

Make an Olympic Torch

Star in your own Olympic ceremonies with a homemade Olympic torch! Use recycled materials to create a gorgeous torch complete with iconic Olympic rings and a tissue paper flame that will never go out.

What You Need:

- Paper coffee cup
- Paper thermal sleeve
- Paper towel roll
- Red, yellow and orange construction paper
- Red, yellow and orange tissue paper
- Tempera paint
- Paint brushes
- Craft knife
- Pencil
- Masking tape
- Glue stick



What You Do:

1. Set the paper towel roll upright on a flat surface. Place the bottom of the paper coffee cup squarely on top of the roll. Trace a circle around the roll. Cut the circle out with a craft knife.
2. Paint both the paper cup and the paper roll. Try using a shade of gold or brown to best match the real Olympic Torch. Set aside to dry.
3. Paint the paper thermal sleeve white. Allow time to dry.
4. Slide the sleeve up the cup so it fits snug in place.
5. Use a pencil to draw the Olympic rings on the white sleeve. There should be a total of five interlocking rings with three on the top row and two on the bottom.
6. Paint the rings. Along the top row, the colors should be ordered blue, black and red. The bottom row consists of a yellow and green ring.
7. Slide the paper roll through the cup, until the top of the roll is the same level as the lip of the cup. This will create a handle for your torch.
8. Tape the roll in place on the bottom of the cup.
9. Cut out flame shapes from construction paper and tissue paper.
10. Glue your flames inside the front part of the paper roll. Your Olympic torch is lit!