



# Olympic Paper Chain Rings

## Materials

- Red construction paper
- Yellow construction paper
- Green construction paper
- Blue construction paper
- Black construction paper
- Tape or glue stick
- Ruler
- Scissors
- Pencil



## Instructions

1. Gather materials
2. Use a pencil and a ruler to draw a straight line on a piece of construction paper. This will help you cut the construction paper into smaller slips of paper.
3. Cut along the line. Repeat with the rest of the pieces of construction paper.
4. Start with the blue slip of construction paper, start bending it to form a ring.
5. If you have tape, take a small piece and tape the two ends of the ring together. If you have a glue stick, put some glue on one end of the paper ring. Take the other end and press them together.
6. Next, take the yellow slip of construction paper and pull it through the loop you just made. Start forming a ring with the new color and tape or glue the ends together.
7. Repeat with the black, green and red slips of construction paper.

**Learn more about the NC Summer Nutrition Program & find more enrichment activities at [SummerMeals4NCKids.org](http://SummerMeals4NCKids.org)**

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.  
This institution is an equal opportunity provider.