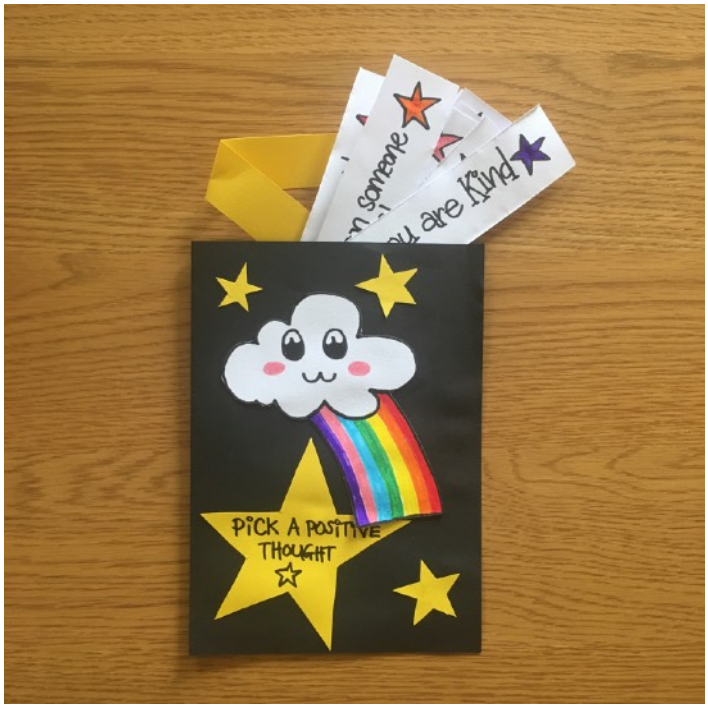
Cool it Art

Lambeth

Grant recipient of THE ARTS SOCIETY

BATTERSEA POWER STATION FOUNDATION

Positivity Pouch



We can all have days which maybe aren't as good - so this is a great way to boost your mood and remind yourself about being kind to yourself - like you would to a friend.

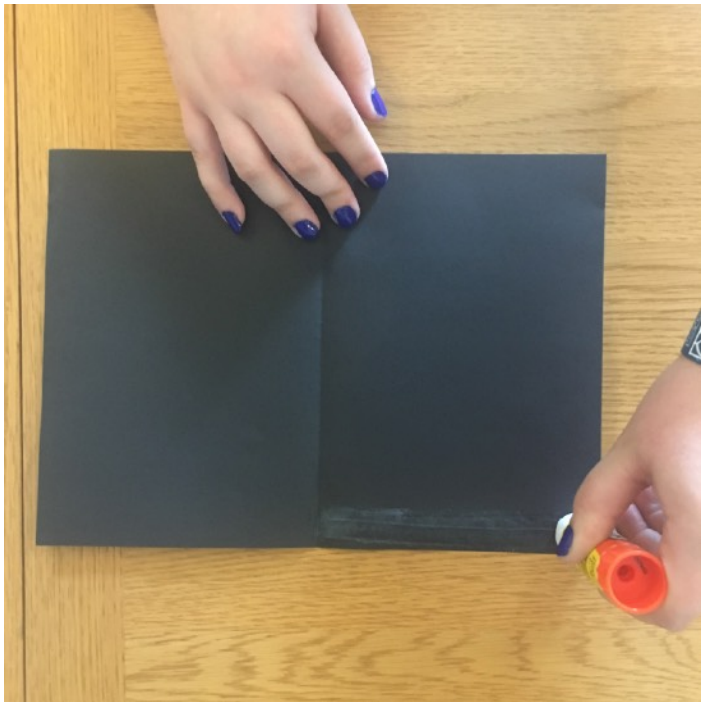
Tools and Materials:

