

Recycled Paper Affirmations

Make beautiful affirmations by recycling your scrap paper and decorating to personalise. These are great on their own or put a hole in each one with a hole punch to create into a garland.

Gather:

- Shredded/ripped paper (add a coloured sheet if you wish to colour or a little colouring)
- Mesh frame & felt (optional - we recommend the paper making kit from Poppy & Daisy Designs)
- Water
- Blender
- Dried flowers
- Towel
- Cookie cutter shapes
- Brown Kraft paper
- Glue
- Black marker



Create:

1. Rip/shred your paper to recycle. Put it in a blender and add some water. Blend it up so it's quite runny.
2. Once you have your pulp, pour it into a jug or medium sized container. Something that you can pour from. Add more water if it isn't watery enough.
3. Put your cookie cutter on a mesh frame. Sprinkle dried flower petals into your cookie cutter first (optional) and then pour in some pulp. You want to avoid any gaps in your shape - I recommend pouring in to halfway up the cookie cutter. Sprinkle more petals on top (optional).



4. Allow the water to drain out and then carefully lift the cookie cutter off.
5. Gently press down with your bit of towel or felt – trying to avoid squishing out of shape, but absorbing the excess water.
6. Move your paper shape to a towel or cotton sheet in the sun to dry.



These can be used in calm baskets, on a bedside table or in a little reading nook – somewhere for your children to see and have beautiful reminders to shift mindset to confidence, self-worth and growth mindset.

