

# OLYMPIC MEMORY BOOK DIRECTIONS

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**CUT** each page in half along the dotted line.

**FOLD** the part with page 1 and 2 in half so the text is facing outward.

**REPEAT** with the other pages.

**STACK** with pages 1, 3 and 5 facing up.

**CUT** a sheet of construction paper in half then fold in half to create a cover.

**INSERT** the stack of pages into the cover.

**STAPLE** along the left edge to bind the booklet.

**CUT** out and color the 2012 cover graphic then glue to front of booklet.

**FILL** out the completed booklet.

2014

OLYMPIC MEMORY BOOK

1

About you, the Olympic athlete:

Name

Age

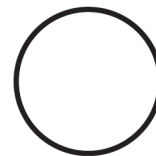
Height

Weight

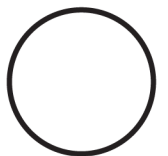
2

Set a timer for one minute for each individual event below. How many of each can you do?

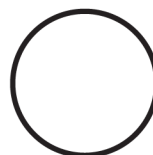
**SIT UPS**



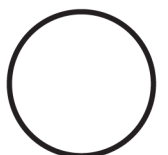
**JUMPING JACKS**



**PUSH UPS**

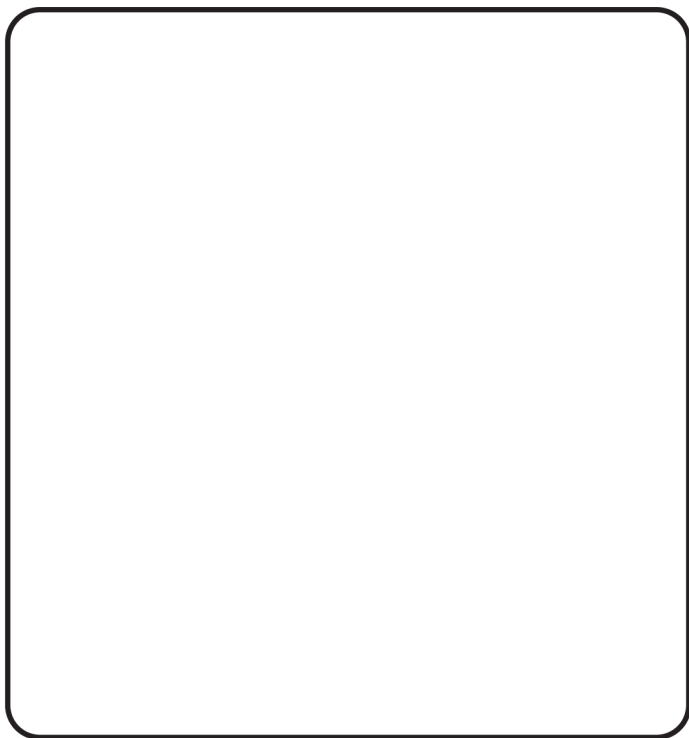


**BONUS** How far can you jump?



3

Draw a picture of you competing in your favorite Olympic event.



4

Imagine you are in the Olympics this winter:

What's your breakfast of champions?

What events are you competing in?

What country are you representing?

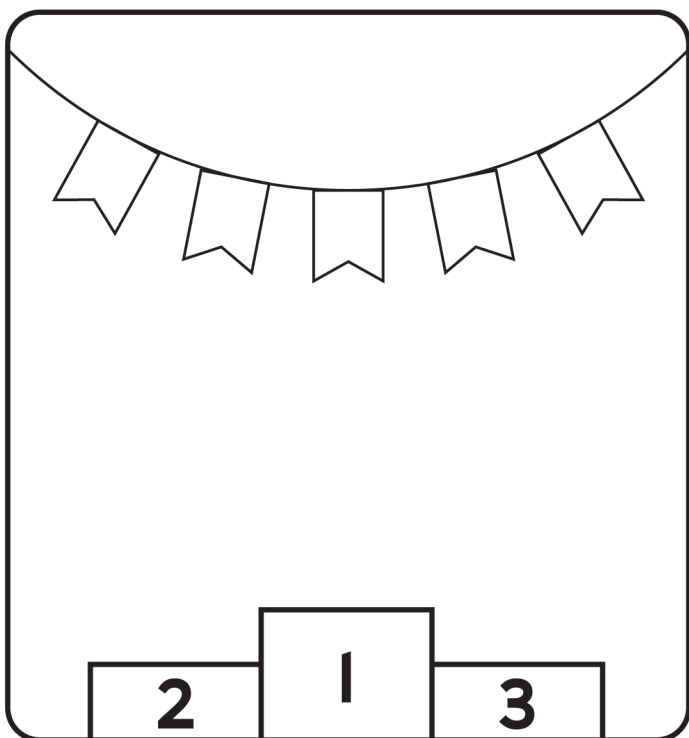
Who's on your team?

What other athlete do you want to meet?

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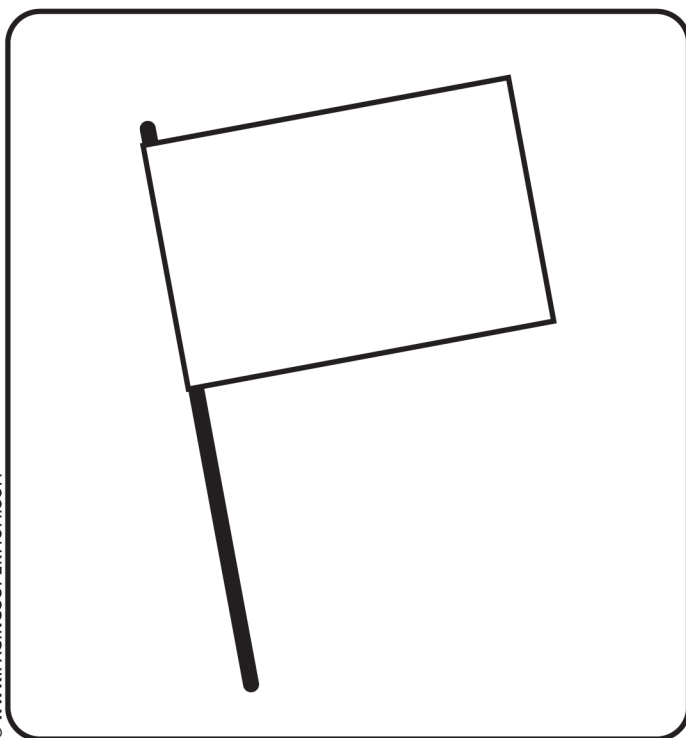
5

Draw a picture of you on the podium receiving your shiny gold medal.



6

Design your own flag.



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# Olympic Time Capsule Plaque

INSTRUCTIONS: Since the Olympic Winter Games only come around every four years, it provides the perfect opportunity to do a time capsule project with your family. Every parent marvels at just how fast their child grows. Creating a time capsule to be opened during the next Olympics provides a unique opportunity for your kids to see how far they have come.

Find a container that is large enough to hold all your time capsule items -- raid your recycle bin for an old cardboard oatmeal container (what we used) and a glass jar would also work well. You can choose to decorate your container as we did with torn sheets of paper in the Olympic ring colors. We adhered the paper with a paint brush and glue wash (mixture of 1 part school glue and 1 part water). Print out the label below on white paper or a full-sheet label. Cut out and apply to your decorated time capsule container.

To download our free printable **Olympic Memory Book** template and for more instructions on what to include and how to make your Olympic Time Capsule please visit **PagingSupermom.com**.

WINTER OLYMPICS 2014  
TIME CAPSULE

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