

D.I.Y. NEW YEAR PAPER POSITIVITY ORNAMENTS!



WHAT'S THE ACTIVITY?

Positive affirmations are words of emotional support and encouragement. In this activity you'll make your own unique hanging paper bauble that will hold up to 6 personalised affirmations to help you feel good, and remind you what gives you purpose and peace as we head into the new year.

It'll be up to you whether you choose to add singular words, phrases, drawn images, stuck on images, blocks of colours, collage... or anything else! So long as the message says what it needs to for you. Don't worry about matching a particular artistic ability.

MATERIALS NEEDED

1. One piece of white or cream paper (approx A4 or A3)
2. Something to draw circles with (must fit 6 circles onto your paper - a mug works well)
3. Scissors
4. Gluestick
5. String (or old shoelace/piece of ribbon)
6. Your chosen arts materials for creating your 6 affirmations (pens, photos, magazines, glitter...)

ABILITY LEVEL

So long as you can (or have someone else to) cut out with scissors, glue with a glue stick, and tie a knot **YOU CAN DO THIS!!!!**