



CREATE A...



Affirmation Monster!



add some joy to your life with a cute
affirmation monster of your own!



About Me!



Hey! I'm Anya, and I'm currently a sophomore at the International School of Beaverton. I love designing anything and everything! From brochures to lesson plans for my math club, I love it all! Aside from my love for designing, I am also a competitive springboard & platform diver, cybersecurity and computer science nerd, and a voracious reader. 🌙 💻 📖

the Monster!

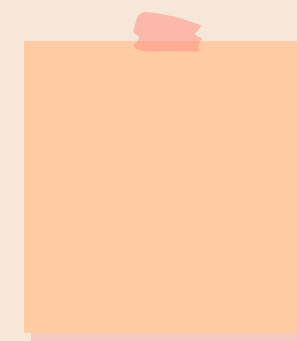
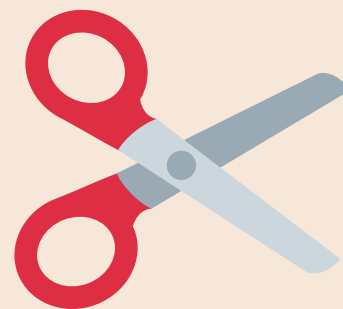
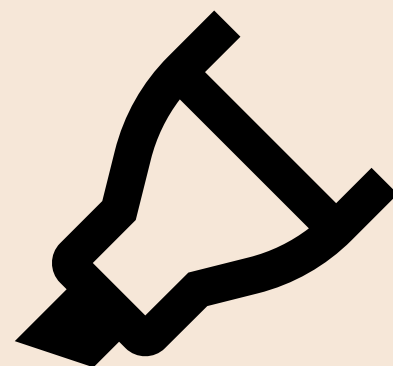
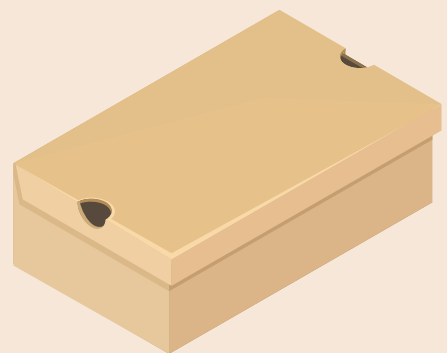


This is my affirmation monster, Sprinkles :D

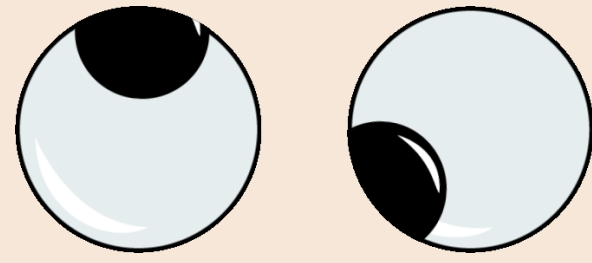
The stress and workload of attending a full IB school have been taking a toll on my mental health recently. To combat this, I wanted to create something that would help me manage all my feelings while also decreasing stress in the process. Just waking up and seeing my smiling monster every morning brings a smile to my face. Then, I always take an affirmation from inside. Sometimes, the affirmation doesn't help anything, but other times, they make my day so much better, and it's those times that have made a difference for me :).

Materials

- a box (preferably a shoe box)
 - choose its size depending on how big you want your monster to be!
- paint (no watercolor!) & paintbrushes
 - colored paper is a good alternative
- colored sharpies
 - markers, gel pens, or anything similar also work
- scissors
- liquid glue
- assorted sticky notes

