



# CRAFT FOR WELL-BEING WITH PRITT



At Pritt, we recognise that crafting activities can enhance mental health and well-being in children, which is why Pritt have created a Crafting for Well-being booklet, to encourage positive well-being practises, and inspire children to create **everything they can imagine!**

For more crafting ideas visit [prittworld.co.uk](http://prittworld.co.uk)





# MAKE YOUR OWN THANK YOU CARD

## STEP 1

Think of a size and shape of your card, it can be anything you like.



## STEP 2

Fold the card in half. Draw on your design and cut it out.

## STEP 3

Unfold your card, decorate the inside with pictures and add your personalised message to your special someone.

### You will need

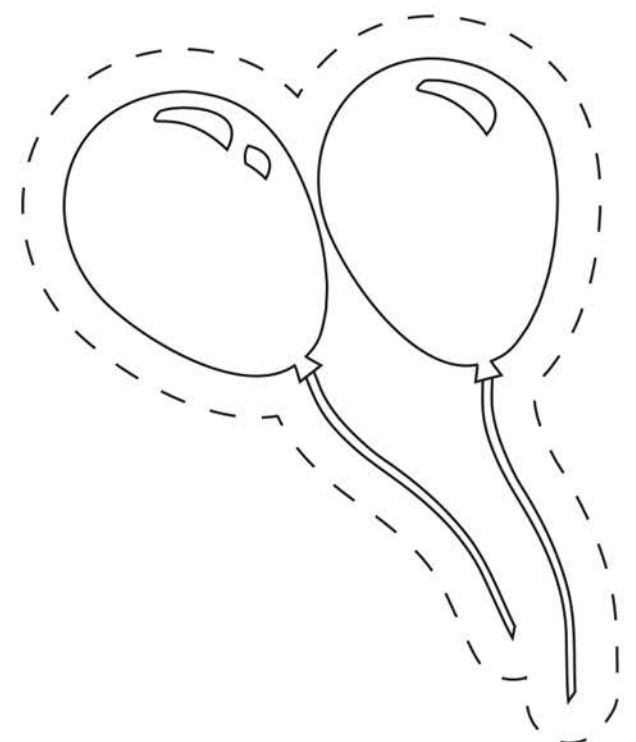
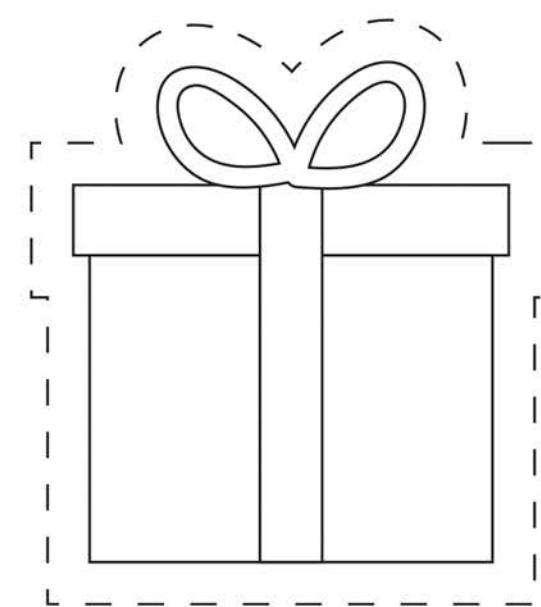
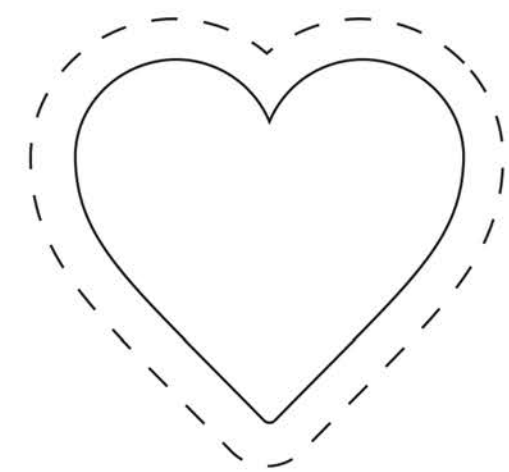
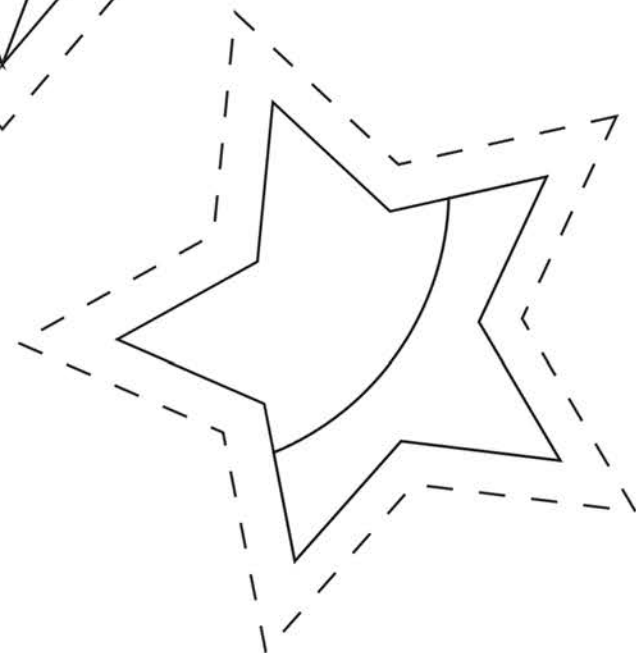
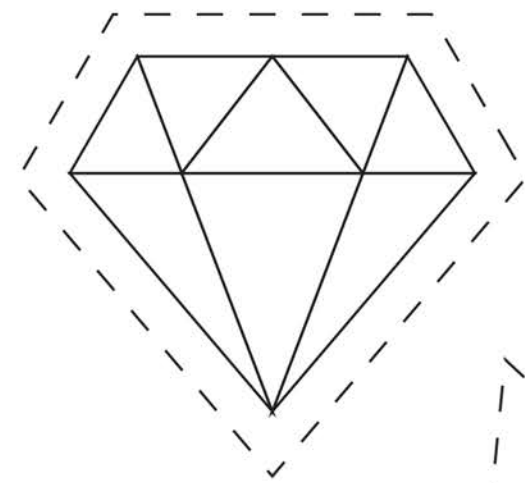
- ☐ A big piece of paper or card
- ☐ Scissors
- ☐ Felt tip pens or paints
- ☐ Pritt Stick