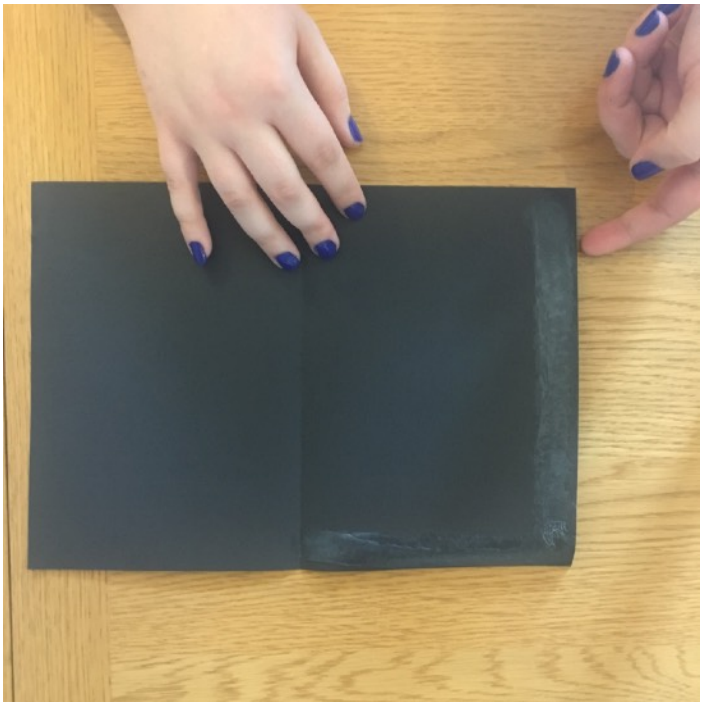
- Paper
- Coloured Paper
- Sellotape
- Glue stick
- Pencil
- Scissors

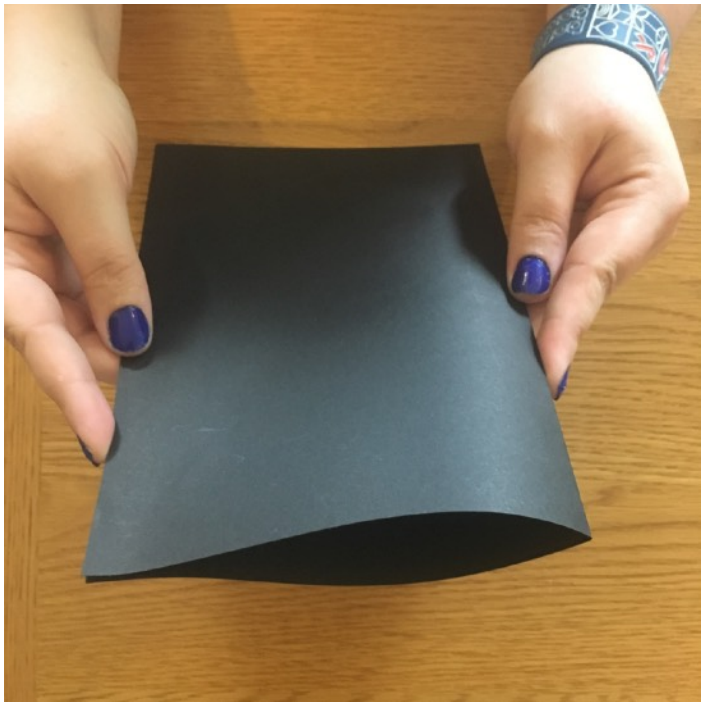


First of all choose what colour you would like for your pouch - we chose black for ours. Fold your paper in half, then glue 2 of the sides to form the pocket

