



Love Your Selfie

A BAREFOOT ACTIVITY FOR ALL AGES

Compassion for others starts with self-acceptance. In this activity, make a paper flower and put it behind your ear, just like Angelina in *The Boy Who Grew Flowers*. Take a photo of yourself and think about what makes you special. Love yourself, and you'll be amazed at how easy it is to love and accept others.

WHAT TO FIND

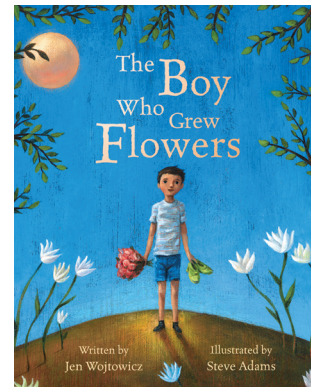
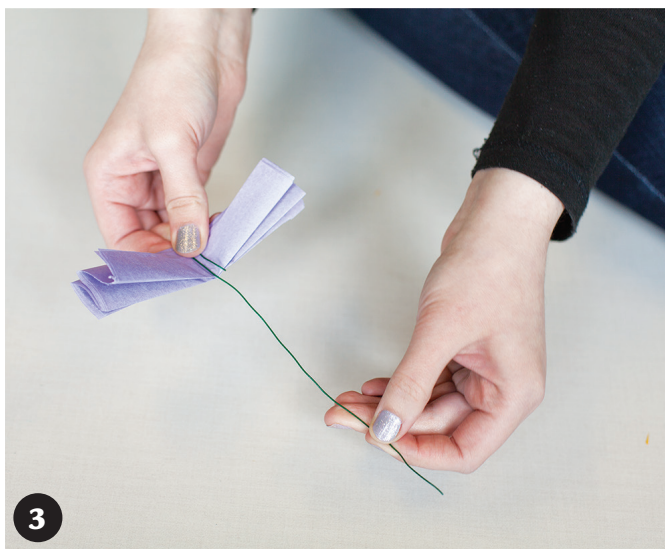
- Tissue paper in a variety of colours
- Scissors
- Floral wire or pipe cleaners
- Bobby pins or hair grips (optional)
- Phone with camera for taking "selfie"

WHAT TO DO

1. Choose a colour tissue paper you like, or combine colours. Stack about 8 sheets and cut into 6 x 6in or 15 x 15cm squares.
2. Fold the stack of paper squares accordion-style. Aim for a 1-inch or 2½-cm fold.
3. Wrap floral wire or pipe cleaner twice around the centre of the folded paper and twist to secure.
(instructions continued on page 2)



Barefoot Team selfies!



The Boy Who Grew Flowers

Written by Jen Wojtowicz
Illustrated by Steve Adams

"A wonderful story that teaches about accepting differences – and even celebrating them"
— *Library Media Connection*

WHAT TO DO (CONTINUED)

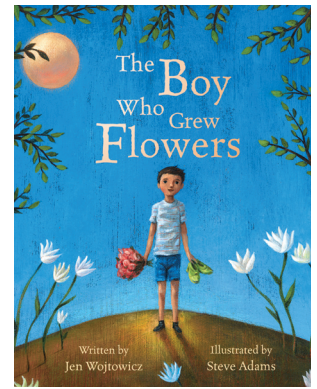
4. Cut edges as desired. See our guide below for making different types of flowers.
5. Unfold the tissue in large sections. Carefully separate the layers of tissue.
6. Secure flower behind ear. (Optional: use bobby pin or hair grip to hold in place.)
7. Use your phone camera to take a picture of yourself (a “selfie”). Look at the photo. What makes you special? What do you like about yourself?
8. For grown-ups only: post your photo on your favourite social media outlets!



Activity Credit:

Laurie Mattaliano, Barefoot Ambassador since 2005
Wellesley, MA, USA

“I have made the big tissue pom-poms for party decorations before, so I knew I had all the supplies and that it was the kind of craft I could manage. The selfie idea was from *The Today Show* — they were doing a whole #loveyourselfie social media campaign to model positive body image for girls and to show we should love ourselves just the way we are. It was just too perfect!”



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