

# Make a communion cup out of silver foil



Place a small coin in the middle of a square or circle of foil about 14cm x 14 cm.

Fold the corners of the foil towards each other and pinch the foil together above the coin



Twist the foil from above the coin up to about 1 or two centimetres, keeping the top open

Fold the corners in and pinch the sides to create the bowl of the cup



Great recipe with clear instructions for making flat bread with children here  
<https://www.howwemontessori.com/how-we-montessori/2020/05/the-easiest-flat-bread-recipe-for-kids-.html>