



MAKE YOUR OWN LAUREL WREATH!



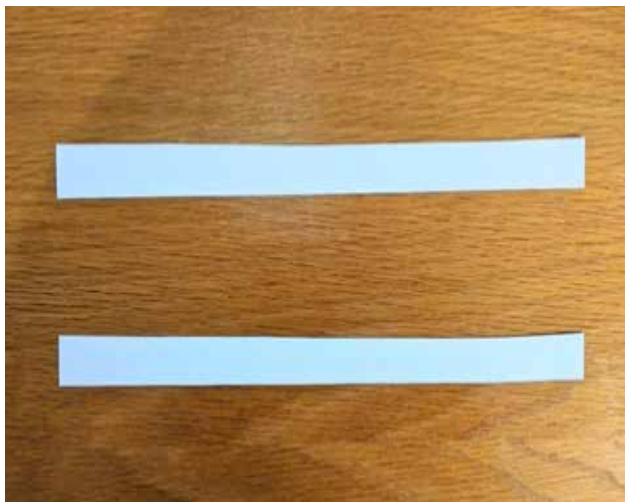
Dress up like a Roman with your very own laurel wreath. Wreaths made out of laurel leaves were worn as a symbol of victory. In Ancient Greece, they were given to winners in the Olympic Games. Later, in Ancient Rome, they were given to men who had won battles and other military victories. Roman poets were sometimes shown wearing them too.

To make your very own laurel wreath, you will need:

- A piece of A4 card (or an old cereal box)
- Coloured paper for the leaves
- Pencil
- Scissors
- Stapler
- Glue stick
- OPTIONAL: red ribbon

INSTRUCTIONS:

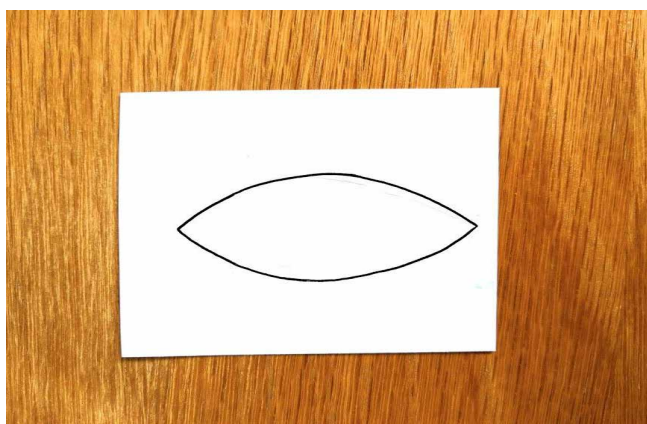
1. Cut out two long strips of card, about 2cm wide. These will make the headband. Ask an adult to help you staple them together at one end, or you can also use sticky tape.



2. Wrap the cardboard strip around your head so that it fits nicely. Make sure not to make it too tight. Hold the ends together and ask an adult to help you staple them together into a circle.



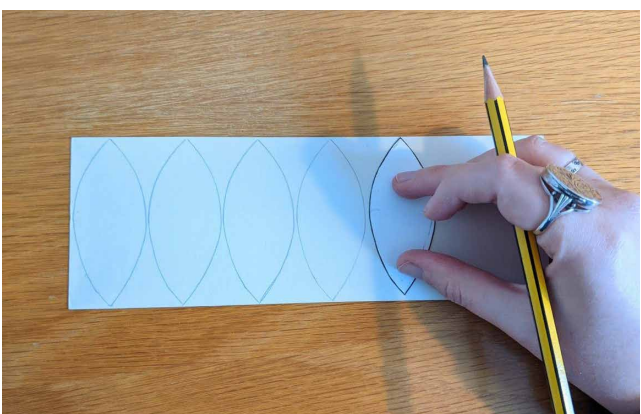
3. Draw out a leaf template onto a piece of cardboard. Laurel leaves are quite long and narrow with a point at each end. You can look up a picture or copy our leaf shape below (ours was about 8cm long). Cut out the leaf shape and you've got yourself a template.