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# MAKE YOUR OWN THANK YOU CARD!







# WRITE YOUR OWN WELL-BEING JOURNAL!

## STEP 1

Fold 2 sheets of A4 paper in half. Place one inside the other so that the folded edges line up with each other. Unfold them and staple them twice along the fold to make it look like a book.

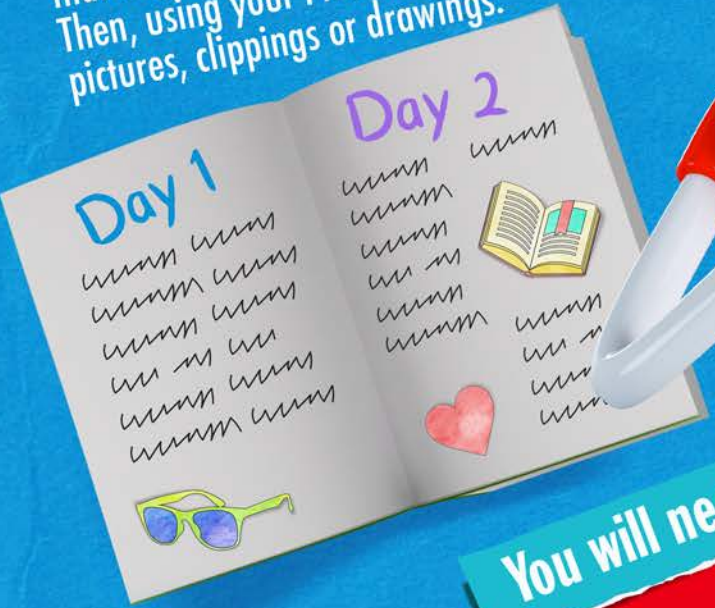


## STEP 2

Decorate the front cover by writing your name and drawing the things that make you happy, or cutting and gluing them from the template.

## STEP 3

Write down all the good things that happened today or last week. Then, using your Pritt stick, glue in pictures, clippings or drawings.



