

Compliment/Affirmation Flowers

This is a great craft activity to do with as a family or by yourself. A compliment/affirmation flower is full of things that you can write or draw that you like and believe about yourself and makes a great reminder of how AWESOME you are.

Supplies

- Construction paper, card stock or any color paper
- Scissors
- Markers
- Glue or stapler

Directions

1. If you have a kit, you can use the pieces that came in the kit that are already cut out. If not, that is okay. Draw one circle and six ovals and cut them out. The ovals will be the petals of the flower, and the circle will be the center.
2. Once all the pieces are cut out, if you are by yourself write or draw six things on the petals that you like about yourself or believe about yourself. Here is a couple of examples "I am smart" or "I am unique" and "I am good at drawing." If your family is creating this with you, have each family member write or draw one thing they love about you or something they appreciate about you on each petal.
3. Once you have finished all the petals write your name on the circle center.
4. Use glue or tape to connect each petal to the center to create a flower. Once the flower is dry, hang the flower up where you can see it on a daily basis to remind you how awesome and unique you are.

See below for an example!

