



MAKE A MEDAL!

North East based Theatre Company, Unfolding Theatre ran an online activity as part of East Durham Creates takeover programme. Here is the guide for you to make at home!

Who deserves a medal in your life?

Make one of these and let them know why they are BEST IN THE WORLD!

You will need:

- Card (a cereal box will do)
- A tin can
- A pen
- Scissors
- Glue – Pritt Stick or PVA. Or Sellotape would work too.
- Foil (If you haven't got foil, smash a Galaxy and use the gold wrapper!)
- A ribbon or a piece of wool or string

Step 1

First, draw round the tin can to make 2 circles of card.

I've used a can of peach slices (yum yum!) but you can use beans or tomatoes or whatever. Not sardines though. They're not medal shaped.



Step 2

Cut out your card circles.

Wrap one of the circles with foil.

It doesn't matter which way round you put the card inside. I've showed off a glimpse of Morrison's own brand Shreddies here, but that will be covered up when it's all stuck together!



Step 3

Stick the 2 circles together.

Oh, and put the shiny side on the outside. Otherwise it'll be a bit of a sad medal.

And for the circle that makes the back of the medal, make sure the plain side of card is on the outside. That's the bit you're going to write your message on.



Step 4

Make a Number 1

A little tip - draw round the can again, then draw your '1' inside that circle - just to make sure it is a good size. Then cut it out and you can colour it in if you like.



Step 5

Write your message on the back!

I've imagined this is what my 4-year-old would write to me if she had made me this medal. But in reality, it's just taken me an hour to persuade her to eat a small bowl of soup, so I think it's unlikely...



Step 6

Put your medal on a ribbon or piece of string!

If you've got a hole punch, you're a big winner here because that makes it very easy to make the hole. But if not, you can carefully press a hole through using a sharp pencil or (be very careful, and if you're a child get a grown-up to help) scissors.



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