

# Create a Personal Picture Frame

Photography | Crafts



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## WHAT MAKES IT MEANINGFUL

Making your own picture frame is a great way to showcase creativity and put yourself on display. Your frame has endless possibilities, from celebrating birthdays and holidays, to representing favorite seasons or animals, and it is a perfect opportunity to practice and improve fine motor skills for arts and crafts!

## TIME

- 15-45 minutes, depending on how complex the frame is, and how many decorations are used

## MATERIALS

- Large crafting popsicle sticks
- Crafting glue (Optional: hot glue)
- A phone/camera
- Printed out photo of yourself
- Markers or paint
- Decorations: glitter glue, foam stickers, sparkles, pipe cleaners, fuzzy balls, googly eyes etc



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## INSTRUCTIONS

### 1. Choose a theme

- a. To start, pick a theme to centre your design around; you can pick anything from celebrating your birthday or a holiday like Christmas or Eid, to a season like summer or fall, be creative!

### 2. Colour the frame

- a. Based on your theme, colour the popsicle sticks with marker, or paint them
- b. You can use a single colour, a different colour for each stick, or even no colour, if that's what you like

### 3. Assemble the frame

- a. Take your coloured (or not) popsicle sticks and arrange them in the way you want your frame to look
- b. The smaller the frame is, the easier it will be to glue and the better it will hold together, but feel free to create any size or shape you like
  - i. Here is an example of a simple and relatively small frame that you can replicate:



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- c. Glue the frame together - the easiest way is to form a base with a line of around 7-8 vertical sticks, then glue 2 horizontal sticks to the top and bottom of the base to secure it in place

## 4. Decorate

- a. Once the coloured frame is complete, feel free to decorate it however you want
- b. You can put stickers, sparkles, glitter glue, or even paint in your own designs!

## 5. Add photo

- a. If you already have a photo you'd like to put into the frame, you can put it straight onto your frame, and you're done!
- b. However, you might want to take a new photo to match your theme - for example, if your theme is summer, you can take a selfie of yourself at the beach with friends or family!
- c. After taking a photo, print it out at a size that matches the frame and secure it in place
- d. Your personal picture frame is now complete!

## RESOURCES

- <https://www.glitteronadime.com/fall-popsicle-stick-frame-craft/>

## SUPPORTS NEEDED

- Supervision with hot glue will be needed
- A pre-made frame might be helpful for individuals that would find it too difficult to construct it
- Some individuals may need a visual guide to follow if the written and verbal instructions are difficult to understand

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