How to Draw Rose

The easiest way to learn how to draw anything is to break it down into basic shapes.

Step 1) Draw a circle.

Step 2) Now inside the circle about halfway down drawn an X. So now we have the mouth and the nose.

Step 3) Draw 2 parallel lines just above the X shape for the eyes.

Step 4) Add a circle on both sides of the face for the cheeks.

Step 5) Draw 2 ovals on the top of the head for the ears.

Step 6) Draw triangles under the chin for the collar.

Step 7) Now for the dress starting under the collar/chin, draw a line curving out word, repeat on the other side then connect the 2 lines.

Step 8) Draw 4 ovals for the arms and legs.

Step 9) Draw a circle for her tail.

Step 10) And then add as many circles as you want for the polka dots on the dress.
POSITIVE AFFIRMATIONS

Remember all of the things that you are!

I am ________________
I am ________________
I am ________________
I am ________________
I am ________________
I am ________________

Sometimes feeling worried and sad can make us forget all of the things that make us EXTRAORDINARY.

Using positive affirmations is a great way to remind ourselves of how SPECIAL we are!

Here are some words to help get you started:

Creative    Funny    Amazing    Patient    Brave
A good listener    Determined    Caring    Intelligent    Strong
Hardworking    A great friend    Generous    Loved