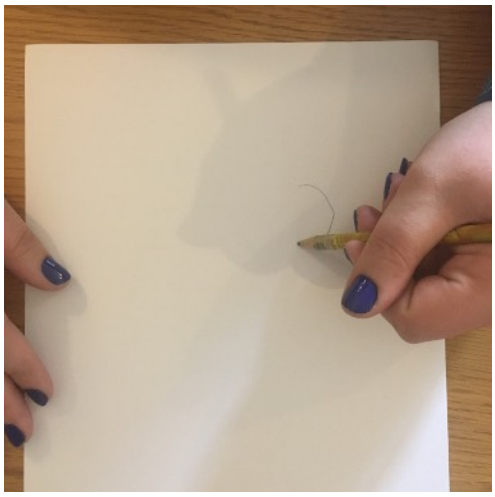
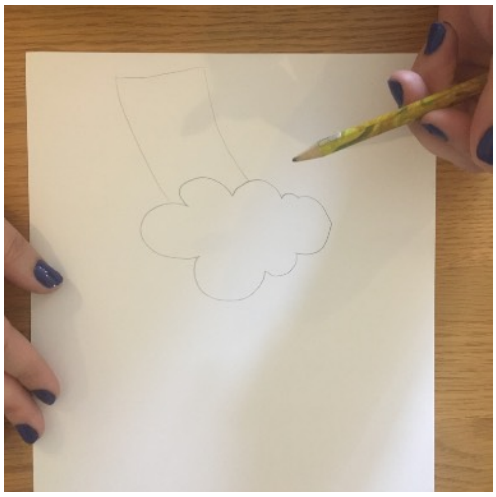
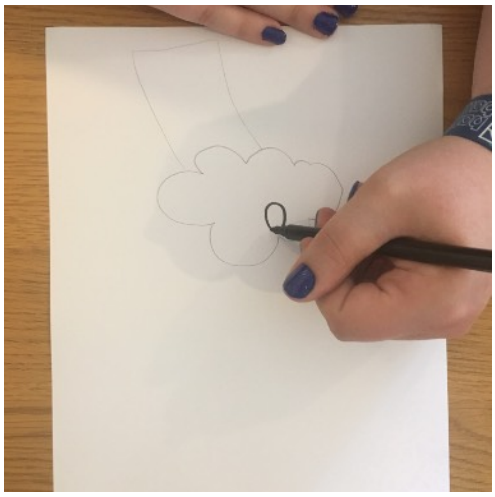


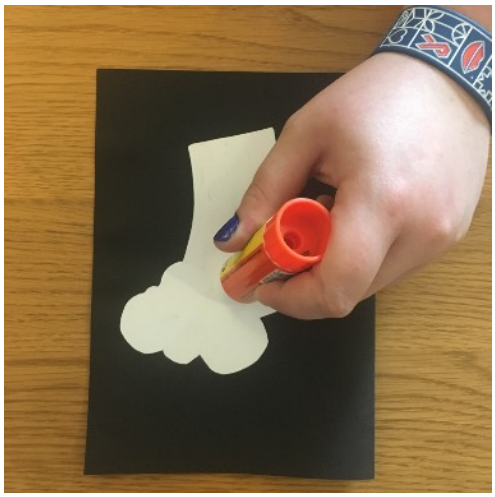
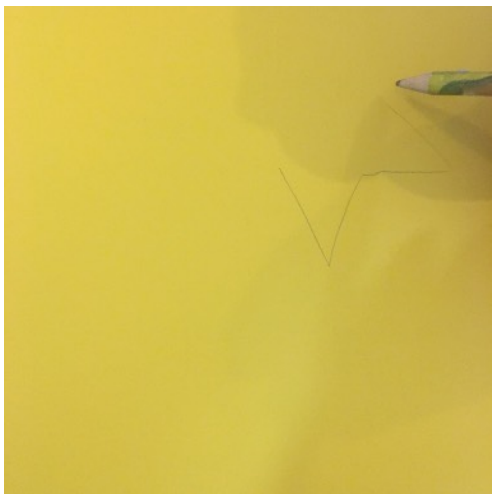
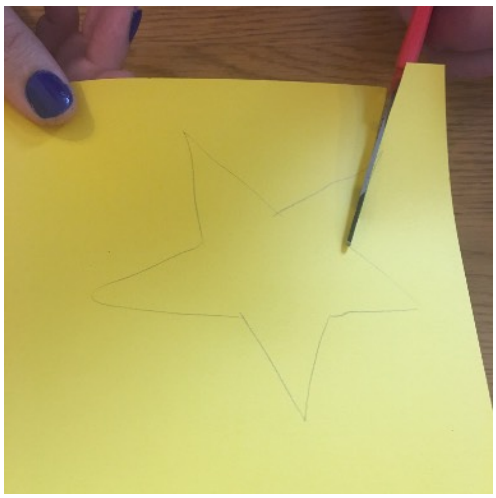






