

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.

2012

OLYMPIC MEMORY BOOK

1

About you, the Olympic athlete:

Name

Age

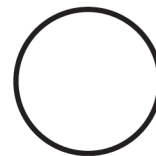
Height

Weight

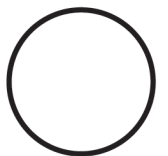
2

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

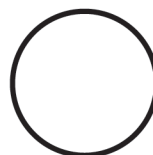
SIT UPS



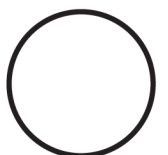
JUMPING JACKS



PUSH UPS

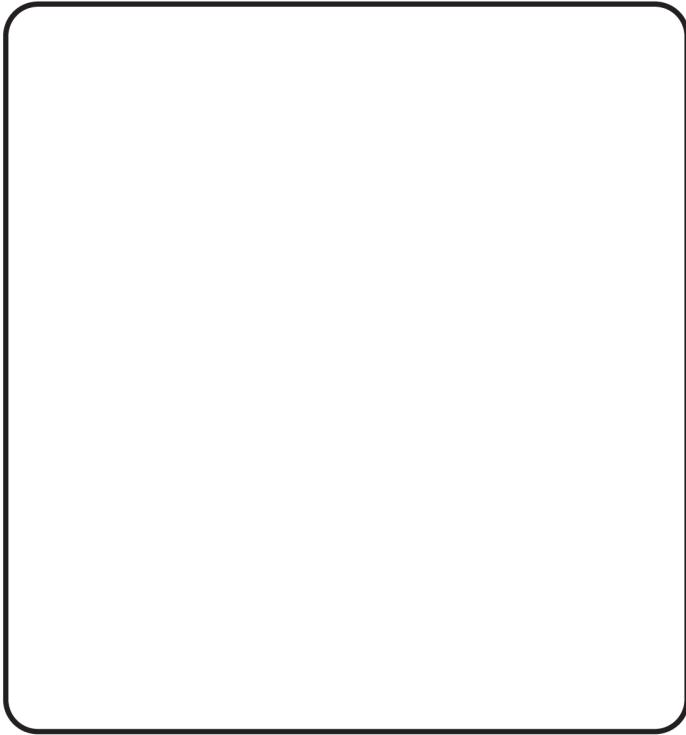


BONUS How far can you jump?



3

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



4

Imagine you are in the Olympics this summer:

What's your breakfast of champions?

What events are you competing in?

What country are you representing?

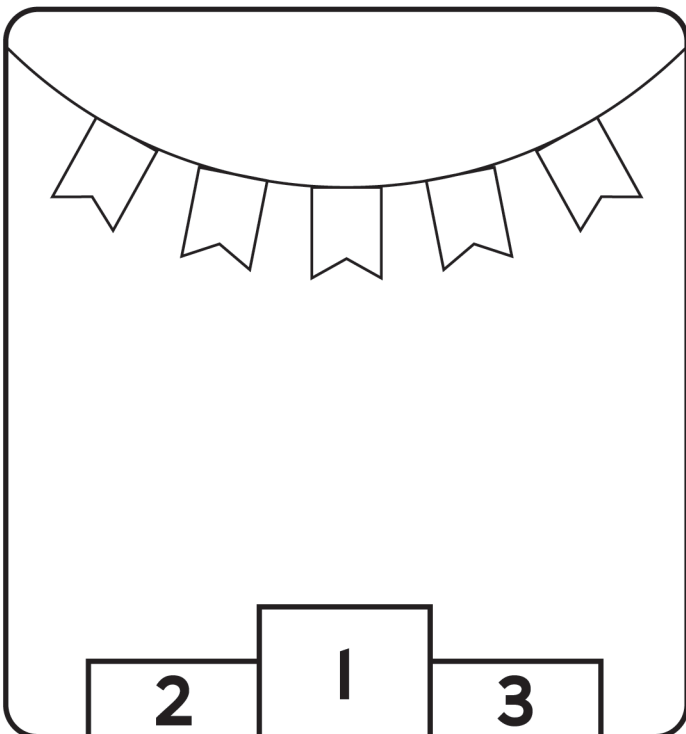
Who's on your team?

What other athlete do you want to meet?

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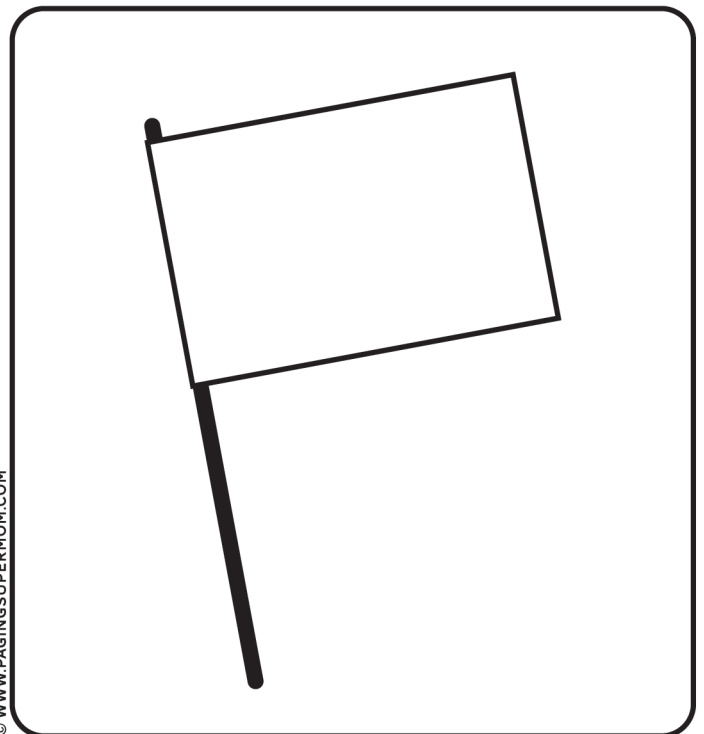
5

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



6

Design your own flag.



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