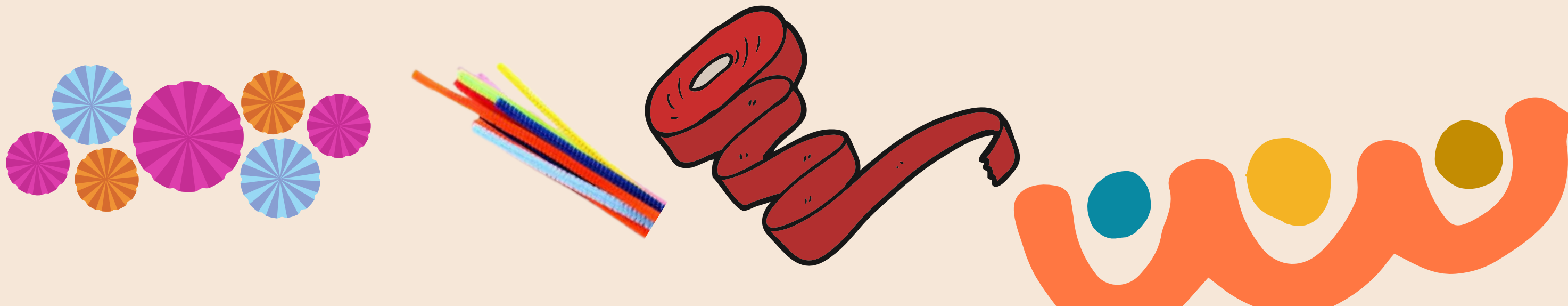
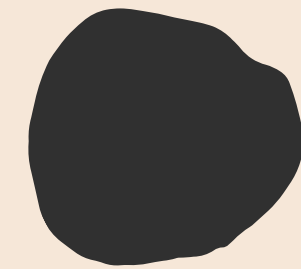
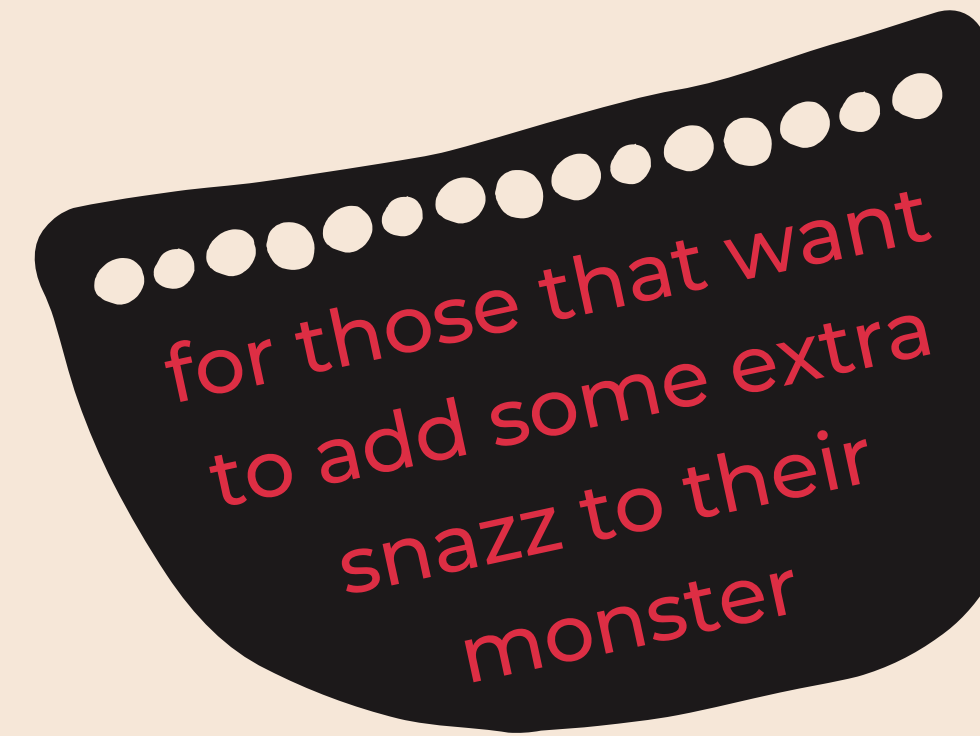


don't feel like you need exactly the materials listed! There is lots of room for creativity and there are plenty of alternatives you can come up with for every material



Optional Materials

- glue dots & googly eyes
- colored or patterned duct tape
- pom poms, crepe paper, jewel stickers, and other craft items for decoration !!





Let's Get Started !!



Remember! these steps are only suggestions. Your affirmation monster should be designed for you!
Feel free to change or skip steps as needed :D





Step 1: cut teeth

- Use a pencil to draw teeth on the bottom and top lips of the shoe box.
- Use scissors to cut over the pencil lines
- Choose two of the remaining pieces to use for the eyes

Step 2: Paint!

- Use the paint and paintbrushes to paint the body of your monster
 - Don't forget to paint the parts for the eyes!



Remember to
line your table so
it doesn't get
dirty!

Step 3: The eyes!

- Use glue dots to stick googly eyes onto the two pieces of painted cardboard
 - colored paper and glue works as well!
- Put liquid glue on the bottom edge of the pieces and stick them on the top of your monster to create its eyes!





