



Step 1: Cut out your mask (if you're printing, print on card).

Step 2: Decorate your superhero mask and add elastic – make it as bright and colourful as possible.

Step 3: (optional): Take a photo of you in your mask and email it to events@bliss.org.uk (by doing this you are agreeing to us sharing it in the Bliss Little Heroes album on Facebook). Tell us your name and which area you are walking in.

Step 4: Fill out the pledge slip and return to the walk host or send them a photo of it.

Step 5: Set up your JustGiving page at [justgiving.com/bliss](https://www.justgiving.com/bliss) and we will post you a sponsorship form.

Step 6: Wear your mask to your Bliss Little Heroes walk.

Pledge slip (please return to host)

I,

pledge to help raise money to help premature and sick babies across the UK by taking part and fundraising at your Bliss Little Heroes walk. I will use my superhero fundraising powers to raise as much money as possible for Bliss.

Signed

[bliss.org.uk/littleheroes](https://www.bliss.org.uk/littleheroes)
[justgiving.com/bliss](https://www.justgiving.com/bliss)

Registered charity no. 1002973 Scottish registered charity no. SC040878

Bliss
for babies born
premature or sick