



## “Make and Take Zilla” Template & Instructions.

Frieda B. takes Zilla with her on every adventure. And now you can, too. Whether your adventure be real or imaginary, Zilla is the perfect companion... always loyal, kind, and ready to go at a moment's notice. To create your own Zilla, make a copy of the template, above – as small or as large as you like. Tape or glue it to cardboard or foam board. Then with adult supervision, cut around the outside edges of the template. Color or paint however you like, to make him uniquely yours. On the back side, write “The 3 A’s” and “The Ephesians 4 Approach” that you learned as part of the Free to B. True Program, as a reminder of how to resolve conflict in any adventure. And with that, you and Zilla are ready to go! Be sure to take pictures on your journeys together; place them in your story-journal as you write about your adventures, and mark each entry with a colorful “Zilla was Here” sticker found in our online store at [FriedaB.com](http://FriedaB.com). With your parent's permission, share a photo and a few words with us at [AHG@FriedaB.com](mailto:AHG@FriedaB.com) or at [Facebook.com/FriedaB Herself](https://www.facebook.com/FriedaB Herself). And now, adventure awaits! Where will your imagination take you and Zilla today?