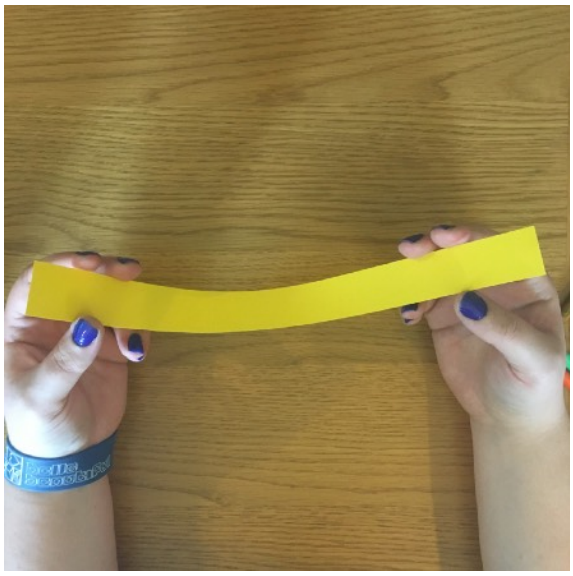
Now to start decorating - what do you want to put on your pouch? What images make you smile? Cut out and stick on.

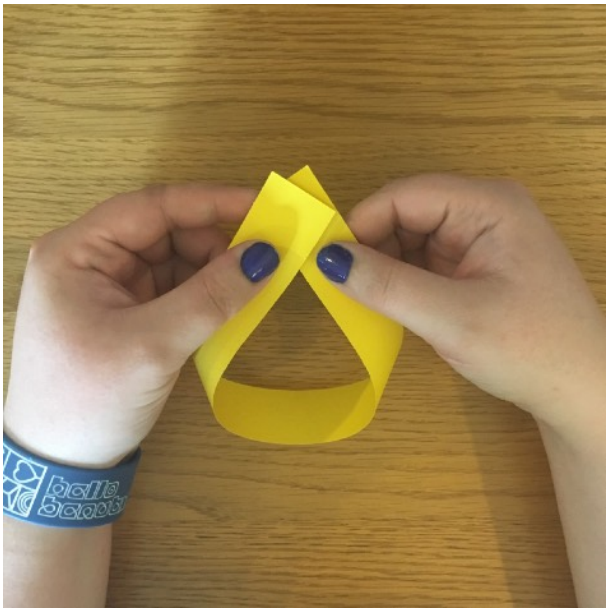





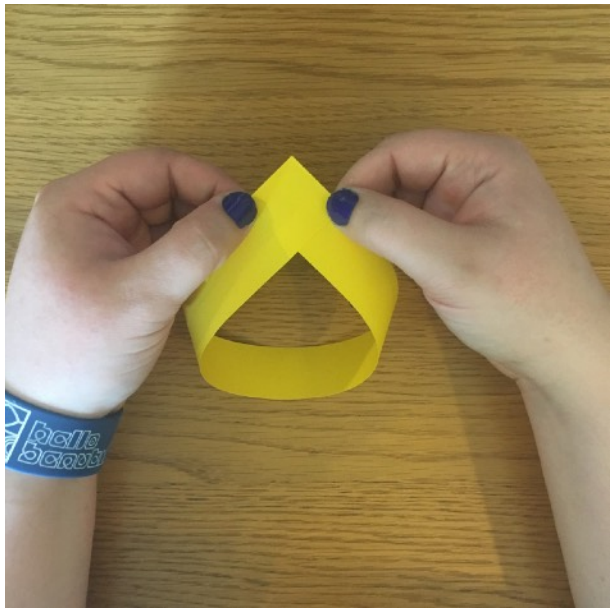

Now time to make a handle - using leftover paper cut a strip from the long side





