

# Olympic Medals

In honor of the Summer Olympics, which this year take place in Tokyo from July 23rd to August 8th, create your own medals to wear with pride.

## **What you will need:**

- Plastic lids, such as those from the tops of food containers
- Paper
- Glue or tape
- Scissors
- Ribbon (around 1.5 to 2in. thick)
- Craft supplies such as markers, crayons, and colored paper



## **What to do:**

- Take your lid and trace the shape of it on your sheet of paper and cut it out. This will be your medal
- Decorate your medal using your craft supplies. You can include Olympic symbols like the rings or torch on it, if you like
- Use glue or tape to attach your paper medal to the inside of your plastic lid
- Cut a piece of ribbon to a length that is comfortable to wear the medal like a long necklace
- Form a loop with the ribbon overlapping at the bottom and use glue or tape to attach the overlapping ends together. Then add another bit of glue or tape to attach the ribbon to the back of the lid
- Wear your medal with pride!

# Olympic Torch

The flame is a major symbol of the Olympics. It connects to the history of the games when they were first held in ancient Greece. Ahead of the Olympics, the torch is transferred between different runners on foot until it reaches its final destination at the Opening Ceremony. Create your own torch inspired by this important tradition.

## **What you will need:**

- Paper towel roll
- Orange or yellow tissue paper
- Aluminum foil
- Craft materials such as markers or sharpies
- Glue or tape



## **What to do:**

- Decorate your paper towel roll using your craft supplies. This will be your torch
- Cut or tear off small pieces of aluminum foil and glue or tape them to the top of your torch
- Cut small strips of your tissue paper to form flames for the torch
- Add glue to the inside of your torch and stuff the tissue paper flames inside

# Ring Toss

The Olympic Rings are the traditional symbol of the Olympic Games. Create a fun game of ring toss and challenge your family and friends to see who can land the most rings around the roll.

## **What you will need:**

- Pencil or pen
- Craft supplies such as markers, sharpies, or colored paper
- Paper towel roll
- Clear tape
- Scissors



## **What to do:**

- Stand your paper towel roll upright in the middle of your paper plate. Trace the outline of the circle
- Cut out just the circle in the middle so that you have a hole in the center of your plate. You may need a grownup to help you start the cut
- Decorate your paper towel roll using your craft supplies
- Cut small slits in the bottom of your paper towel roll that are about 1 inch apart from each other.
- Carefully fan out the slits and tape them to the middle of a new paper plate
- Slide your plate or cardboard that has the hole in the center down your paper towel roll. This will be the base of your ring toss
- Cut larger holes in the center of 4-5 additional plates. Leave a few inches around the perimeter of the plate
- Toss your paper plate rings towards the ring base and try to land the plates around the paper towel roll