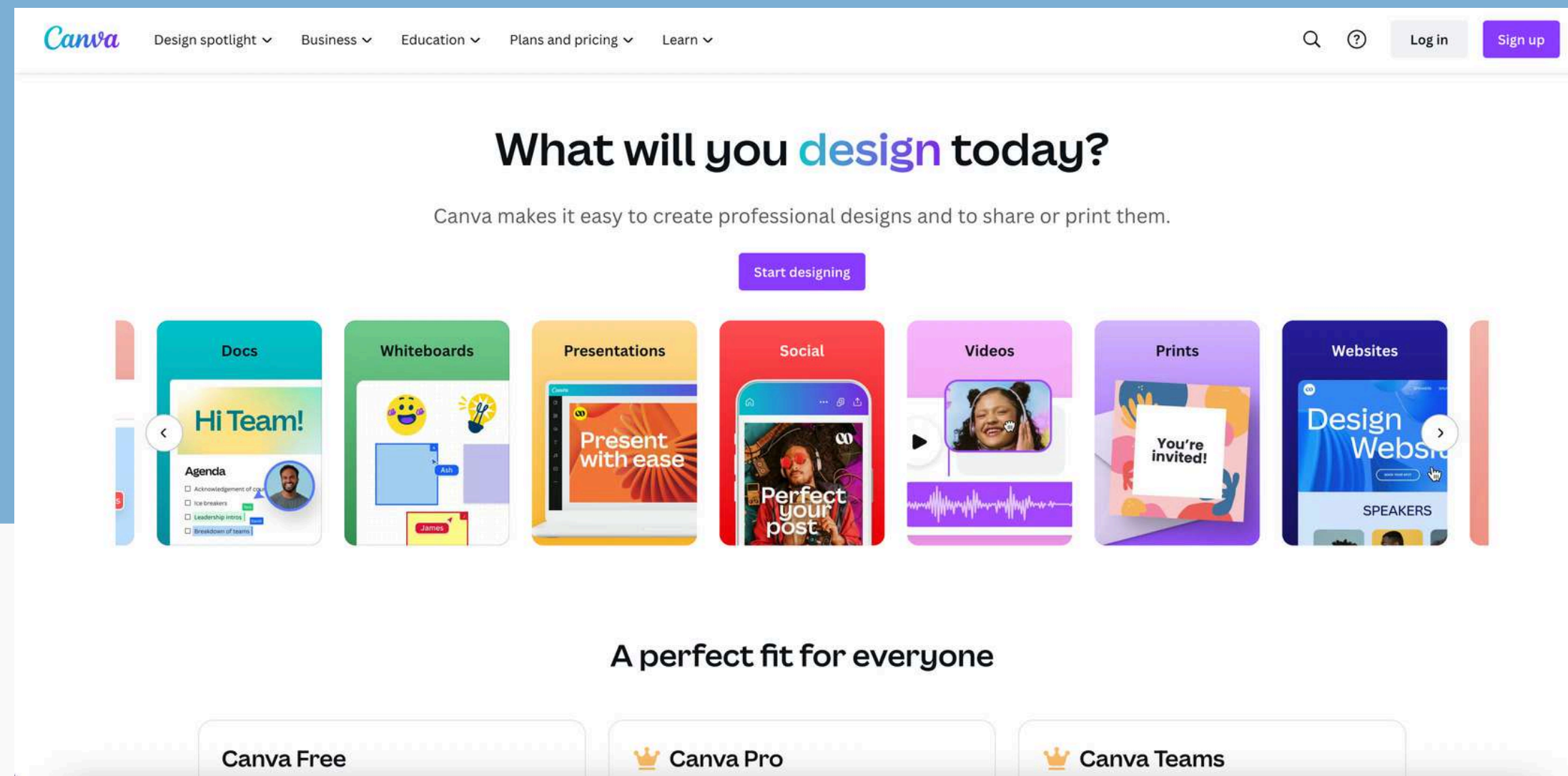


How to submit

- 1. Download the template
