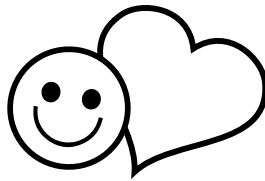


Kindness and Confidence Frame

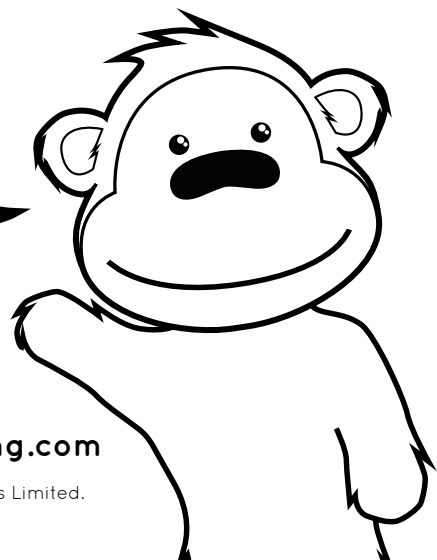



It's time to send some positive vibes to your friends, relative or just to yourself!


Instructions to make your Positive Power Frame


- 1) Print out the frame and Positive Message Shapes sheets.
- 2) Ask an adult to help you cut out the Positive Message Shapes.
- 3) Decorate your frame and draw your chosen person inside. It can be a self portrait, or anyone who is special to you. Use the space to write their name at the bottom.
- 4) Stick the Positive Message Shapes onto the frame that you think suits that person best.
- 5) Give the frame to the chosen person and brighten their day (though remember to abide by social distancing!)

If you can't print, don't worry,
You can design your own frame
and Positive Message Shapes



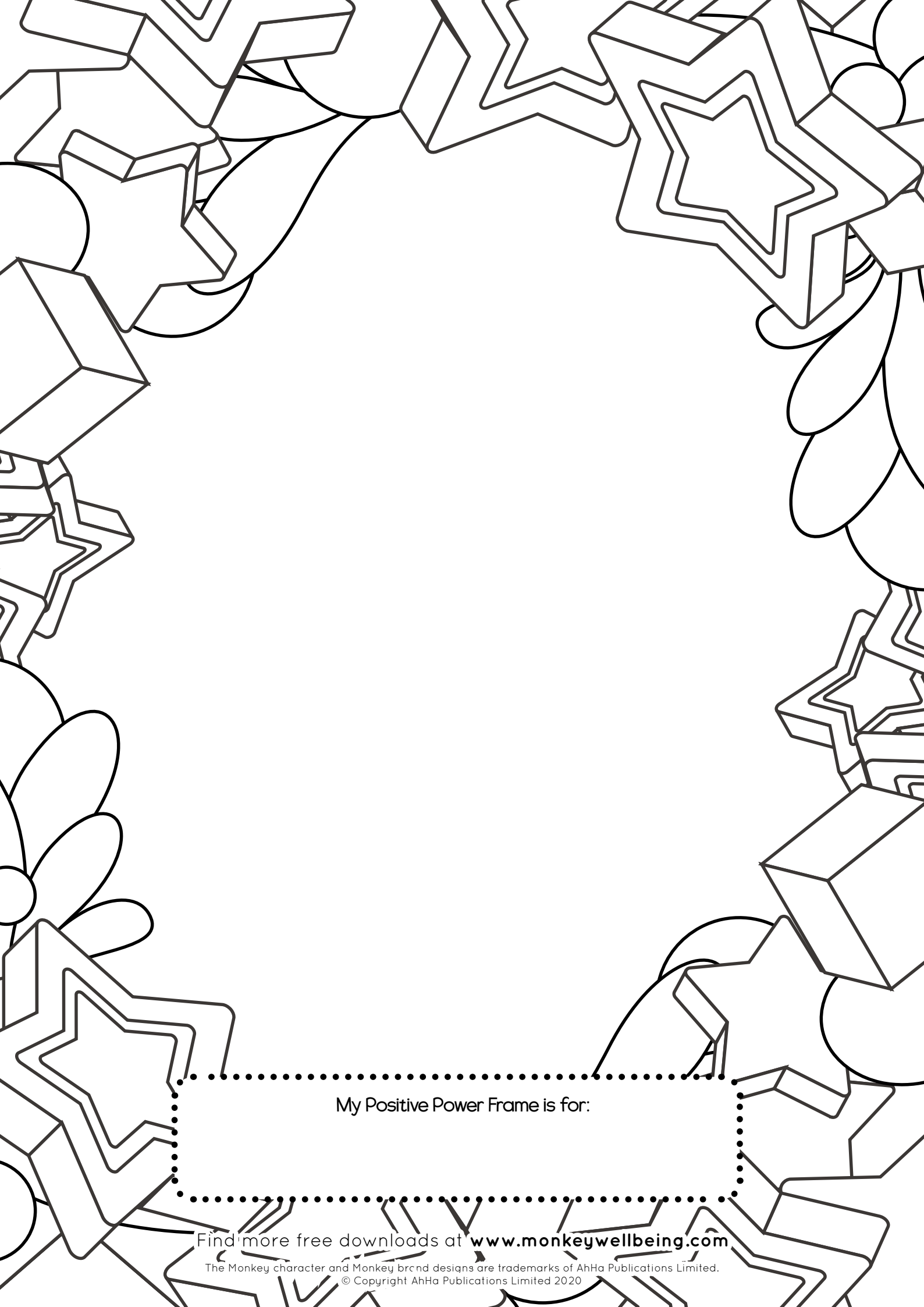
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