### You will need

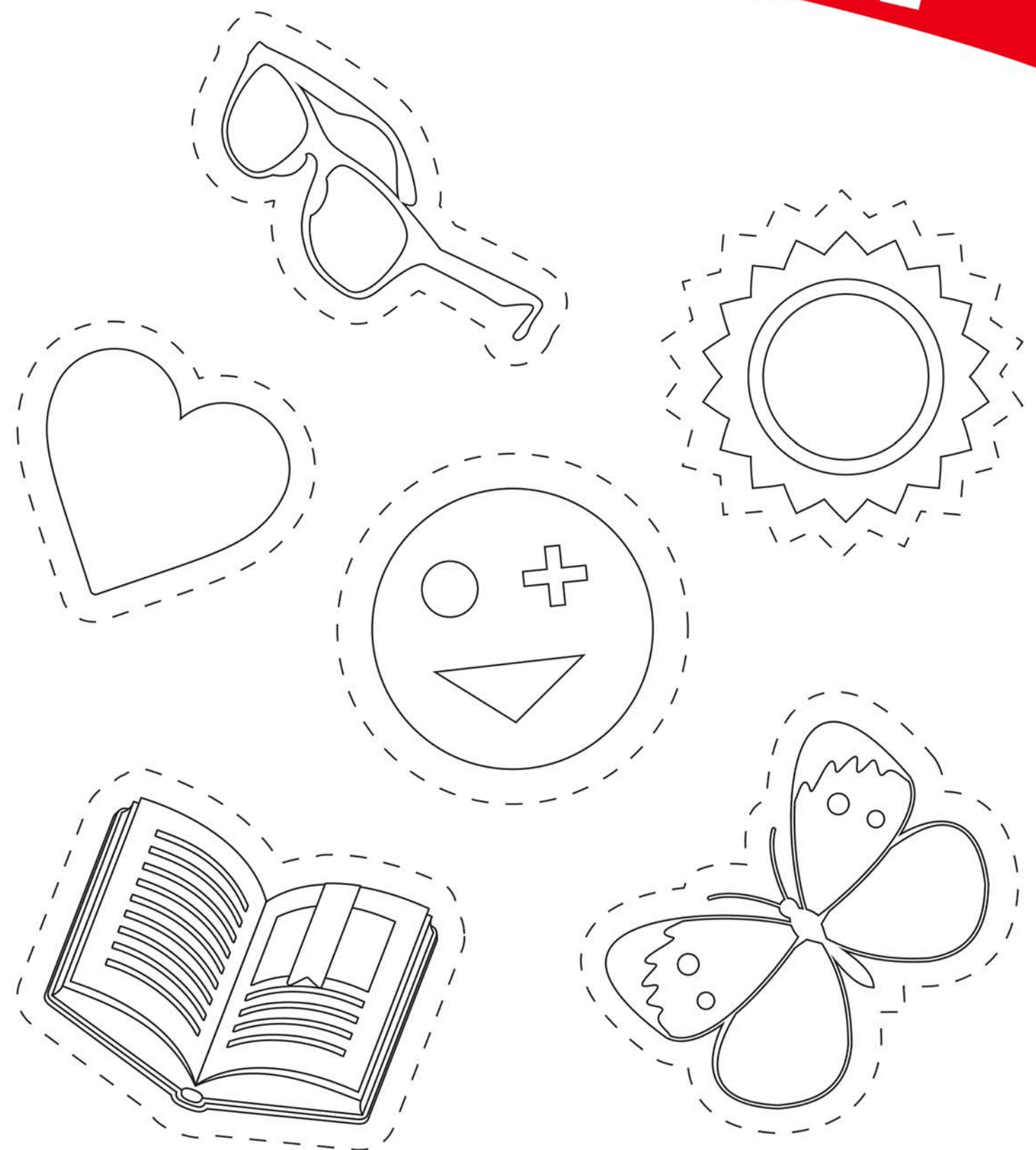
- ☐ 2 sheets of A4 paper
- ☐ Scissors
- ☐ Pritt Stick
- ☐ Felt tip pens or paints



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# WRITE YOUR OWN WELL-BEING JOURNAL





# MAKE YOUR OWN MOBILE OF THE THINGS YOU LOVE!

## STEP 1

Cut 2 strips from the cardboard and cut a slot at the center, so both strips lock together. Make 9 holes for the string.

## STEP 2

Draw and cut out images of the things you love to hang on the mobile! You will need 2 of each image for the mobile to work. Repeat until all images are created!

## STEP 4

Stick each one of the images onto a string. Tie them onto the mobile. Tie a string around the centre of the mobile and hang it up!

## STEP 3

Paint or colour your images in! Then, using your Pritt stick, glue both sides of the same image together to make it sturdy.

