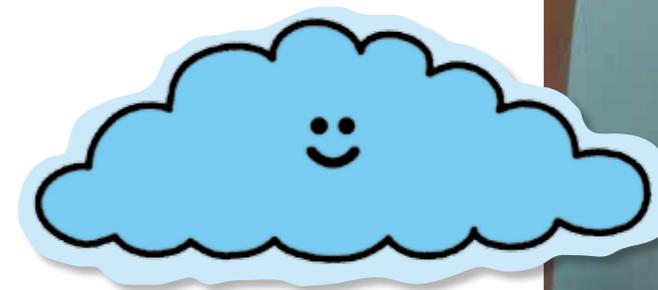
Take two bottles, screw their caps on, then sticky tape one on top of the other. Sticky tape the third bottle on top, but take its cap off and stick it on upside down.



Step 2

To make the tower walls, you'll need to cut strips of card that are as tall as a bottle and long enough to wrap around its middle.

Once you've got these cut to the right size, cut out little squares along one long edge. Remember to draw the squares first, in case they go all wonky.



Step 2

Stick the walls onto the bottle using a gluestick.

Then squidge a big bit of blue tack into the upside-down cap at the top. This will be the base for your castle's flag.



Step 3

Now for the top of the tower.

Make the cone just like you made your rocket's nose cone earlier. To make the tube, roll up a piece of card so that it fits inside the cone, then glue it in place. For the flag, paint a straw, cut out a little triangle of card, then stick them together with glue and craft tape. Snip the very end off the cone, slide your flag in and stick it in place with some craft tape.



What do Knights call a badly-behaved horse?
A Nightmare!



Step 4

Time to decorate!

You can do LOADS of things to make your tower look great. Stick on sequins and stickers, draw on windows and door and roof tiles, and even wrap pipe cleaners around the flag to make it furry!

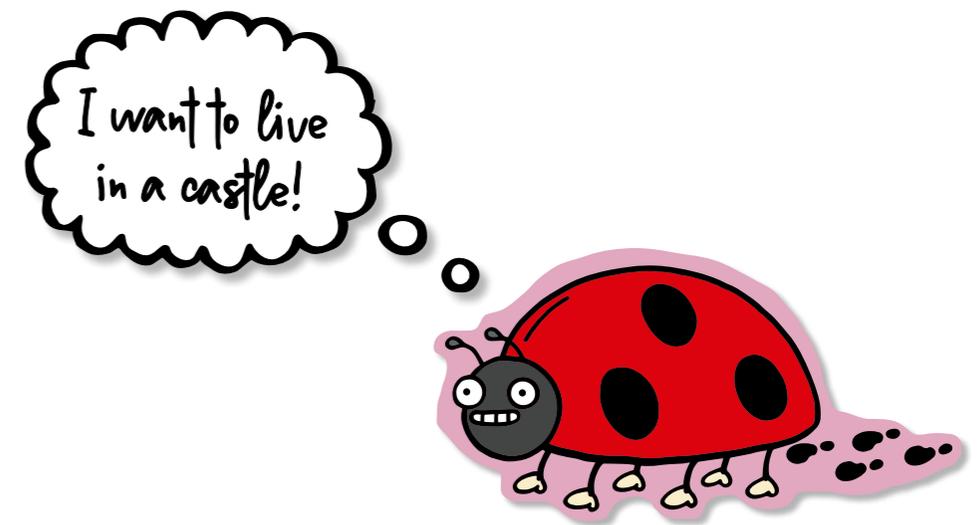




OK, now you've made a totally brilliant tower.

But most castles have tons and tons of towers. Towers can be pink or blue, round or square, tiny (one bottle) or titanic (loads of bottles). What will your final castle look like? Who will live there?

You've created amazing rockets and crabs and castles. And now you know how, you can make ANYTHING. From robots to dinosaurs, if you can imagine it, you can build it. Go for it!





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Appetite for life

 **Abbott**