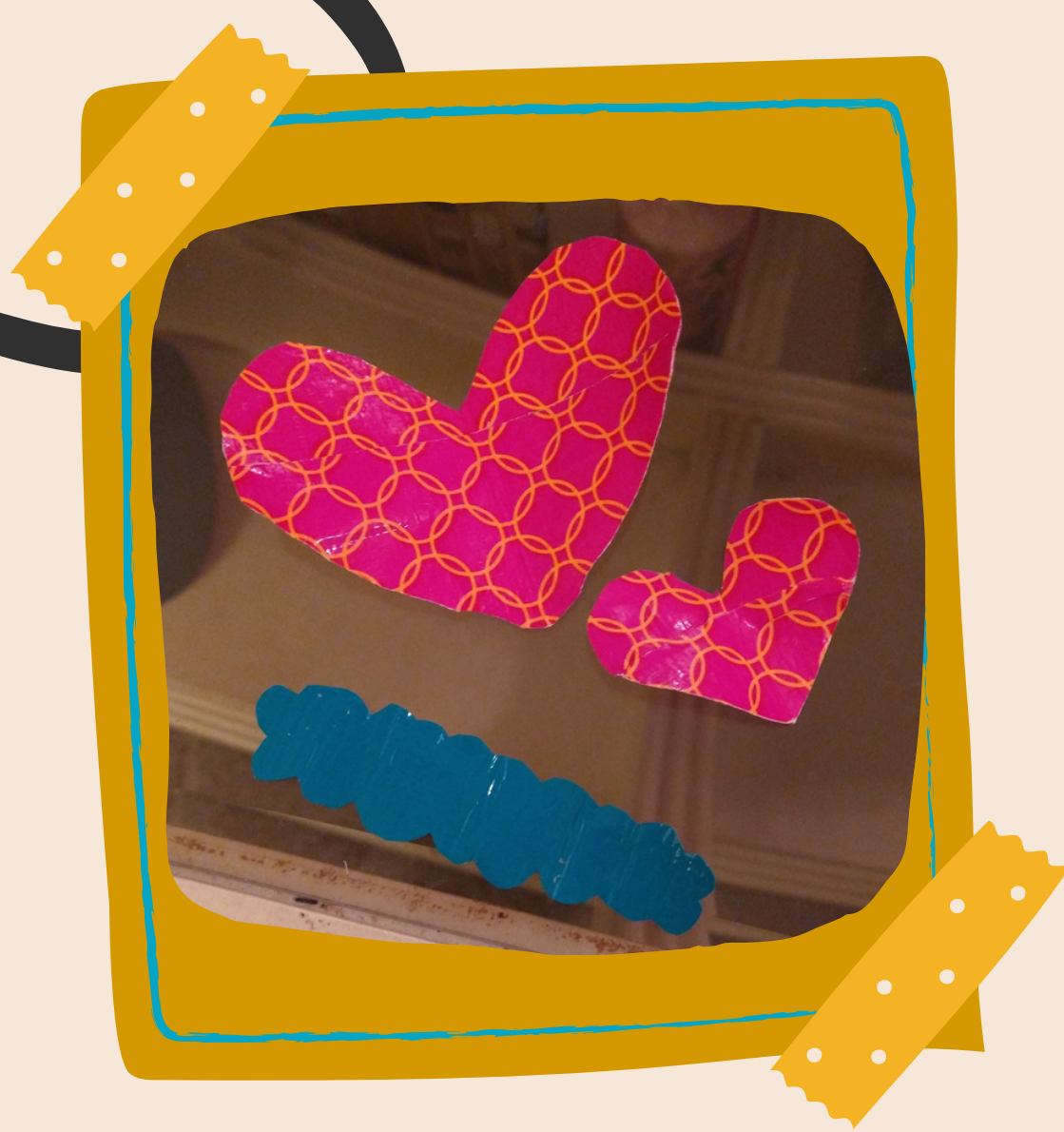
Step 4: *decorate!*

- Use pom poms, jewels, crepe paper, or any other craft supplies to complete your monster's finished look!
- Try to keep your monster as happy as possible so that it will make you smile too :)

Step 5: The Affirmations

- Cut or rip two similar sized pieces of duct tape and tape them together
- Cut them into different shapes and write affirmations for yourself!
 - You can also cut sticky notes to do the same thing

Need ideas for affirmations?
Click [here](#)





Thank You!

I hope that you were able to step away from the busy, stressful world we live in and instead take some time to make something for yourself that can help you destress a little bit as well as see yourself, bit by bit, in a more positive light. Thank you for coming on this jourey with me!