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## Activity Guide: Create A Picture Frame #CMAathome

We're reading *In the West End* by Will Power and learning all about family, love, and healthy eating. In the story, our hero goes on a journey to find tasty, good-for-you foods for his Nana. He wants her to be healthy, but also wants to make sure she enjoys her new healthy food.

We learn that our hero has a lot of memories with his Nana. There are lots of yummy dishes that remind him of her. He also made new memories with his mom when they walked around the West End trying healthy, tasty food. What are some memories that you have with your loved ones?

We're going to make a picture frame for our own memories with family and friends. You can keep this picture frame for yourself, or you can give it to someone you love with a picture of the two of you.

### Materials Needed:

4 popsicle sticks

Ribbon

Glue

Paper

Markers or other drawing supplies



## Directions:

Step 1. Set out two rows of two popsicle sticks each.

Step 2. Lay two more rows of two popsicle sticks on top of the first rows, but lay them in the opposite direction so that the four sticks form a frame.

Step 3. Glue the sticks where they meet.

Step 4. Trim your paper so that it is a little larger than the square in the middle of your frame, then draw a memory on your trimmed piece of paper while your glue dries. It can be a memory of time with friends, family, pets – anyone or anything that you cherish.

Step 5. Flip your dried frame over. Put dots of glue around the inside square of your frame, then place your drawing picture side down onto the frame and let it dry.

Step 6. Glue your ribbon to the back of the frame at the top so that it forms a handle. Let everything dry.

## Vocabulary Words and Discussion Questions:

**Memory:** Something you remember from the past. In the story, the little boy has a memory of eating peach cobbler with his Nana. What are some of your favorite memories?

**Cherish:** To lovingly protect and care for something or someone, like the little boy cherished his Nana. We can cherish our friends and family; we can also cherish our memories with them. What are some things and people that you cherish?

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