

# 2e Research Kit Instructions



## Kit Contents:

- Instruction Sheet
- Consent Form
- Activity Guide
- Designer Statement Cards
- White T-Shirt
- White Armband
- Fabric Markers
- Metallic Markers
- Neon Fabric Paint
- Crystal Stickers (2E)
- Tye Dye
- Glow Pen

## Kit Instructions:

1. Read and complete the consent form with your parent or another adult before starting this activity.
2. Check you have all the contents of the kit and find a quiet place to work.
3. Using the supplies you like in this kit, creatively show your superpower on the front of the t-shirt, your team on the back, and your defence system on the armband. Use the Activity Guide for direction. You do not need to use all the supplies given.
4. Complete the Designer Statement Cards to share more about yourself and what your designs mean. If you prefer to use a computer, a digital option is available at: [insert link here]
5. Ask your parent or another adult to help you take photos of your designs & statement cards (Front, Back and Armband) and send to [heythere@francescadare.com](mailto:heythere@francescadare.com) or load to [Insert Link Here].

**\*There are no right or wrong answers. Your completed project is yours to keep along with the craft supplies in this kit. If you use them to complete other creative projects please feel free to share.**

### Note For Parent / Adult:

This is an individual activity to better understand the 2e experience. Do help your child if necessary to complete but ensure the project is completed as independently as possible and without influence. There are no right or wrong answers and it is not required to use all of the supplies provided.

Note on their statement cards any assistance that was provided (ie. reading, writing, taking photos, etc). We would also greatly appreciate any feedback you have regarding this kit and process. Please contact by email at [heythere@francescadare.com](mailto:heythere@francescadare.com) with any questions

A decorative border composed of small, solid-colored triangles in orange, blue, and purple, arranged in a repeating pattern around the perimeter of the page.

# 2e & Me

## Activity Guide



# My Superpower

Front of T-Shirt

Using the supplies included in this kit, creatively decorate the **front** of your t-shirt in a way that expresses your **Superpower**.

Try thinking about;

- What makes me unique?
- How do I solve problems?
- What do I love the most about being me?
- How does my 2e identity help me?

# My Superteam

Back of T-Shirt

Using the supplies included in this kit, creatively decorate the **back** of your t-shirt in a way that expresses your **Superteam**.

Try thinking about;

- Who helps me when I need support?
- Am I part of a 2e group at school?
- Am I part of more than one team or group?
- How does it feel to be in my 2e team? Is 2e cool?

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# My Defence

## Armband

Using the supplies included in this kit, creatively decorate the **armband** that expresses your **Defence System**.

Try thinking about;

- How do you cope when things get tough?
- What do you do to help when things feel difficult?

**\*\*Remember, there are no right or wrong answers. Use the Designer Statement cards included to explain your designs.**

# About Me

## Designer Statement Card

Name: \_\_\_\_\_

Age: \_\_\_\_\_ School Year: \_\_\_\_\_

2e Identity/Diagnosis:

\_\_\_\_\_

Age when I was 2e Identified: \_\_\_\_\_

My Favourite Subject: \_\_\_\_\_

I am the best at:

\_\_\_\_\_

I need the most help with:

\_\_\_\_\_

Assistance I received to complete this activity (if any such as reading, writing, photo taking etc):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# My Superpower

## Designer Statement Card

Using your own words explain how your design shows your superpower and your thoughts about the questions asked:

[illegible]



# My Superteam

## Designer Statement Card

Using your own words explain how your design shows your team and your thoughts about the questions asked:

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