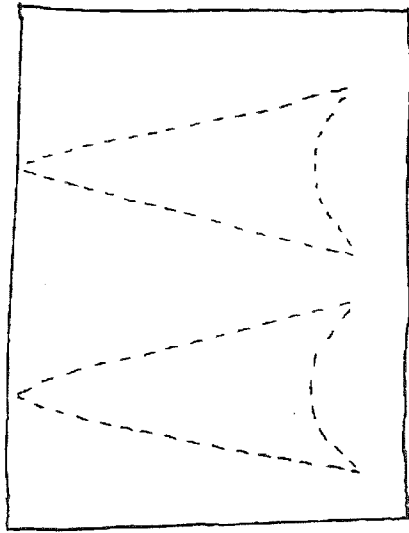


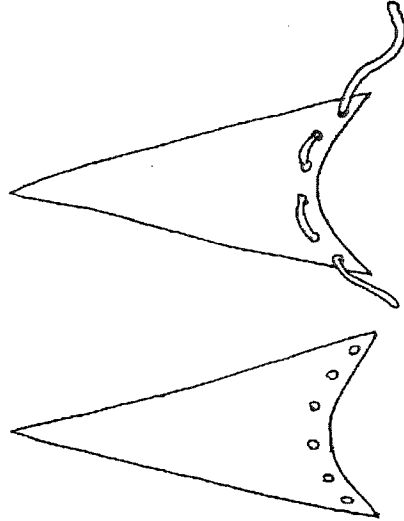
Poulaines

Poulaines were shoes with very long, pointy toes. Some had points so long that a special wooden sandal was worn underneath to support them.

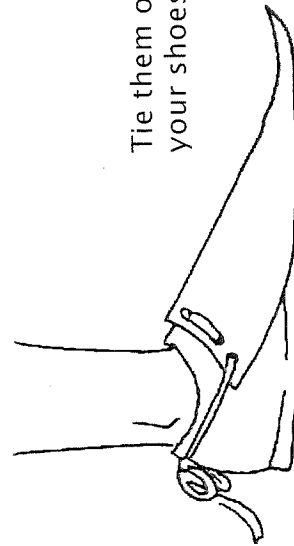
Make a really simple version of poulaines for your medieval costume:



Cut 2 long, pointy shapes.



Trim the flat end to curve a bit. Punch holes and thread laces through.



Tie them on over your shoes.

MATERIALS

Construction paper

Yarn

Pencil

Scissors

Hole punch



Draw and cut out a long, pointy shape that fits the top of your foot. Trace it to make another just like it for the other foot.

Trim the short end so it curves a little to fit your ankle. Punch 6 holes across the bottom as shown. Thread a length of yarn through the holes.

Lay the paper poulaines on top of your real shoes and tie them around your ankle. If your points are long, curl them upward to make walking easier.