

## Relationships and Sex Education (RSE) Day

### It begins with me

#### Shine Your Light!

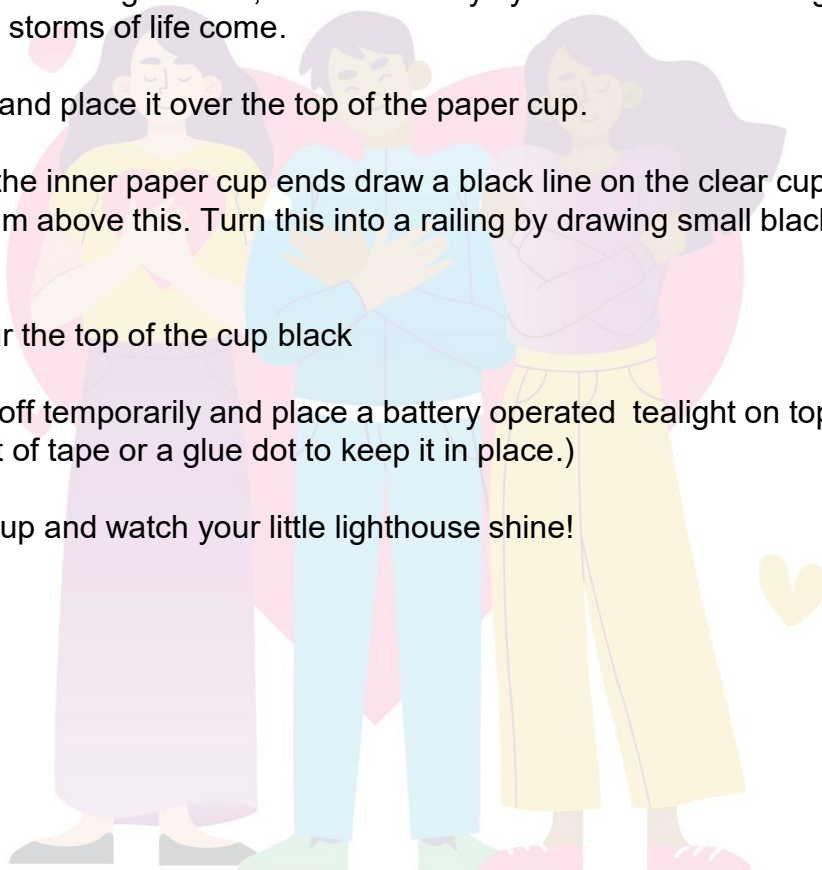
#### Paper Cup Lighthouse Craft

##### You will need:

- A white paper cup per child
- A clear plastic cup per child
- Coloured marker pens (and a ruler would be helpful)
- One battery operated tea light candle per child

##### How to make the lighthouse:

1. Take a white paper cup and draw three stripes around it with a marker pen. The stripes should be around 1.5cm wide.
2. Draw a door and windows using a dark marker pen.
3. On the white stripes of the lighthouse, write three ways you can shine like a light for yourself and for others when the storms of life come.
4. Take the clear cup and place it over the top of the paper cup.
5. At the point where the inner paper cup ends draw a black line on the clear cup. Draw another black line about 5mm above this. Turn this into a railing by drawing small black lines between the two longer lines.
6. Use a pen to colour the top of the cup black
7. Take the clear cup off temporarily and place a battery operated tealight on top of the paper cup. (you could use a bit of tape or a glue dot to keep it in place.)
8. Replace the clear cup and watch your little lighthouse shine!



# RSE DAY

Celebrating relationships & sex education

