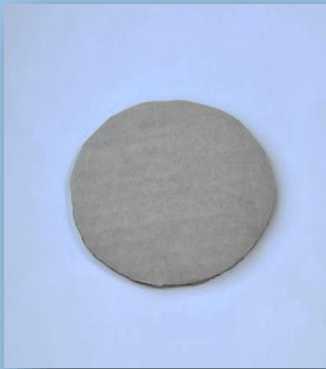


Make your own medal

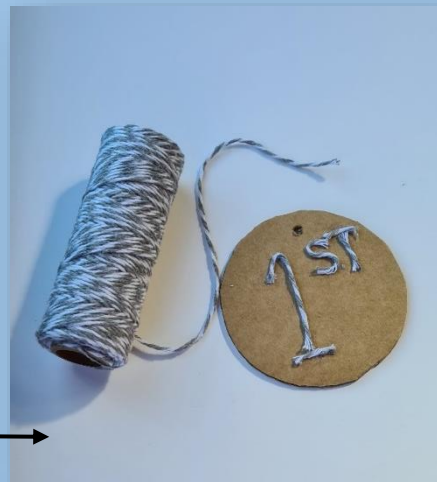
Make your own medal so you can be presented with it when you complete your sports day activities.

You will need: cardboard, string, tin foil, ribbon or string



Cut out a circle of cardboard the size you want your medal to be

Cover the cardboard with glue and stick some string down to create a pattern.



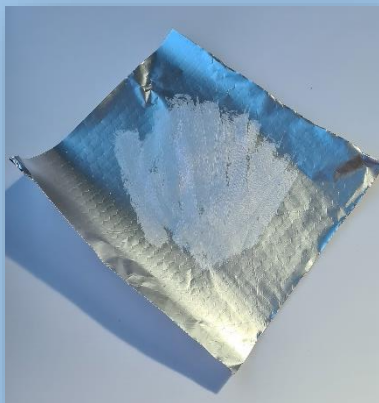


Experiment with different patterns.

If you don't have any string you can use twisted pieces of tin foil instead



Cover a piece of tin foil with glue and press it down gently on the side of the disc with the pattern.



Fold the foil around the back of the medal. Make a hole in the disc and thread a piece of ribbon through it. Tie the ends so it fits over your head.



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