Tape the ends together once you have folded it round into a loop like so



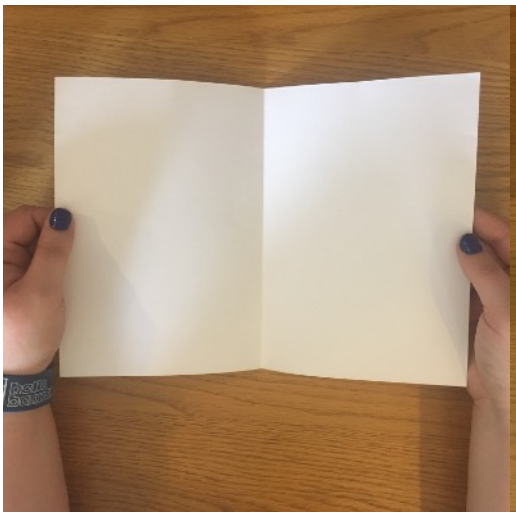
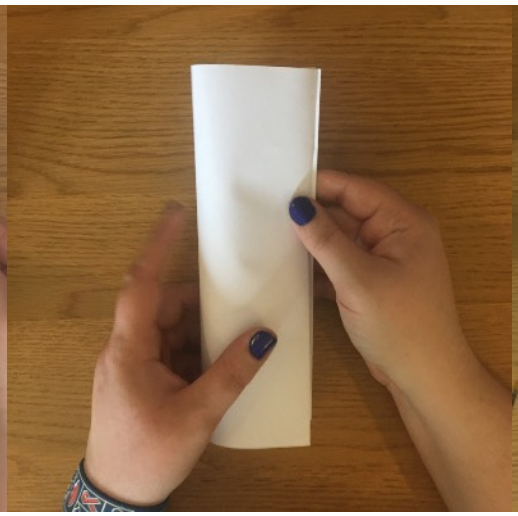
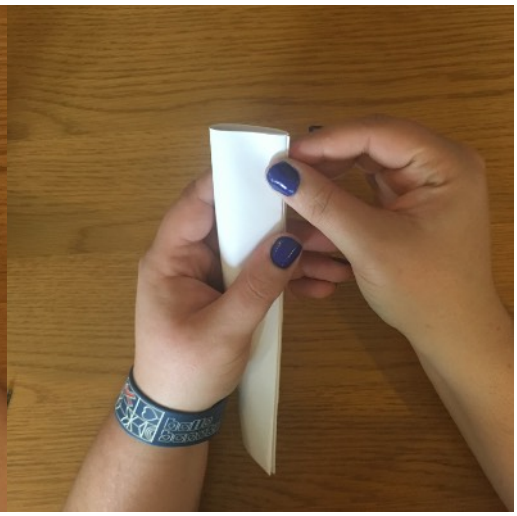


Then tape securely to the inside of your pouch

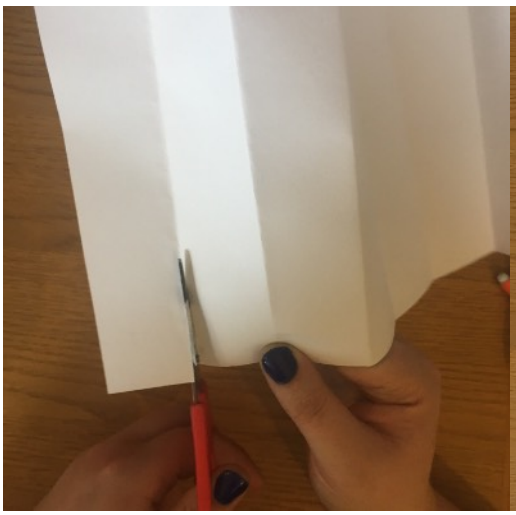
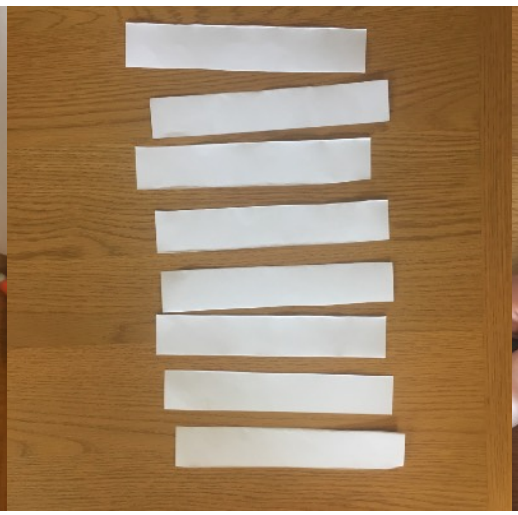
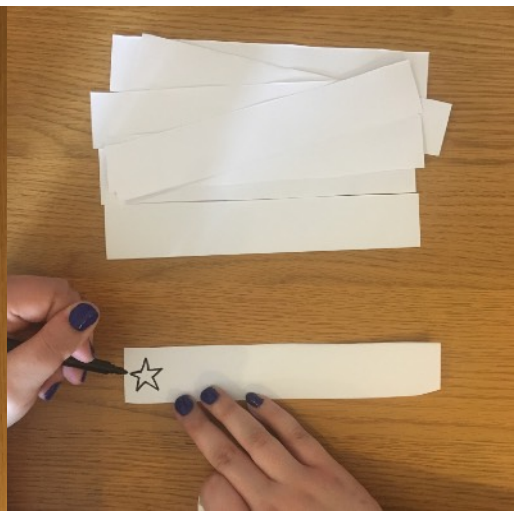




