



SHARPEN YOUR CRAYONS, UNCAP YOUR MARKERS, WET YOUR WATERCOLORS!

Who should participate?

- Children (all ages) - or -
- Families, Classrooms and Groups – (as a shared activity)

Instructions

Participants are encouraged to create a picture of their happiest day or simply a *“Happy Day Picture”*

1. Use a plain white piece of paper or download the template available [here](#) (if using your own paper, please add child’s first name only, age and #pictureabrighterfuture.)
2. Color away... (Remember to be creative and have fun!)
3. Take a snapshot of the drawing with your smartphone.
4. **SHARE! SHARE! SHARE!**
 - a. Upload the picture to your own Facebook page and share a few words about what’s going on in the picture.
Tip: Include the link to these instructions in your status bar so friends can know how to take part in the “CAP Coloring Challenge”, too!
 - b. Like the *“Oklahoma Child Abuse Prevention”* Facebook page (if you haven’t already) and then upload the snapshot of your child’s drawing directly to that page - or - if you prefer, email a jpg of the drawing to sheriet@health.ok.gov with all of the same info (first name, age and a few words about what’s going on in picture).
 - c. Tweet and/or upload your same picture on Instagram using #pictureabrighterfuture.
5. **Once you upload your child’s picture on our FB page (or tweet #pictureabrighterfuture or send it by email), stay tuned...**

Watch for it and more **Happy Day Pictures** at www.brighterfutureforkids.com!

GOAL: 1,000 COLORING PICTURES UPLOADED BY CAP DAY – **TUES, APRIL 12, 2016!**

Thanks for helping Picture a Brighter Future for Oklahoma Children!

NOTE: If you don’t Facebook or Tweet (or just prefer to email your pictures), send to sheriet@health.ok.gov – must include child’s first name, age, a few words about what’s going on in the picture, along with the jpg or pdf of the drawing and your contact information.

