Design a Guide Promise Party Cup..... Print out this cup sleeve template onto white card or heavy paper. It is designed to fit a Tesco basic plastic cup size 20cl (50 pack cost £1)

Decorate the cup in your own style, once is finished roughly cut it out leaving spare around the outline. Laminate the design* if possible and then cut carefully around the outline. Use double sided tape, glue or a stapler to fasten the handles together.

*You could use sticky back plastic instead of a laminator to protect the cup sleeve.