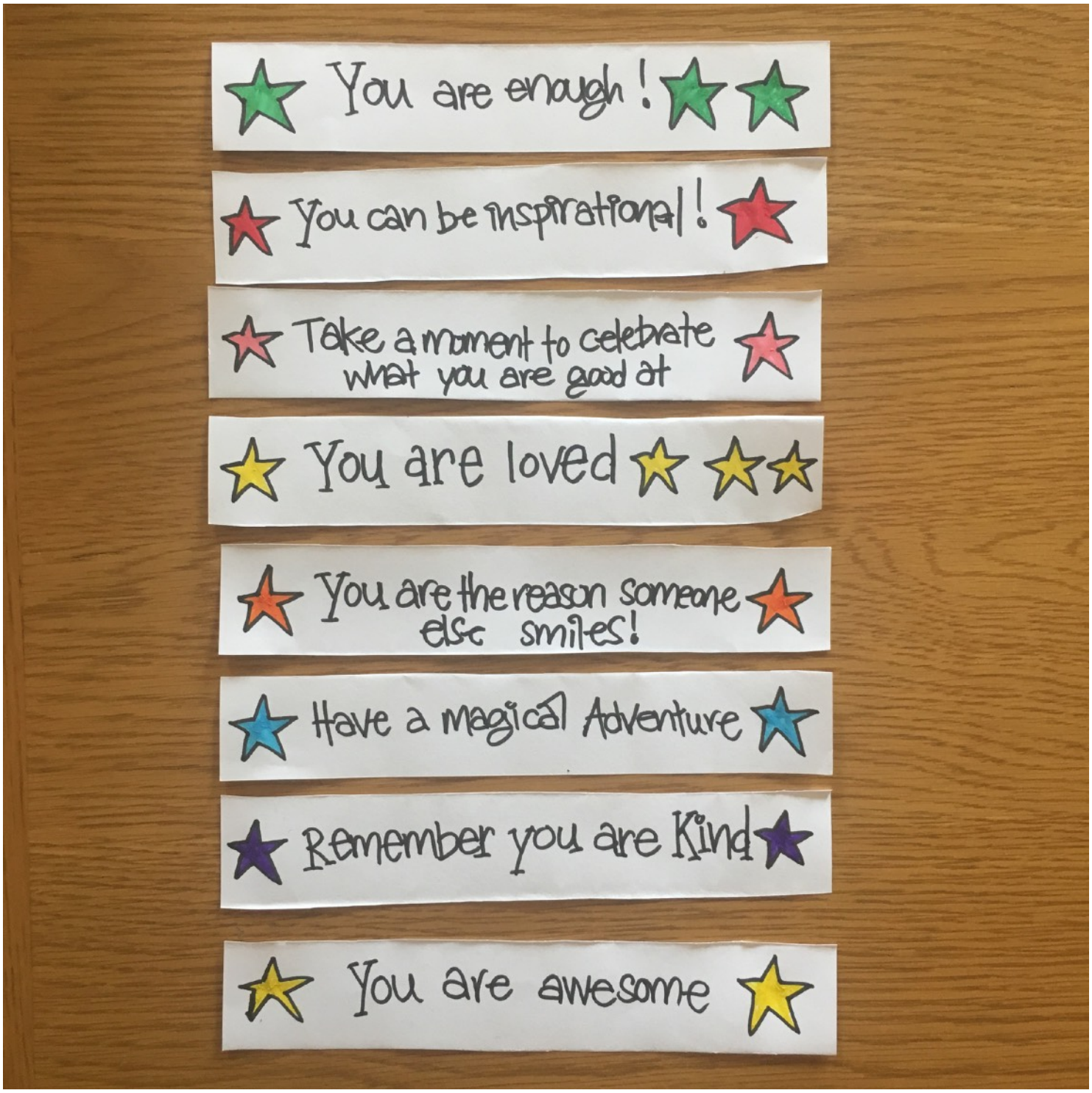

Now to make your positive pouches - using the white paper fold it in half, and then half again and then again to create 8 lines in the paper

