

**PURPOSE** //

- Share positivity and practice positive thinking
- Thinking positive can help you better manage stressful moments

INSTRUCTIONS //**Materials**

- Paper
- Color pens, color pencils, markers

Application

- Write four positive messages in the center boxes.
- Share with your peers or family members
- You can do this in person or virtually

Assembly

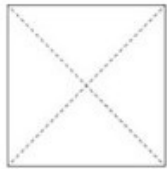
1. Follow the steps attached to create your dream catcher

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



Contact Nathalia@erikaslighthouse.org for more information



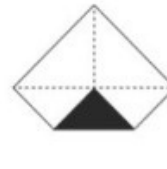
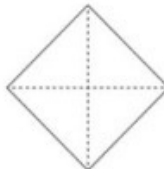
Cut out the square



Fold the corners to center



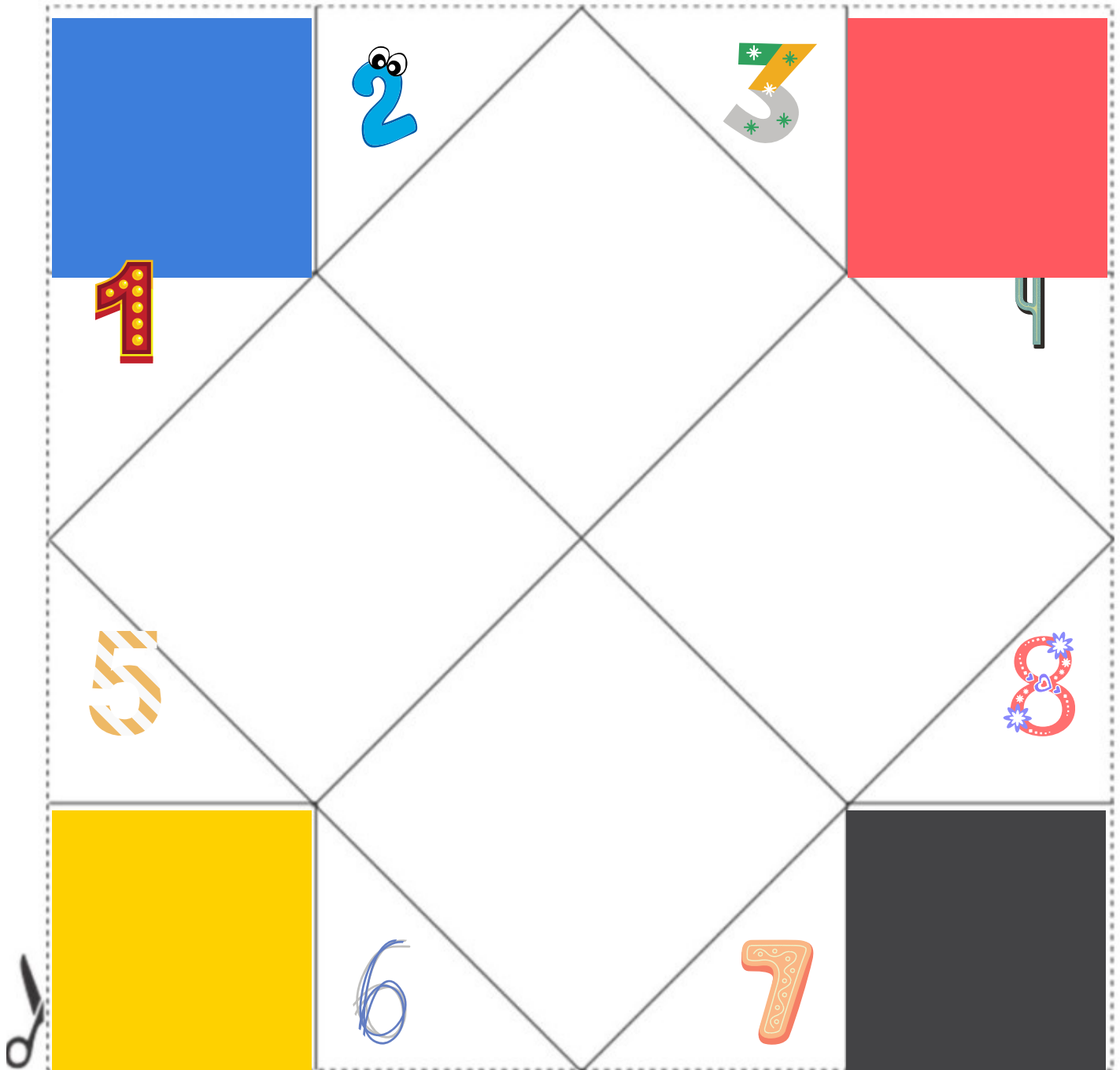
Flip over



Fold the corners to center



Flip over and insert your fingers to play!