### You will need

- ☐ A big piece of cardboard
- ☐ Pritt Stick
- ☐ String
- ☐ Paints or felt tip pens
- ☐ Scissors

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# MAKE YOUR OWN THINGS I LOVE MOBILE





# CREATE YOUR OWN TALKING PARROT!

**STEP 1**  
Colour in and cut out the parrots on the sheet provided.



**STEP 2**  
Cut the parrots along the dotted line.



**STEP 3**  
Hold the clothes peg with the flat side facing you.  
Glue the top of the parrots head on the top part of the clothes peg, as close to the opening as possible.  
Glue the bottom part of the head and body on to lower part of the clothes peg.

**STEP 4**  
Use your talking parrots for fun with a friend, to talk about your feelings and emotions.

## You will need

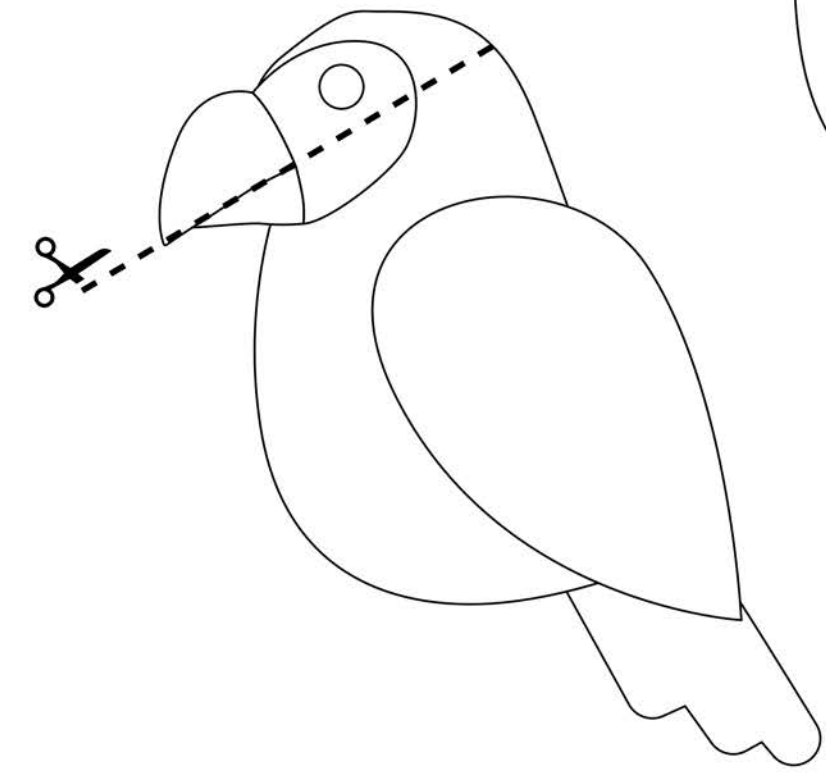
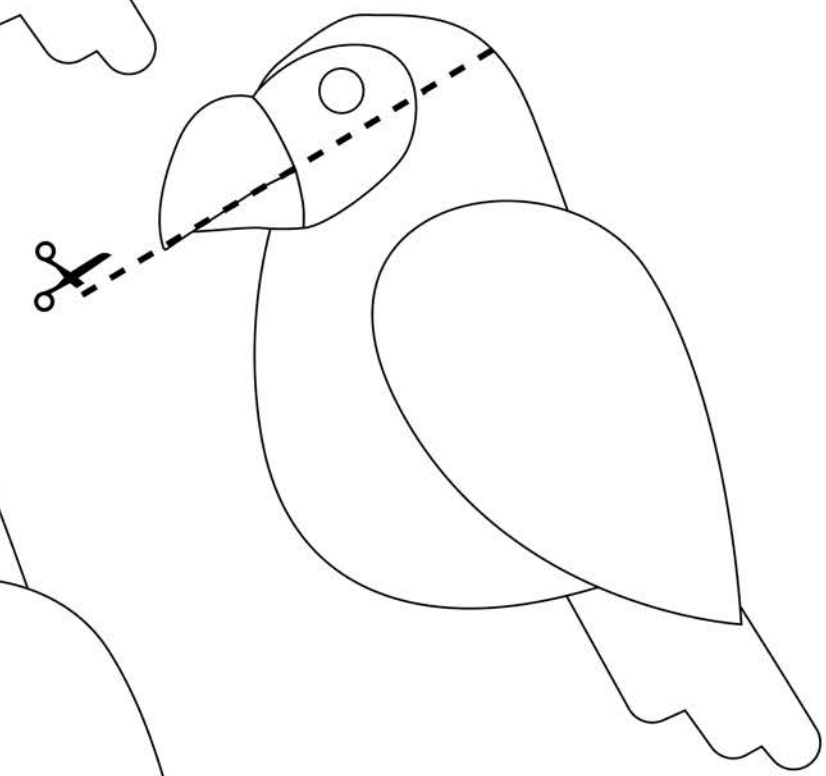
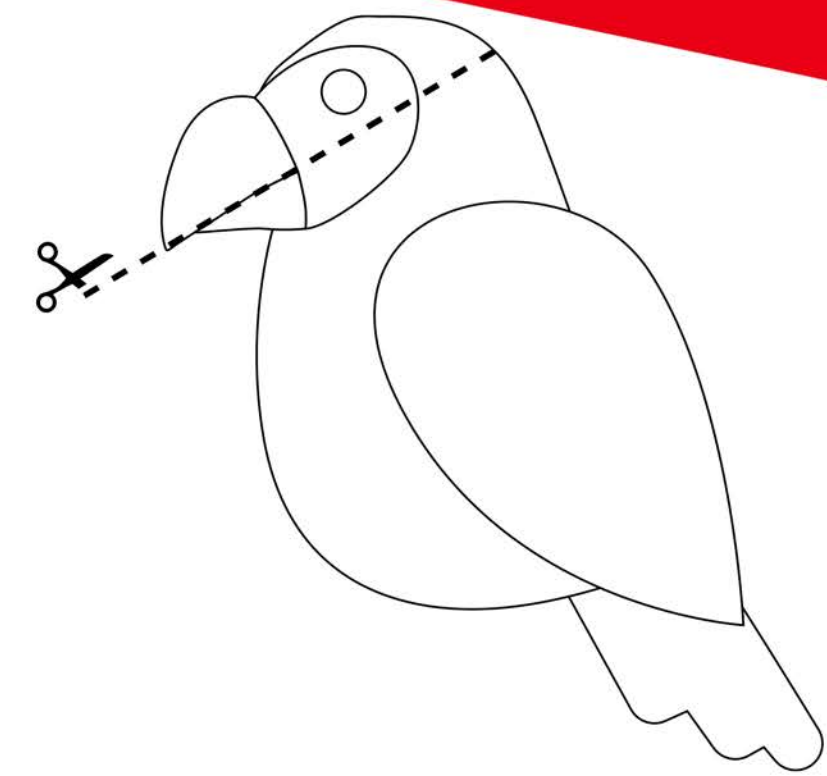
- ☐ A big piece of paper or cardboard
- ☐ Scissors
- ☐ Pritt Stick
- ☐ 2 clothes pegs



