

Some ideas for making a 'Thank You NHS' poster

We're hoping that you will enjoy making a poster to thank all our NHS staff and carers – and will put it in your window. When it's finished, stick it in the window and take a photo from the outside, if you can – or take a photo of it. Send the photo to nationaladmin@keepournhspublic.com and we'll put it on our website.

What you need

You will need some of these – depending on which kind of poster you want to make:

- **Paper** – A4 printer paper is fine. If you want to make a bigger poster you can stick two pieces together with sellotape
- **A pencil Crayons or felt tips**
- **Paint** – blue poster paint or paint from a paintbox will be useful, rainbow colours if you choose to include a rainbow
- **Paintbrush**
- **Old magazines and newspapers**
- **Glue** – whichever kind you have – a glue stick, a pot of glue, even sellotape can be used

Design

We suggest that you make a poster that has a blue NHS heart on it – with words like 'Thank you NHS' and 'Thank you carers'.

Lots of children and families have been putting up rainbow posters in the window – you can include a rainbow with the blue heart if you want.

These are just rough ideas. We hope you will make your poster much more exciting!



Some ideas for making your poster

Step 1 - Decide where the heart, and maybe the rainbow and the writing will go on the poster. Draw them in lightly with a pencil.

Then choose from these ideas:

- Draw a big blue heart on the poster – with a rainbow if you want – and colour them in with felt tip or paint, crayons or pastels if you have them – ask an adult to help if you need it
- Make a heart and rainbow collage – look through old magazines and papers and tear or cut out any bits of colour that you can find – blue for the heart and rainbow colours. Cut the pieces up into smaller pieces and stick them on to the heart and rainbow shapes, being careful to keep inside the lines – it doesn't matter if the pieces go over each other
- You can make a 3-D effect by screwing up bits of paper or tissue paper and painting them if you don't have the right colours.
- Make prints by cutting a potato, carrot or any round shape such as the top of big marker pen, dipping them in paint and then pressing them on to the paper. Don't make the paint too thin.
- You might like to decorate your poster with glitter or stickers, or find bits of shiny paper to cut into shapes and stick on.

The words

- Make sure the letters are as large as they can be on your poster.
- It's good to draw them first in pencil before you start using felt tip pen
- You can colour a border around your letters make them stand out.

FINALLY, TAKE A PHOTO OF YOUR POSTER, STUCK UP IN YOUR WINDOW IF YOU CAN. SEND YOUR PHOTO TO: nationaladmin@keepournhspublic.com and we'll put in on our website.