Once you've done that cut them up and start to write your quotes

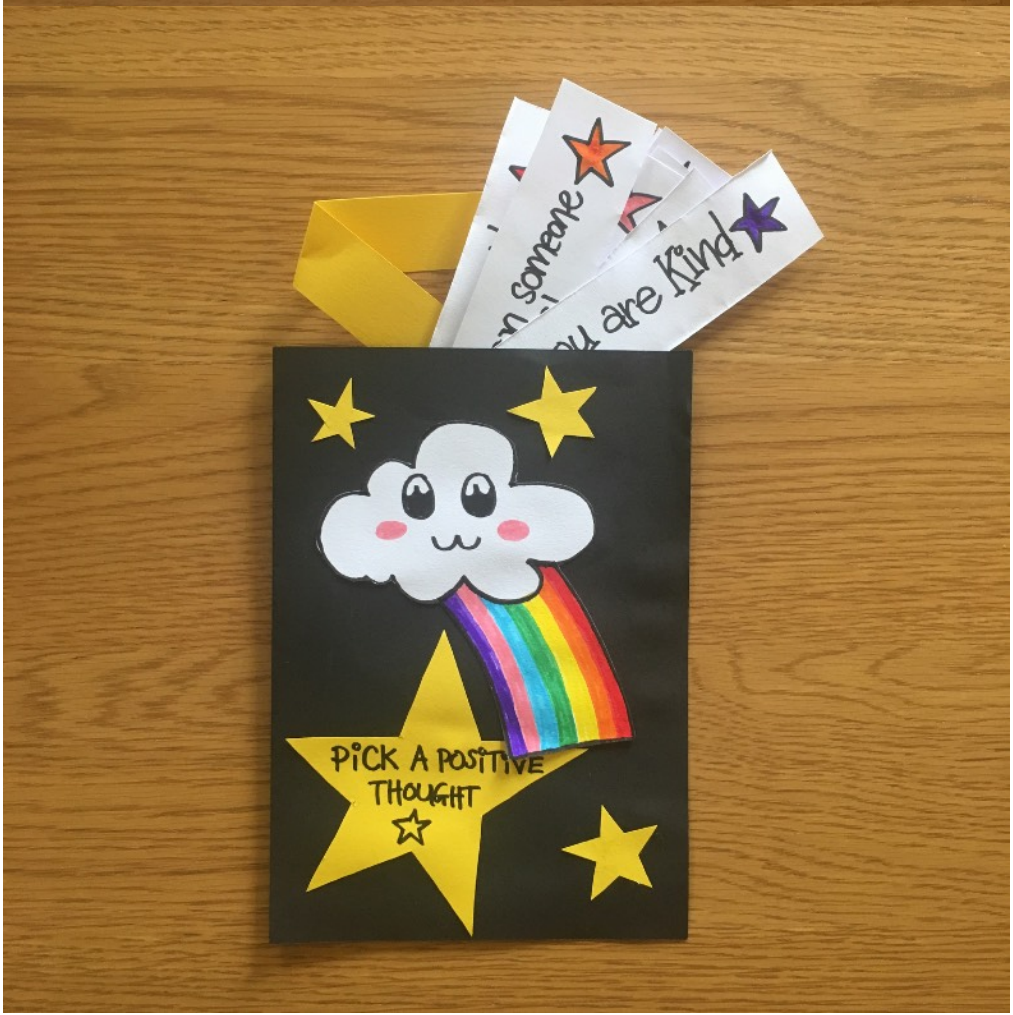




You can look up quotes on the internet for inspiration or you can think what you would say to a friend who was sad



And there you have it your very own “Positivity Pouch”





Here is another one we made to inspire you!

