

## ENCOURAGEMENT-T SHIRT

### WHAT:

While we are all trying to implement safety practices to keep us safe, times are difficult and children can become discouraged. With the possibility of schools not reconvening for the remainder of the school year, children can be very disappointed with the loss of end of year activities and milestones.

Brainstorm positive statements that provide encouragement and are uplifting. For example: I Can Do This!, I Am Strong!, I Am Safe! Use statements to write on the decorated T Shirts.

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### MATERIALS:

- Printed copy of T Shirt
- Crayons
- Markers
- Paint
- Glitter
- Sequins

### HOW TO:

- Download and print copy of the T Shirt (located on the following page).
- Decorate the T Shirt with crayons, paint, glitter, and other items you have on hand.
- Ask your child to create a message that inspires encouragement, strength, and empowerment for them. For example: I Can Do This!
- Print additional copies of the T Shirt so your child can create other shirts.
- Display the Encouragement-T Shirts throughout your home.



**MY ENCOURAGEMENT SHIRT**