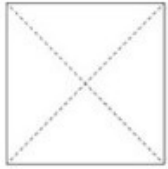


a

b

c

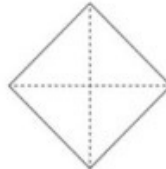
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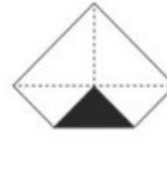
Cut out the square



Fold the corners to center



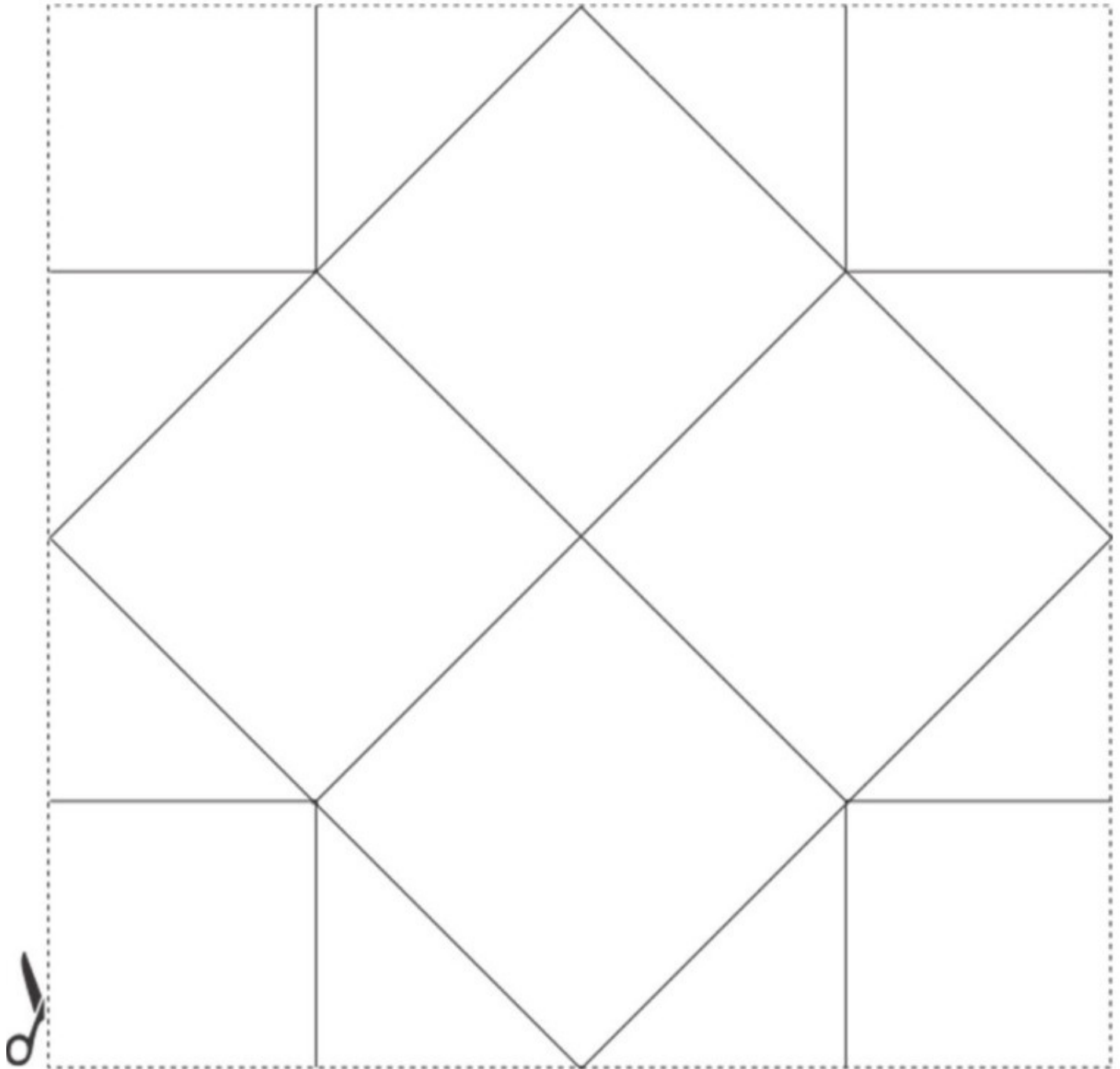
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a

b

c