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# CREATE YOUR OWN TALKING PARROT!







# WRITE YOUR OWN PRITT STORY!

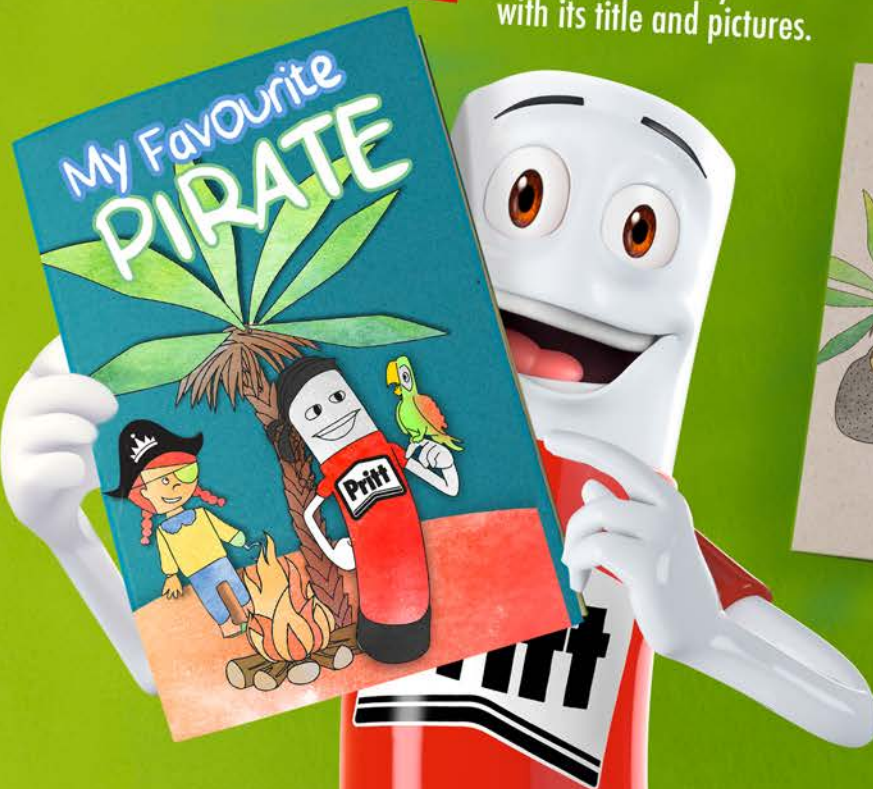
## STEP 1

Fold 2 sheets of A4 paper in half. Place one inside the other so that the folded edges line up with each other. Unfold them and staple them twice along the fold to make it look like a book.



## STEP 2

Decorate the front cover of your story with its title and pictures.



## STEP 3

Write your story - don't forget to leave space for some pictures!



## STEP 4

Once you finished writing, you can cut out the images provided, or create your own! Don't forget to share your story with a friend!

### You will need

☐ 2 A4 sheets of paper

☐ Felt tip pens or paints

☐ large stapler

☐ Pritt Stick



Hen

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# WRITE YOUR OWN PRITT STORY!







# MAKE YOUR OWN GRATITUDE TREE!



**STEP 1** Draw your own tree, or cut out the one provided. Then, using your Pritt stick, glue your tree to another piece of paper or cardboard. Colour in the tree, grass and sky.

**STEP 2** If you have real leaves or flowers, glue them to your tree. Otherwise, cut out and colour the leaf shapes provided and glue them to your tree.

