

# How can drawing help a child's well-being?

## Reduces stress

Studies show that both creating and observing art can reduce cortisol, the 'stress hormone'.

## Builds self-esteem

Drawing provides a challenge and every time a child draws, they are building skills.

## Creates a healthy state of mind

Studies show a significant improvement in psychological resilience.

With this in mind, **Keepsakes by Rebecca** have come up with a step by step guide to drawing a reindeer, helping children to gain confidence and a belief that they **CAN** draw.

*Believe you can and you will*

**Print these sheets and see your child's confidence shine.**

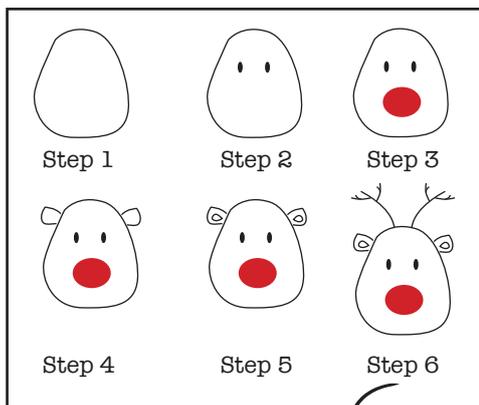
*We hope your child has great fun creating their reindeers!*

## How to draw a reindeer

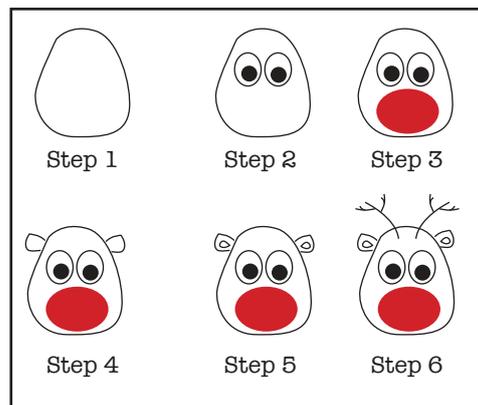
**Step 1:** Choose which character (cute or funny) you would like to draw by choosing the head you like most

**Step 2:** Add the head to the body.

### Cute Reindeer

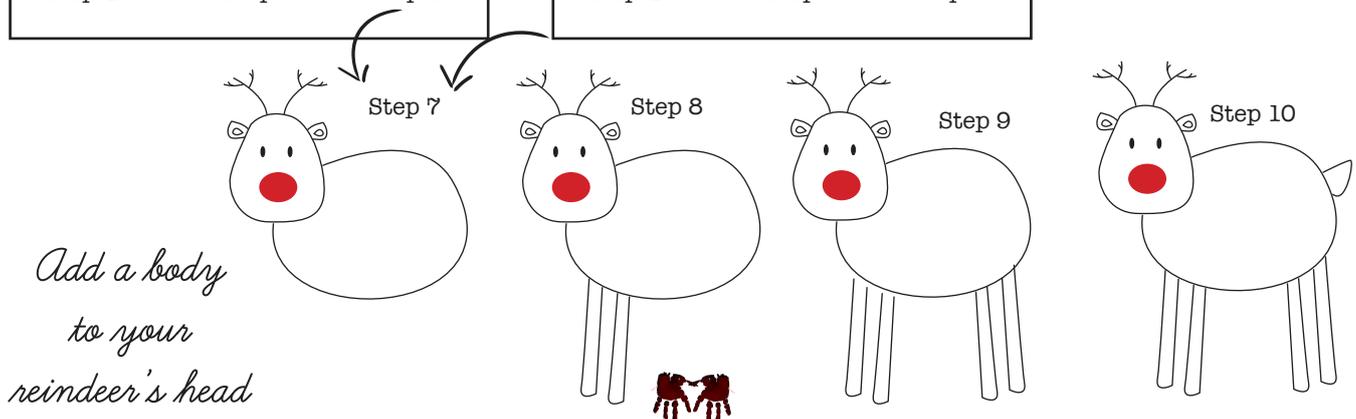


### Funny Reindeer



*Don't worry  
if your reindeer  
doesn't look the  
same as me.*

*You are awesome  
and unique and so  
is your reindeer!*



*Add a body  
to your  
reindeer's head*

KEEPSAKES by REBECCA

**Make a Keepsake...**

Please see the following page to find out, how you can create a unique personalised Keepsake using your child's drawing.

**Visit: [Keepsakesbyrebecca.com](https://www.keepsakesbyrebecca.com) for 100s of personalised meaningful gifts**

Top Tip: Leave space for the body and the antlers.

Transform your child's drawing into a beautiful personalised high quality fine bone china keepsake (see below)

### Print off this sheet and ask your child to draw their reindeer here

If you do not have access to a printer, your child can follow the guide on screen and draw on plain white paper.



#### How to order

1. Visit: [keepsakesbyrebecca.com](http://keepsakesbyrebecca.com) and search design-a reindeer or **click here**.
2. Choose your product and add to basket.  
**Last order date is 22 November 2019**  
please add any personalisation in the message to Rebecca box at the checkout.
3. Take a photograph of this sheet or white paper (ALL details filled in) and email to: [info@keepsakesbyrebecca.com](mailto:info@keepsakesbyrebecca.com)  
Please take the photo from directly above the sheet in a well lit area.

The back of every plate will have the year and a motivational message, making a beautiful keepsake

Christmas 2019

*Believe you can and you will*

Your Name: \_\_\_\_\_

Order Reference Number: \_\_\_\_\_

Name at the top and wording at the bottom (wording at the bottom in optional)

plate 1: \_\_\_\_\_

plate 2: \_\_\_\_\_

plate 3: \_\_\_\_\_

plate 4: \_\_\_\_\_

plate 5: \_\_\_\_\_

plate 6: \_\_\_\_\_

### The perfect family gifts

Each plate can be personalised with the recipients name at the top and a special message at the bottom.

| 1 plate          | 2 plates            | 3 plates            | 4 plates            | 5 plates            |
|------------------|---------------------|---------------------|---------------------|---------------------|
| £23              | £46<br>£40.50       | £69<br>£59          | £115<br>£65         | £115<br>£76         |
| £23<br>per plate | £20.25<br>per plate | £19.66<br>per plate | £16.25<br>per plate | £15.20<br>per plate |

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