Mr Bear is very tired, but he can’t seem to find a quiet place to sleep. Follow these simple instructions to make a DO NOT DISTURB sign to hang on your bedroom door when you need some peace and quiet.

**Door Plate**

You will need: coloured pencils ★ a thin piece of card ★ scissors ★ glue ★ Blu-Tack

How to make:

1. Fill in your name and colour in the picture.
2. Stick the sign to some thin card and ask an adult to help you cut along the dotted lines.
3. You’re done! Now you can stick your door plate on to your bedroom door with Blu-Tack.