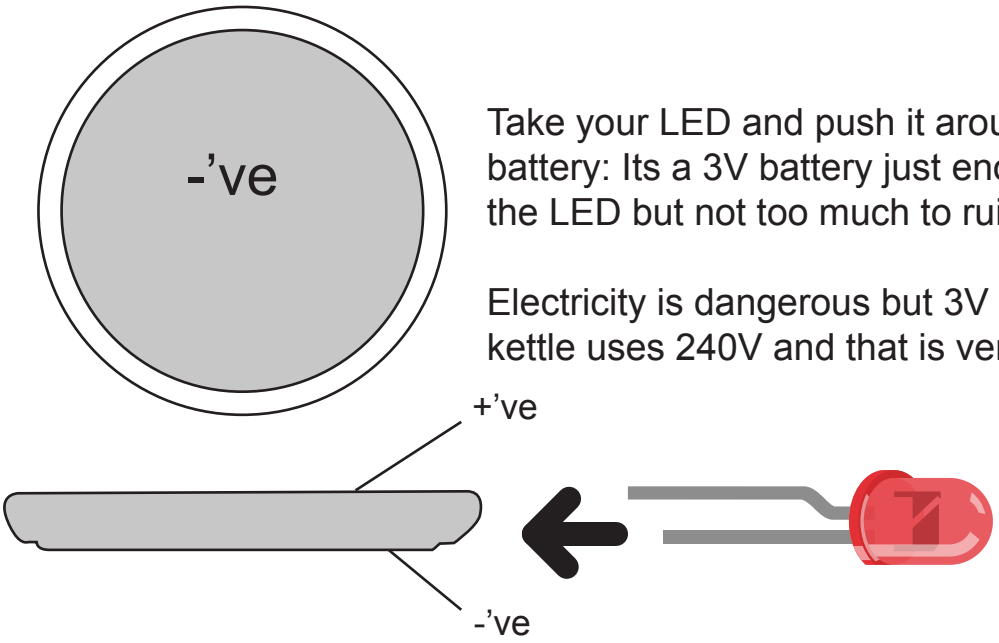
This is an LED
It stands for Light Emitting Diode
A diode makes electricity flow in one direction: An LED makes the electricity flow one direction into a crystal and produces light as a result.

The Short leg is the cathode and is -'ve (negative) Long leg is the anode and is +'ve (positive). Electricity from a battery will flow from +'ve to -'ve: if we try make it go the wrong way it can damage the LED and it just won't work!

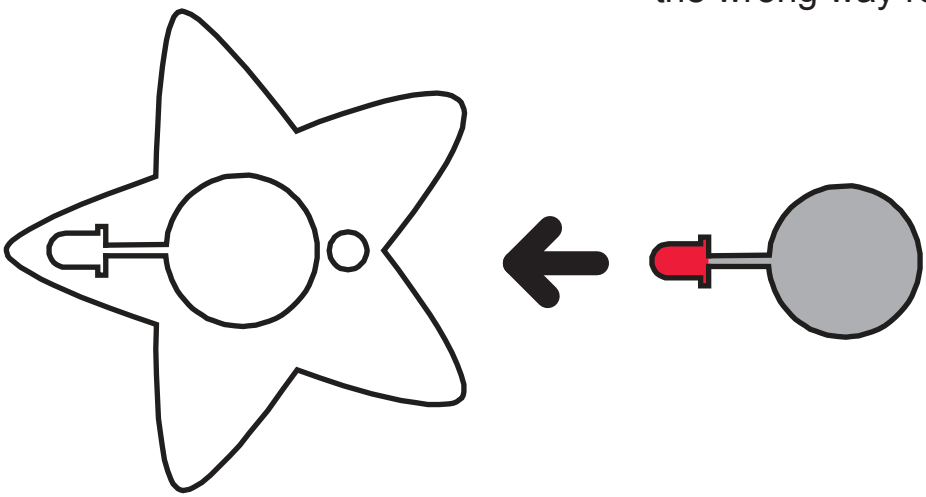
Be extra careful that you know which leg is -'ve & +'ve



Take your LED and push it around your watch battery: Its a 3V battery just enough to light the LED but not too much to ruin the crystal.

Electricity is dangerous but 3V is not. Your kettle uses 240V and that is very dangerous!

Take your LED and push it around your watch battery with the long leg over the wider part of the battery: its marked + on the cover. The shorter leg of the LED goes on the underside of the battery: its marked - and its the smaller disc. It should bend the legs of your LED a little and if you hold the legs down it will light up! If it doesn't you've got it the wrong way round! Swap it round.



Now carefully squeeze the LED and battery into the clear plastic star shape: Now you've got an LED flasher to flash morse code!