



**Realize Your Beauty Day**  
**April 28th**

**Make Your Own Inner Beauty Bird™**

**Step 1 - Decorate your bird -- write on the wings or the body of the bird what makes you special and beautiful. Then, decorate the rest of the bird as you like**

**Step 2 - Cut out the body and the wings from the paper. Then, cut the wings and the bird on the dashed line.**

**Step 3 -- Combine the wings and the body. Punch a hole on each of the two circles.**

**Step 4 - Take your string and feed it through the holes. Tie the string in a knot and hang the birds!**

**Step 5 - Enjoy all the decorated birds, and all the unique ways we are realizing our beauty!**

