

Create your own medal

Well done for taking part in Godinton's first ever virtual sports day!
Putting the effort in and taking part is a great achievement!

To congratulate you on your enthusiasm and determination we have created a fantastic certificate that you can print off of our Godinton website.

Below are also some ideas for you to create your own medals! There are some helpful guidance pages and links to websites which may explain the method further if you are unsure.

Craft Medals -

https://www.cbc.ca/parents/play/view/winter_play_days_challenge_make_your_own_medals

Felt Medals -

<https://snapguide.com/guides/make-your-own-felt-medal/>

Plastic lid medals -

<https://artfulparent.com/diy-olympic-medals-for-kids/>

Cookie Medals -

<https://www.bbcgoodfood.com/recipes/medal-cookies>

We would love to see some pictures of you wearing your home made medals and holding up your certificates, so please send these into sportsday@godinton.kent.sch.uk

Craft Medals



What you will need:

- any kind of round plastic lid (yogurt, margarine, sour cream, etc.) or paper circle for younger children
- paint brush
- acrylic paint in gold, silver and bronze (or yellow, grey and orange)
- glitter glue
- tape (preferably duct or something nice and sticky)

Method:

1. Lay out your lid with the flattest surface facing up. Paint your medal to your liking. This may take a couple layers.
2. Once the paint dries, it's time to add the glitter. This is a great opportunity to practice your letters, numbers or shapes and even colours. Is it your name you want to see sparkling? Is it a first place gold, a second place silver or a third bronze?
3. To hang your medal, drape the string or ribbon around your neck, measuring the length before cutting. Make sure it is long enough for your medal to be pulled over your head (around the centre of your chest). Flip the lid over to the unfinished side and tape both ends securely.
4. After all of that hard work it's time to show off your creation. Stand tall and wear your medal with pride!



Felt Medals:

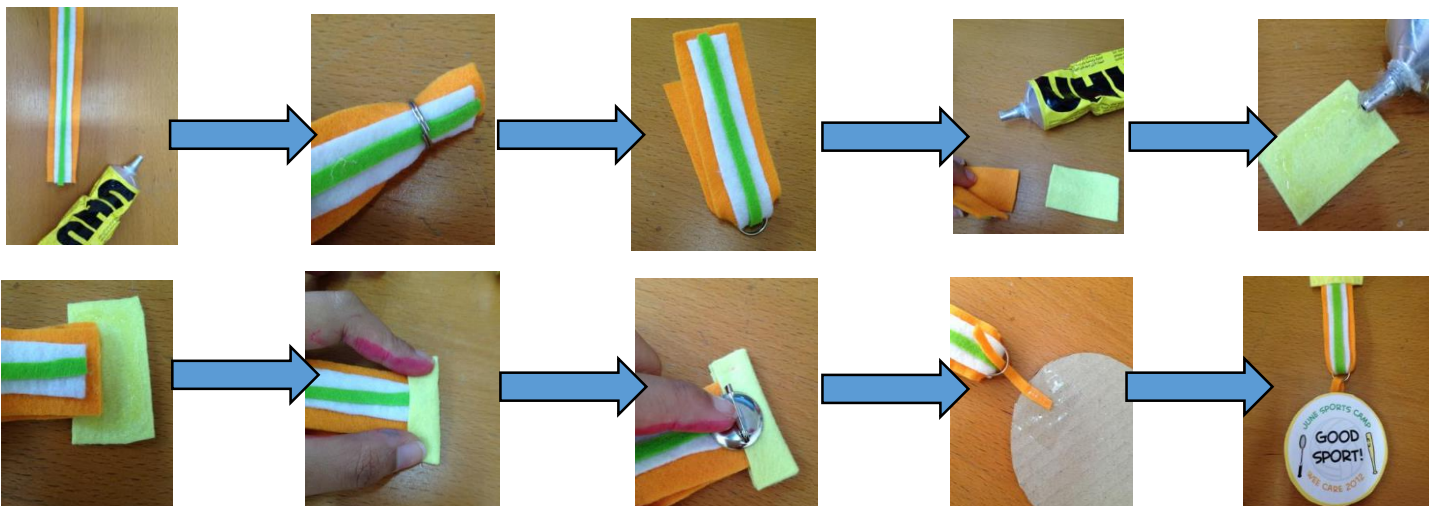
What you will need:

- Coloured felt
- Scissors
- Strong glue
- Thread
- Cardboard
- Pin
- Metal keyring



Method

1. Cut your coloured felts into 3 strips of different thickness.
2. Stack and glue the strips of felt.
3. Thread the stacked felt through the metal key ring.
4. Thread the felt stack halfway and fold as shown.
5. Glue the top part of the stacked felt, then glue the entire rectangular felt.
6. Place them on top of each other and fold yellow felt over the top of the stacked felt
7. Glue pin to the back of your medal
8. Cut out 8cm (diameter) circle from any cardboard. With leftover felt, stick it at the top.
9. Print out your own medal face or draw your own medal to complete!



Plastic lid medals:



- Plastic lids (tube crisp lids are ideal)
- Sturdy paper or card
- Hot glue gun or strong glue
- Ribbon
- Colouring pencils

Method

1. Trace the lids onto your card or paper
2. Decorate the medal how you wish. You could make a 1st, 2nd or 3rd medal, taking part medal or Godinton sports day medal!
3. Cut out your circles just inside your traced lines, so that it fits perfectly inside your lid.
4. Glue this inside your lid using either a hot glue gun or strong glue.
5. Cut a length of ribbon that will allow the medal to sit in the middle of your child's chest. Then glue the ends of the ribbon together.
6. Glue the ribbon to the back of your medal and wear with pride!



Medal Cookies:

Ingredients

- 140g butter
- 100g soft light brown sugar
- 3 tbsp of golden syrup
- ½ tsp vanilla extract
- 350g plain flour, plus extra for dusting
- 1 tsp bicarbonate of soda
- 1 large egg

To decorate –

- 1kg pack ready- to-roll icing
- Icing sugar
- Food colouring paste, edible glitter and icing pens (optional)
- 15 long colourful ribbons!



Method

1. Heat oven to 200C/180C fan/gas 6. Line 2 baking trays with baking parchment. Melt the butter, sugar and syrup in a small saucepan. Mix in the vanilla, remove from the heat and leave to cool for 10 mins.

Sieve the flour and bicarbonate of soda into a bowl. Pour in the melted butter mixture and the egg, and stir together to form a stiff-ish dough. Pop the dough in the fridge for 10 mins to chill and firm up.

Roll the dough out on a floured surface to 5mm thick, then stamp out 15 circles using a 7.5cm round cookie cutter; you may need to re-roll the trimmings to get 15 cookies. Make a hole at the top of each circle with the end of a pencil.

Place on the baking trays and bake for 12 mins until golden, swapping the trays around halfway through. Cool on a wire rack.

Decorate the cookies to your liking, making sure the hole is at the top of each one. Then thread ribbon through to complete your medal!