



DIY GOLD medal

For our eighth and final week here at camp, **we're going for the gold!** Gold has been around for **centuries** and we often associate it with **achievement, honor, and success**. We look up to athletes who receive **gold medals**, actors who earn **gold trophies**, and maybe even people we know who wear **gold jewelry**. But not all that glitters is gold. Did you know when athletes receive "gold" medals at the Olympics, **92.5% of the medal is actually silver!** Regardless of what your medal is made of, the value is **within the person** who wears it around their neck. Whether it be silver, gold, or a recycled container lid, let's go for the proverbial gold today by **making some medals of our own** for the special people in our lives.

Below you will see a list of **suggested** materials, but please get creative and use what you have on hand at home! There is no single way to do this craft!

Materials:

- ▶ Something round (or not!) to make your medal (Ex: recycled container lids, paper plate, construction paper, etc.)
- ▶ Ribbon, yarn, or string
- ▶ Markers
- ▶ Adhesive (glue, tape, etc.)
- ▶ Scissors*

*Adult supervision advised



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Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag #VJatHome



Let's get **STARTED!**

Step 1

Take the **material** you choose to use for the medal and **decorate it** however you like. For example, you may take a paper plate and decorate it to say **“World’s Greatest Sister”** if you are making a medal for your sister. Feel free to add words, pictures, and designs however you’d like.

Step 2

Attach **ribbon, yard, or string** to your medal so that it is **long enough** to fit around the neck of the person you are making it for. Attach the string by using **adhesive**, like glue or tape.

Step 3

Present the medal to the recipient and **tell them why they are receiving the medal!** You may also use this opportunity to give the recipient some **warm and fuzzies.**



BONUS IDEA

Host an **“End of Summer Awards Ceremony”** with your family and friends! Present your DIY medals to one another and share **what you like about each person.**

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All finished? We want to see it! Share your mix with us
@victoryjunction or by using the hashtag **#VJatHome**