







For younger children

Inside the pieces of paper, draw or write things you don't like and would like to throw away. Use the mailbox to share this with your mother.

For older children

Inside the pieces of paper, illustrate or describe things you don't like and would like to throw away. Use the mailbox to share this with your mother.

For women

Inside the pieces of paper, illustrate or describe things you don't like and would like to throw away. Use the mailbox to share this with your child.

For mother and child

Using a different colored paper, take turns illustrating or describing things you don't like or would like to throw away.

