



Light a Lantern

Lantern-making guide



Local Leaders

Light a Lantern for the London 2012 Paralympic Torch Relay. Sign up to be a Local Leader at london2012.com/localleaders

Get involved:  facebook.com/london2012ptr

 #LocalLeader



Help us light the way to the Paralympic Games

Over the August bank holiday weekend, Flames will be lit in the capital cities of England, Northern Ireland, Scotland and Wales, with each nation holding its own Flame Festival.

The Flames will journey from each city to Stoke Mandeville, home of the Paralympic Movement. They will then unite to become one Paralympic Flame before starting an overnight relay to the Paralympic Opening Ceremony in London.





This guide will give you ideas to help you light the way and show your support.

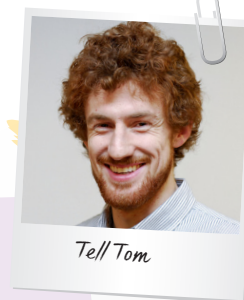


How to get involved

- ✓ Rally your friends and family and go to your nearest Flame Festival or a local Flame Celebration
- ✓ Create your own Light a Lantern event at home or in your local community
- ✓ Hold your own lantern-making workshop with friends and family
- ✓ Get creative and make your own good-luck display for the athletes in your garden or local park
- ✓ If you are planning something bigger, see if your local arts college or sports club wants to team up with you
- ✓ Check with your local authority to see if they are doing anything you can get involved with

Save the date for your nearest Flame Festival

-  25 August: City Hall, Belfast
-  26 August: Inverleith Park, Edinburgh
-  27 August: Roald Dahl Plass, Cardiff
-  28 August: Stoke Mandeville Stadium (Paralympic Flame Lighting Ceremony)



Tell Tom

If you've decided to put on a Light a Lantern event, Tell Tom in our Local Leaders team. He might ask you for a quote or use your story on our website to help inspire others. Just TellTom@london2012.com



Local Leaders

Lighting the way to the Paralympic Games

See how these Local Leaders are celebrating the Paralympic Flame.



Local Leader Kevin Healy, Newcastle-under-Lyme, West Midlands

'I'm celebrating by holding lantern-making workshops on the 26 August between 11am and 5pm. We plan to bring disabled people together, as well as involving the whole community, in support of the Paralympic athletes.'



Local Leader Neha Rajesh, Coventry, West Midlands

'I'm getting the students at the University of Warwick to celebrate the Paralympic Flame by making lanterns that represent their nationality, to capture the spirit of the Paralympic Games.'



Local Leader and three-time gold medal Paralympic swimmer Peter Hull MBE, Hampshire, South East

'We'll be working with schools to show children how to make their own lanterns to show their support for the athletes.'

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Three ways to make a lantern

Rally your friends and family to make their own lanterns and go to your local flame event.



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Flame Torch

Use an ordinary household torch to create beautiful effects. Just follow these steps:



You'll need

- ✓ coloured plastic
- ✓ sticky tape
- ✓ coloured permanent marker pens or paint
- ✓ scissors
- ✓ a battery operated torch

What to do

Step 1

Get some coloured plastic sheets (you could even cut up old plastic document wallets).

Step 2

Decorate your plastic sheet with pens, coloured tissue paper or paint.

Step 3

Get an old household torch and wrap the plastic sheet around the top, forming a collar.

Step 4

Fix in place with sticky tape. Hey presto... you've made a Flame Torch!

Top Tip

Arrange a lantern-making workshop for your friends and family the day before your local flame event



Once you've finished your lanterns, head down to your local Flame Festival to show them off

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Flame Lantern

To make your Flame Lantern, just follow these steps:

You'll need

- ✓ six thin sticks, 60cm long
- ✓ clingfilm
- ✓ clear sticky tape
- ✓ coloured cellophane, coloured tissue paper or clear iridescent (blue, purple, orange, yellow and red)
- ✓ one bamboo pole, 90cm long
- ✓ sharp scissors
- ✓ a pair of pliers to cut the sticks
- ✓ one battery operated light source. For example, a torch, push-light, flower-light or glowstick



Equipment

What to do

Step 1 Cut the sticks down to make a triangle that's 25cm long on each side. Join each corner firmly with sticky tape.

Step 2 Take three of the thin sticks and tape one to each corner of the triangle. Then cut one of the sticks down to 50cm, so it's a little shorter than the others. Firmly tape the three loose ends of the sticks together, making one point.

Step 3 Use your left over pieces from Step 1 to make another, smaller triangle with the thin sticks and tape it in place at the bottom of the lantern frame. Add a small stick in the middle of the smaller triangle, and tape in place.

Step 4 Cover the sides of your lantern with several layers of clingfilm. Fix it down with sticky tape, leaving an opening at the top.

Step 5 Decorate with flame designs using the coloured cellophane or tissue, and sticky tape. Totally cover the surface with colour and shapes. Finish off your lantern with glitter, silver streamers or any other shiny stuff.

Step 6 Use the scissors to make a small slit in the clingfilm, near the lower tip of the lantern. Carefully insert the bamboo pole. The tip of the pole must be firmly fastened with tape to the middle stick of the little triangle and to the lower tip of the lantern.

Step 7 Insert your light from the top opening of the lantern. Fix it to the bamboo stick with tape. That's it – your lantern is all ready to glow!



Step 1

Step 2

Step 3



Step 4

Step 5

Step 6



Your Flame Lantern

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Jar Lantern

Small or large...pickle or jam...any glass jar will do.

You'll need

- ✓ glass jars
- ✓ coloured tissue paper
- ✓ ribbon, glitter or whatever else you'd like to use for embellishment
- ✓ wire (whatever size you prefer and looks best with your lantern size. The bigger the lantern, the thicker the wire)
- ✓ wire cutters
- ✓ needle-nose pliers
- ✓ measuring tape
- ✓ pva glue
- ✓ tea lights

Be careful with scissors and wire cutters and remember that the glass jars will heat up. Always ask an adult for help.

What to do

Step 1

Measure around the opening of your jar and add one inch. Cut a piece of wire to this length, and wrap it around the neck of the jar.

Step 2

For the handle, measure an arch over the jar and add one inch. Cut another piece of wire to this length.

Step 3

Bend the handle wire into an arch. Using your pliers, begin wrapping or looping the ends of it around the wire for the rim. Twist together. This is your handle, so make sure you twist it tight.

Step 4

Time to get creative. Cut up different coloured bits of tissue paper and paste them around the outside of the jar, covering the glass completely. You can cut out patterns, strips, or whatever takes your fancy. Smooth out any bubbles or creases.

Step 5

While you're waiting for the glue to dry, start adding your glitter or ribbon.

Step 6

Let your lantern dry out for a few hours. It's best if you can leave it overnight.

Step 7

When your lantern's dry, pop your candle into the jar and start lighting the way to the Paralympic Games.



Pickle Jar Lanterns



Jam Jar Lanterns

Bright Idea

Use of lots of jar lanterns to create an impactful good luck message for the paralympic athletes. Send in your pictures to Tom at TellTom@london2012.com

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