



FUN FACT
Duct tape was invented for soldiers to use during World War Two. A woman with two sons in the Navy came up with the idea.

BOOST YOUR MOOD WITH CREATIVITY

Everyone gets in a bad mood from time to time. Did you know that doing something creative—like drawing, baking, or playing music—can lift your spirits? Here are three reasons why creativity can improve your mood.

1. It reduces anxiety. Creative activities can relax you by helping to focus your mind. For example, if you are feeling a little anxious, taking photographs can distract you from your worries and stop you from feeling overwhelmed.
2. It boosts positive feelings. Having a sense of purpose, combined with the satisfaction that comes from creating something, is known to improve self-esteem (the opinion people have about themselves).
3. It helps you explore emotions. Being aware of your moods and expressing your feelings through art, such as writing poetry or painting a picture, can be good for your mental health.



Make a colorful coin pouch

What you need

- Duct tape in various colors
- Scissors
- Printer paper
- Pen
- Ruler or spoon (optional)
- Parchment paper

Instructions

1. Cut two 8-inch-long pieces of duct tape. Adhere them side-by-side to a sheet of printer paper, creating a large rectangle.
2. Flip paper over. Adhere two more 8-inch-long tape strips to the back of the paper in the same spot. Cut out the rectangle.
3. Fold rectangle lengthwise. Use a pen to mark a spot on the crease about 1 inch from one end. Cut a 1/2-inch slit on the crease. Unfold the rectangle and you will have a 1-inch slit. Place the rectangle on your work surface so the slit is near the bottom.
4. Fold the bottom end of the rectangle (from step 3) up 3 inches and crease well, using the edge of a ruler or the back of a spoon to help. Fold the opposite end of the rectangle over about 2 inches and crease well.
5. Hold down the 3-inch folded flap and secure the open edges using two short strips of duct tape. You can use the same color tape or a different color.
6. Cut the 2-inch flap into a triangular shape with a point. When you fold the point over, it will slide into the slit that you created in step 3.
7. Cut duct tape into strips and shapes to decorate pouch. To do, adhere duct tape to a piece of parchment paper, cut the shape, and then adhere it to the pouch.



ECO TIP OF THE WEEK PICK UP LITTER IN YOUR AREA

You can help the Earth by picking up litter in your local area. Removing items like plastic bottles, snack wrappers, discarded face masks, and soda cans can protect the environment because these items take a long time to break down. Animals can get stuck in them or accidentally eat harmful fragments of them. Choose a cleanup date with your family or friends (always bring an adult with you). Focus on a couple of blocks in your neighborhood, or go to a community park or a local beach. Be sure to bring large trash bags, and consider wearing gloves. Never pick up anything that looks sharp or dangerous.



Getting rid of trash makes an area safer for animals.