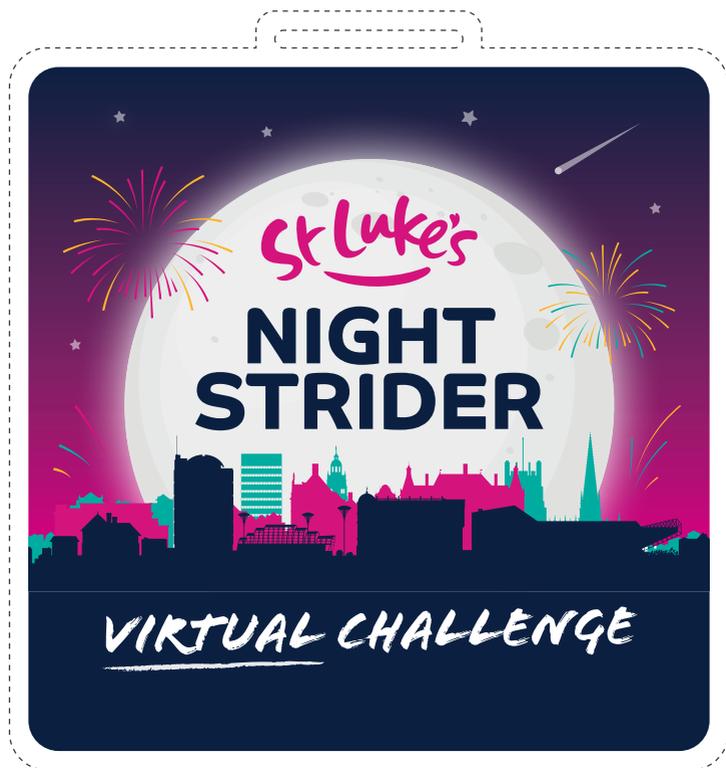


# Give yourself a medal



1. Print your medal out.
2. Find an empty cereal box and stick your medal onto the cardboard.
3. Ask an adult to help you cut out your medal along the dashed line.
4. Ask an adult to help you cut a slit into the top and put a length of ribbon through.
5. Wear your medal proudly because you are one seriously amazing strider!

# Give yourself a medal



1. Print your medal out and have fun colouring it in.
2. Find an empty cereal box and stick your medal onto the cardboard.
3. Ask an adult to help you cut your medal along the dashed line.
4. Ask an adult to help you cut a slit into the top and put a length of ribbon through.
5. Wear your medal proudly because you are one seriously amazing strider!