

Start well, live well, age well







## Design your crown competition

We have designed a crown template for children to print, cut out and decorate to let their creativity go wild.

We are asking all children taking part to take a photo of their crown creations and ask a family member to post the photo and use the hashtag #FNHCcrown.

Members of our palliative care team will also be using the crown activity in sessions with the children and families we care for.

The winner of the crown competition will have their design professionally created and they will be asked to be at the starting line and to launch the FNHC Colour Festival on the 25th of June, all whilst wearing their crown.

The winning crown will then be sent to Her Majesty the Queen on behalf of FNHC who can trace their roots back to the Royal College of Nursing.



## Instructions

Simply choose your crown template from the following pages and print it out. Carefully cut out your crown then decorate it your way.

Remember to take a photo of your crown and post on Facebook, LinkedIn or Instagram and use the hashtag #FNHCcrown





