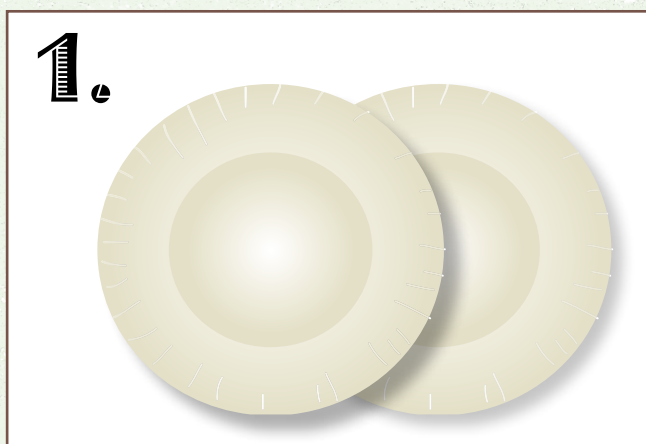


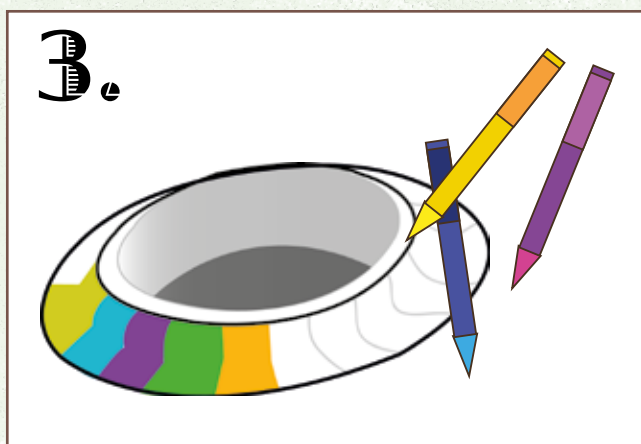
# We have lift off!

Here's a downloadable guide to making your own Frisbee! All you need are paper plates, glue and then some brightly coloured crayons, felt tip pens or paint so you can make it look smart.

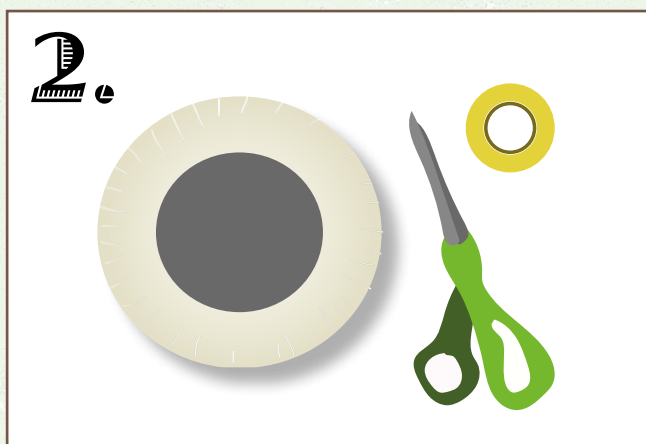
## How to make your frisbee...



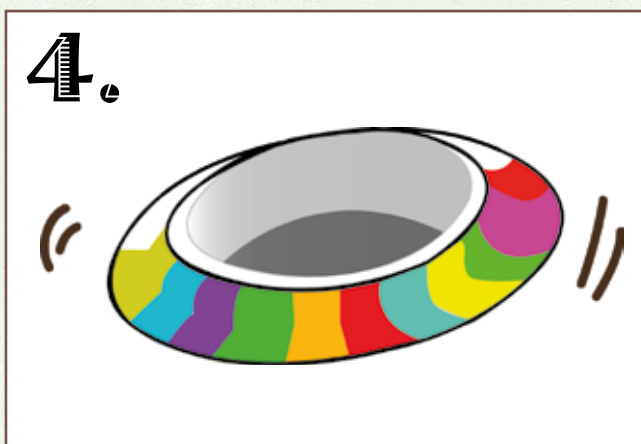
You'll need two paper plates.



Decorate your Frisbee with felt-tip pens or crayons.



Carefully cut out the centre of both plates and stick together with tape or glue.



Now, get outside and have some fun!

