1. **Think about how you will make your flag**
   Talk about how you are going to make your flag with your friends, family or support workers. You can decide what message you want to put on the flag.

2. **Make your flag**
   This can be done by using the Mencap template which you can print out, or by using materials that you already have at home.

   You could:
   - use cardboard from things like cereal boxes to create the flag shape
   - use twigs from your garden, pencils or paintbrushes as the flag stick

3. **Place the stick on your template**
4. Add glue to your template and fold over the paper or cardboard. This will hold the stick in place. You could also use sellotape or blue tack to do this.

5. Add your message to the template
   • you can cut out your message and glue it on
   • you can write or paint it onto the flag

6. Decorate your flag
   You could:
   • use felt tip pens or paint
   • add things like cut-out shapes, fabric, glitter, paper, sequins and buttons with glue or sellotape

7. Tell us about your cheer flag
   Please send a photo of what you have made to sophie.spiteri@mencap.org.uk or post them on social media with the hashtag #ClapForCarers

8. Clap for carers
   Don’t forget to show off your flag. You can put your flag in your window and use it next time you #ClapForCarers
Fold over

Add glue or double sided tape to this section

Place stick here