**STEP 3** Inside or next to each leaf, write down the things you are grateful for!

## You will need

☐ A big piece of paper or cardboard

☐ Scissors

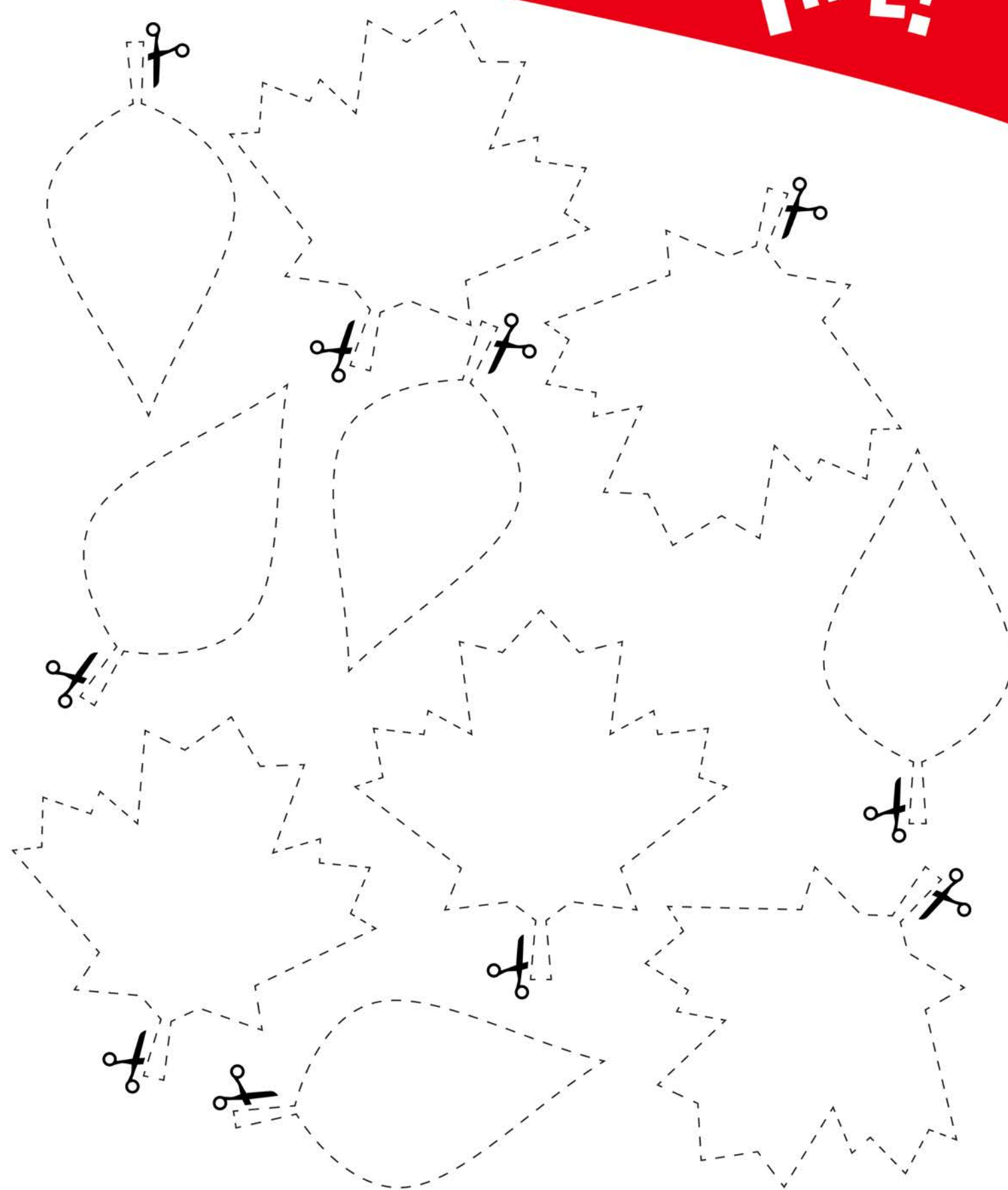
☐ Pritt Stick

☐ Paints or felt tip pens

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# MAKE YOUR OWN GRATITUDE TREE!



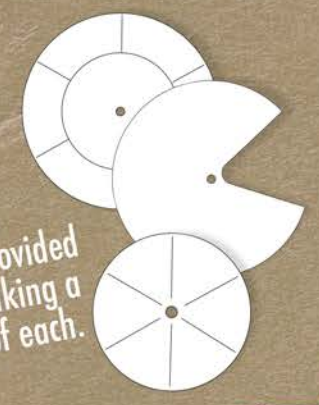




# MAKE YOUR OWN MANAGING YOUR EMOTIONS WHEEL!

## STEP 1

Make your own, or cut the 3 circles provided on the template, making a hole in the centre of each.



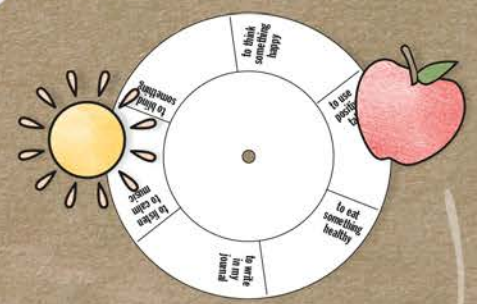
## STEP 2

If you decide to make your own, draw and colour the different emotions/ faces on the smaller circle. If you decide to use the template, just colour the faces.



## STEP 3

On the larger circle, glue and paint the different activities on each of the segments.



## STEP 5

Join all 3 circles together with a paper fastener stuck through the central holes.

Now you are ready to choose your most suited activity based on how you are feeling!

