

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 #bcmandyou

