Self-Love Crown

*Celebrate the one and only you!* Make your very own Self-Love Crown with colorful materials, and wear it with pride. Expressing self-love involves caring for yourself in ways that make you feel good.

**Materials**
- Cardboard
- Multi-colored paper
- Scissors
- Glue stick or liquid glue
- Tape
- Measuring tape or yarn
- Yarn
- Fabric scraps
- Found objects

**Instructions**
1. Measure the crown of your head.
2. Cut narrow rectangular strips of cardboard.
3. Tape the short ends together to create one long piece slightly longer than your crown measurement.
4. Roll the long cardboard strip into a circle and fit it around your head.
5. Secure the ends with tape.
6. Attach, paint, paste, tape... Add details to your crown that help to express who you are!

**Go Further**
When and where will you wear your Self-Love Crown? Why?
How else can you show that you love yourself?

Share a photo of your crown with us! Tag us on Instagram @bcmkids bcmdanyou