4. Gather up some paper to make your leaves. For a more traditional laurel wreath, use green paper, but you can also go for gold like we've done. Use whatever colours you have to hand - who says you can't have a pink laurel wreath? Try to find a couple of different shades of whatever colour you're using.



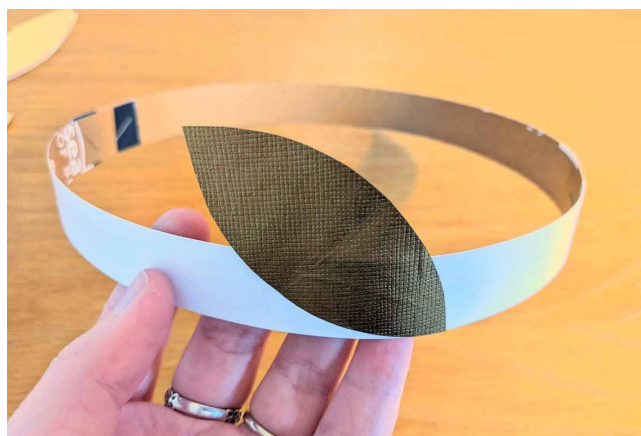
5. Trace around your leaf template lots of times onto the back of your papers. We needed 30 leaves in total. You can always do more later if you don't have enough!



6. Carefully cut out each leaf until you have a whole pile!



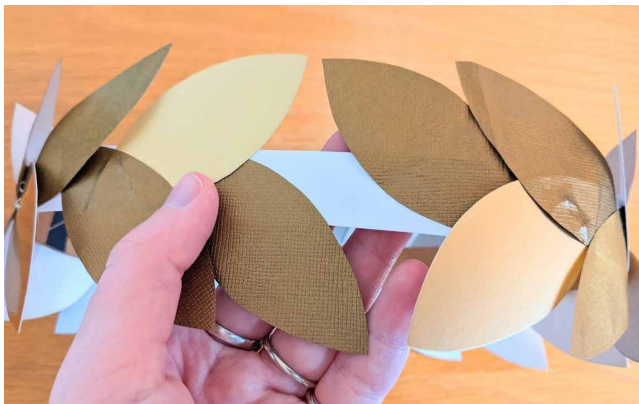
7. Now it's time to start sticking your leaves to your headband. We're going to start at the front of the headband and work our way to the back. Use a glue stick to stick the first leaf onto the headband as we've done below.



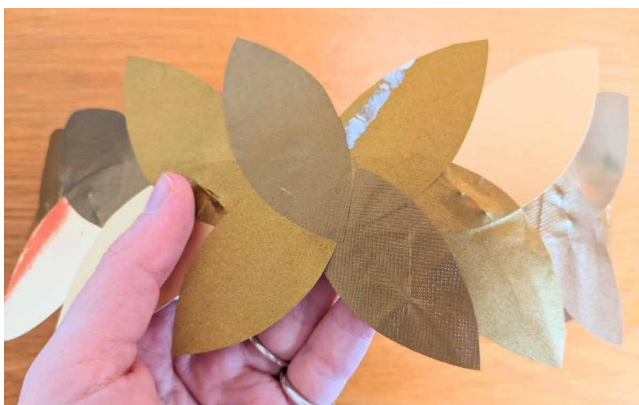
8. Stick the next leaf below the first one, pointing the other way. Keep sticking on the leaves in this way, so they overlap with each other, as shown in the photo below. Mix up the different shades as you go.



9. Once you've reached halfway round the headband, start again from the front of the headband, and go down the other side. You'll be able to see a bit of the headband at the very front, but you can cover this up with paper or colour it in if you want to.



10. Keep going until the leaves meet at the back of the headband. Use your last couple of leaves to cover up any gap at the back.



11. If you would like to stop here, your laurel wreath is complete! But some pictures of Romans wearing laurel wreaths show a ribbon at the back, so if you want, you can add a ribbon to the back of your laurel wreath as well. Fold your ribbon in half and ask an adult to help you staple the centre of the ribbon to the back of your laurel wreath.



12. Tie your ribbon in a bow, and you're done!



**Well done - you've made
your very own
Roman laurel wreath.
Now you can wear it with
pride!**