### You will need

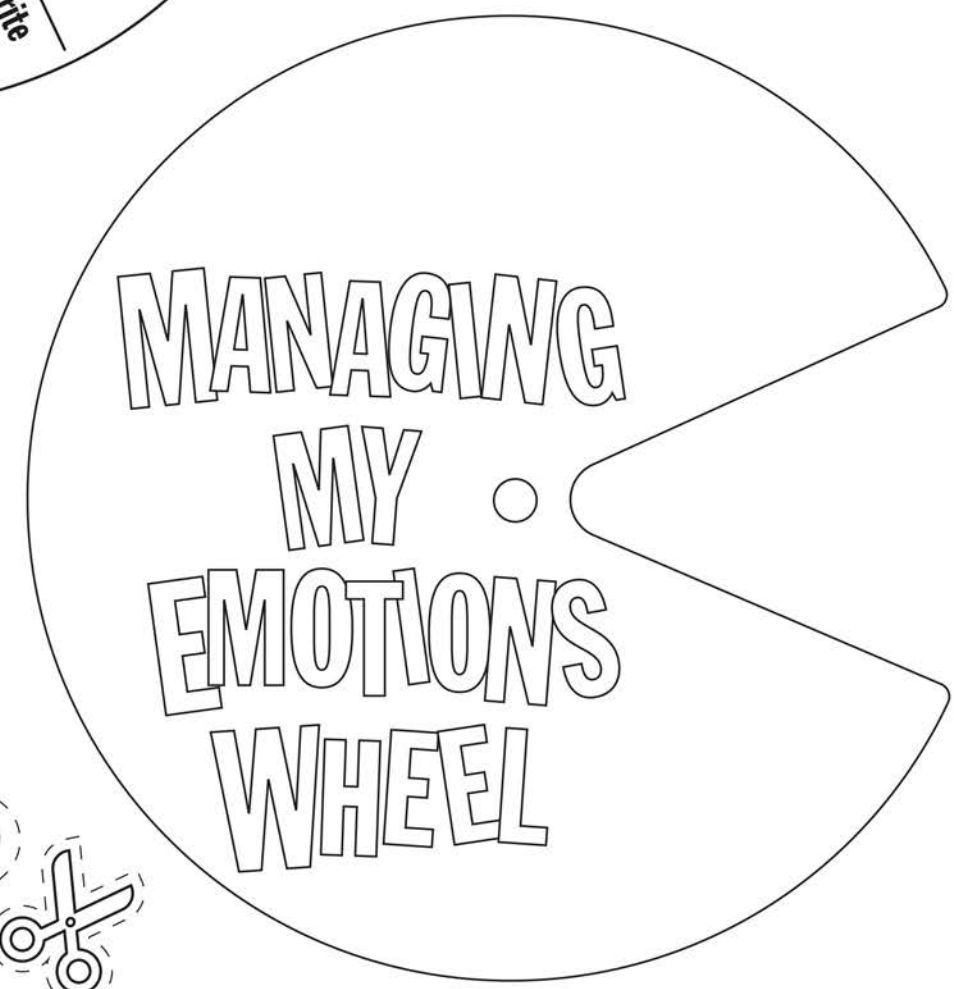
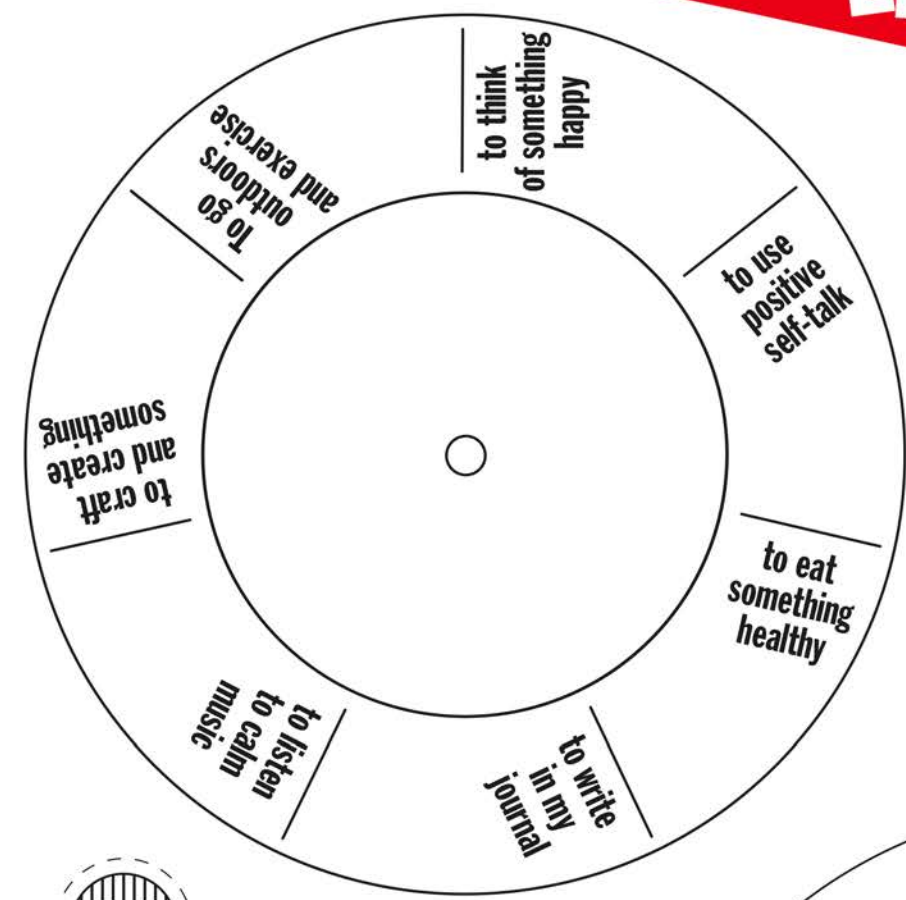
- ☐ A sheet of A4 card
- ☐ Felt tips pens or paints
- ☐ Scissors
- ☐ Pritt Stick
- ☐ Paper fastener



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# MAKE YOUR OWN MANAGING YOUR EMOTIONS WHEEL!







Everything  
you can imagine

CRAFT FOR  
WELL-BEING  
WITH PRITT



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