

Make Stay-at-Home Olympic Medals



Now the real Olympic Games are cancelled, hope your household will join our stay-at-home Olympics for a bit of craic! Why not make some medals for your winners!

If not for Olympics, make awards for other great achievements in isolation –

'Watched Most Netflix', 'Most Books Read', 'Most helpful around the Home', 'Longest Continuous Time in PJs', ...

You can use bits of card, jar lids, wood, self-hardening clay or salt-dough clay (recipe below) to make medals – whatever you can find at home! Just experiment and have fun! Here are some of our ideas – if you haven't, see video on Amazing Grace Country fb page for demos.

Three techniques using a jar lid:



We found some scraps of gold paper and simply cut a circle and glued it on the lid and a star shape and a #1 in different papers.



We stuck a star sticker (could be cut from card) on the lid and glued on top of that a #2 cut from card. We then glue-sticked some tin foil and stuck it over the surface of the lid, gently pressing the foil to see create the embossed effect.



We simply spray painted this one, but you could paint it with acrylic or emulsions paints. If you don't have gold, silver, bronze colours, be inventive with different colours or try and mix an approximate colour. If you have glitter, you could use that to give it sparkle.

Don't have a jar lid? Cut a circle out of something else – thick card, wood, etc. You can also make any size medal!

Feeling more adventurous?

If you've some self-hardening clay or want to make salt-dough clay roll it out and use a cookie-cutter or cup to make medals. Let them dry and paint to decorate.



Salt Dough Recipe

Ingredients: 2 cups all-purpose white flour, 1 cup salt, 1 cup warmish water

Directions: In large bowl combine the flour and salt. Add about half the water and mix until absorbed. Add the remaining water and mix until a ball forms. On a lightly floured surface, knead the dough until it is smooth and workable - 8-10 minutes. Roll dough to 1/4" - 1/2" thickness. Cut out shapes using cookie cutters. Lay cut shapes on parchment-lined baking sheet. Using a straw, make a hole in the top of each shape. Bake at 300 for 50-70 minutes until dough is completely dry. Once baked and cooled, paint, varnish or keep them natural.