

Make your own medal



How to make your medal:

1. Print the blank medal template on the next page.
2. Colour in the word 'courage' using pens, pencils or crayons. Talk about what courage means.
3. Cut out the word and attach some ribbon strips hanging down from it, using sticky tape or glue.
4. Cut out the star circle and cover with baking foil so that it's nice and shiny.
5. Decorate the foil circle with stickers, a star or any other things you have to make it look really special.
6. Attach the decorated foil circle to the ribbon.
7. Fix some double-sided sticky tape to the back of the word 'courage', peel off and wear or put some sticky velcro instead if going to be used as part of a self-esteem chart (see separate instruction sheet).

What you need:

- Blank medal template (on the next page)
- Scissors
- Ribbon or string
- Colouring pens, pencils or crayons
- Tin foil
- Stickers to decorate your medal (optional)
- Glue
- Double-sided sticky tape
- Sticky back velcro

How to make your medal if you only have colouring pencils or crayons, scissors and sticky tape:

1. Print the blank medal template on the next page.
2. Colour in the star and circle, ribbon and the word 'courage'. Talk about what courage means.
3. Cut out the whole medal with scissors.
4. Attach some double-sided sticky tape to the word part of the medal, peel off and wear it or use it as part of a self-esteem chart (see separate instruction sheet).

COURAGE

