



Positivity Collage

A positivity collage is an assortment of words and images that make you feel happy and bring you good feelings.



Materials List

- Plain Paper
- Glue (PVA/Pritt Stick)
- Found Images/words (magazines/flyers/recycling)
- Scissors (optional)



How to create a positivity collage

Step 1:

Start by looking through the materials you have collected. Cut or tear out anything you like, or that brings a positive meaning. It could be an image of a landscape that evokes a happy memory, a word that conveys positivity, or simply an animal or person that makes you smile.

Step 2:

Have a look back at what you have chosen. You may notice themes or similar colours emerging.

Step 3:

Place your images on your paper in any way you like and start sticking them down. You can plan how your images will look before you stick them, or you may prefer to stick them down as you go.

Enjoy your finished positivity collage. Place it somewhere you will see it so you will continue to feel the positive benefits.



Ideas for Development

- Try working with a different size or shape of paper. For example, a 10cm x 10cm square or an A3 size piece of paper (A3 is double A4 – your standard photocopy paper).
- Use old photographs or postcards and share with a family member or friend.
- Limit your resources – for example, only work from your recycling box.
- Do you have a favourite colour? Collect imagery that uses only this colour.