

# Make your own Positivity Postcard

## Instructions

1. Print off this A4 document and cut the sheet of paper in half along the vertical dotted line.
2. Fold the remaining sheet in half along the horizontal line to create your postcard shape.
3. Stick the two sides together with a small amount of glue or double-sided tape.
4. Colour in the positivity rainbow and write a message to your relative to let them know your thinking of them.
5. Fill in the recipient's address, attach a stamp and pop it in your local postbox.

## Don't have access to a printer? Don't worry!

You can download a digital Positivity Postcard from our social channels and send it to your friends and loved ones straight from your device.



CUT ALONG THIS LINE

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Love from



Dear

