

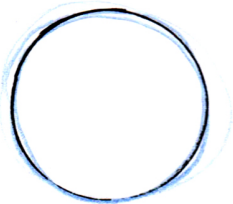
# Traveling Rost



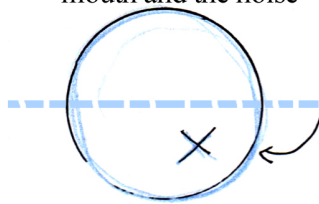
## How to Draw Rose

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

**Step 1)** draw a circle.



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



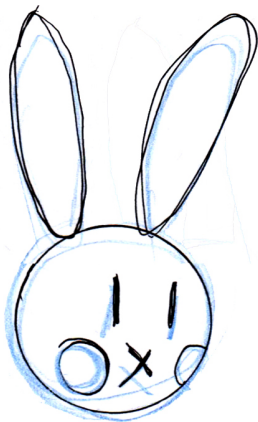
**Step 3)** Draw 2 parallel line just above the X shape for the eyes



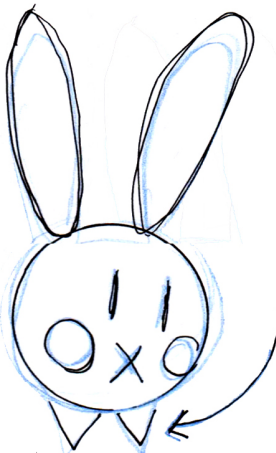
**Step 4)** Add a circle on both sides of the face for the cheeks.



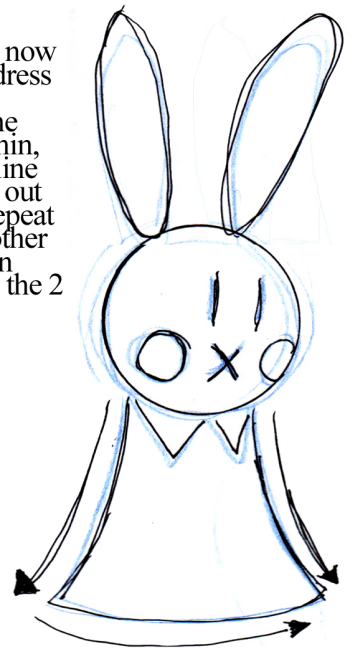
**Step 5)** Draw 2 ovals on the top of the head for the ears



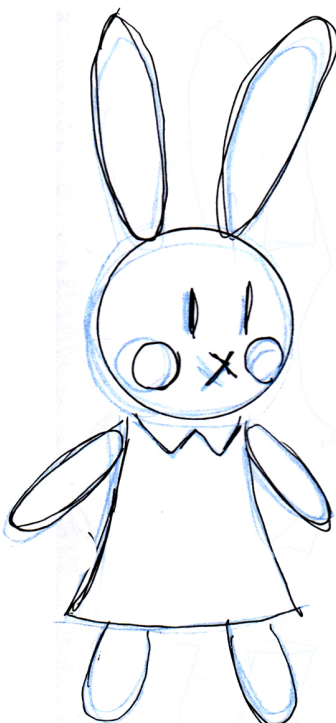
**Step 6)** Draw triangles under the chin for the collar



**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 \_\_\_\_\_

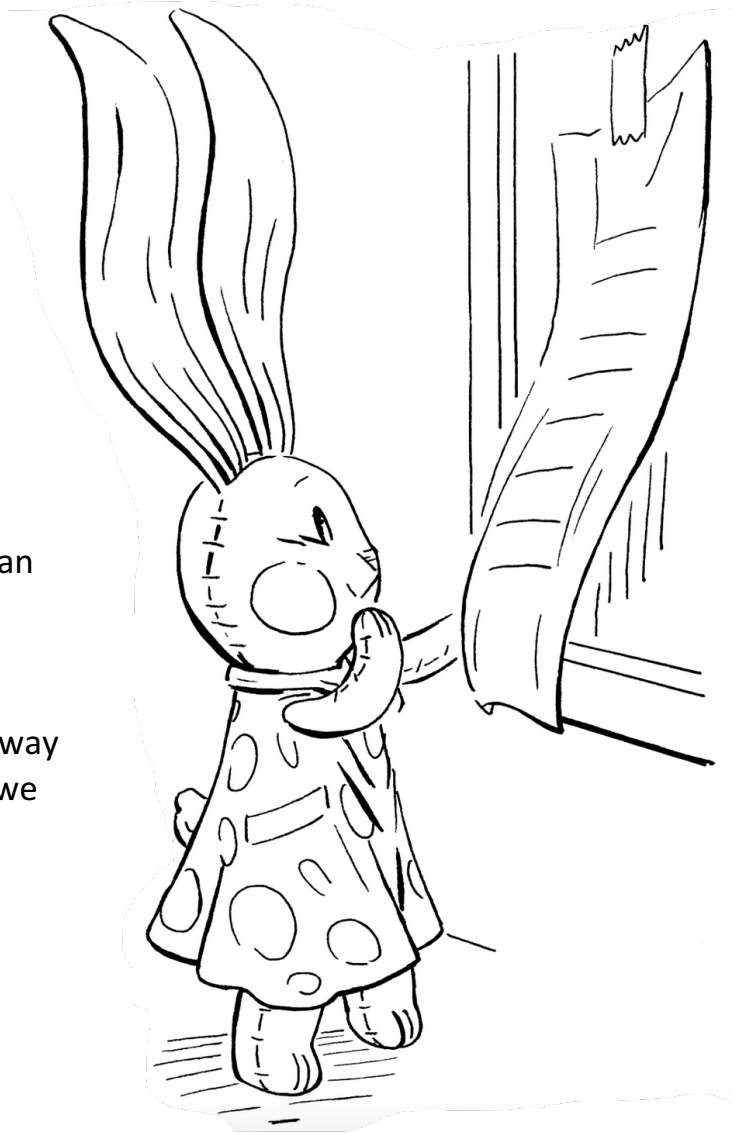
I am \_\_\_\_\_

I am \_\_\_\_\_

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