to your laptop**

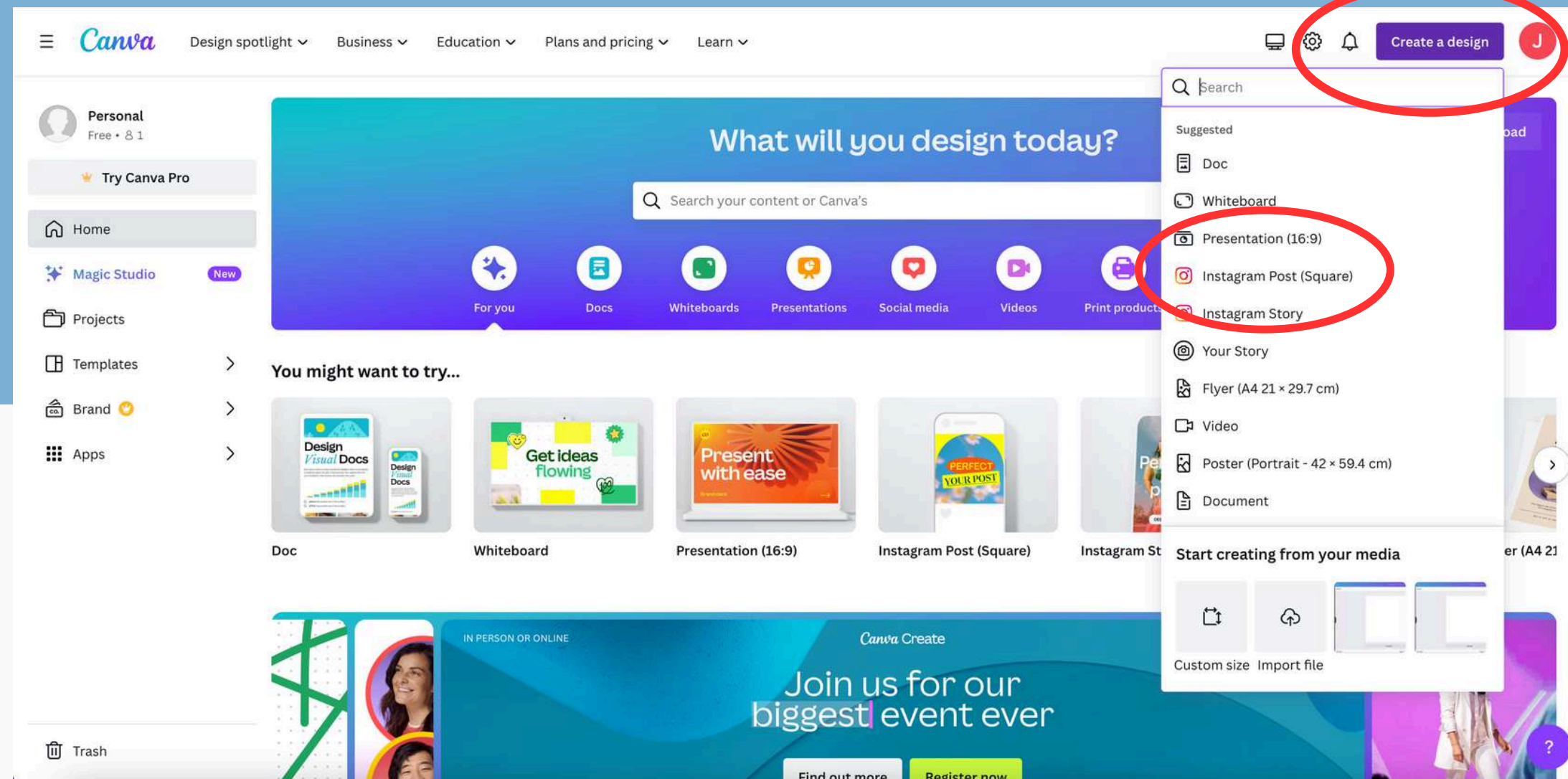
How to submit

2. Create a canva account



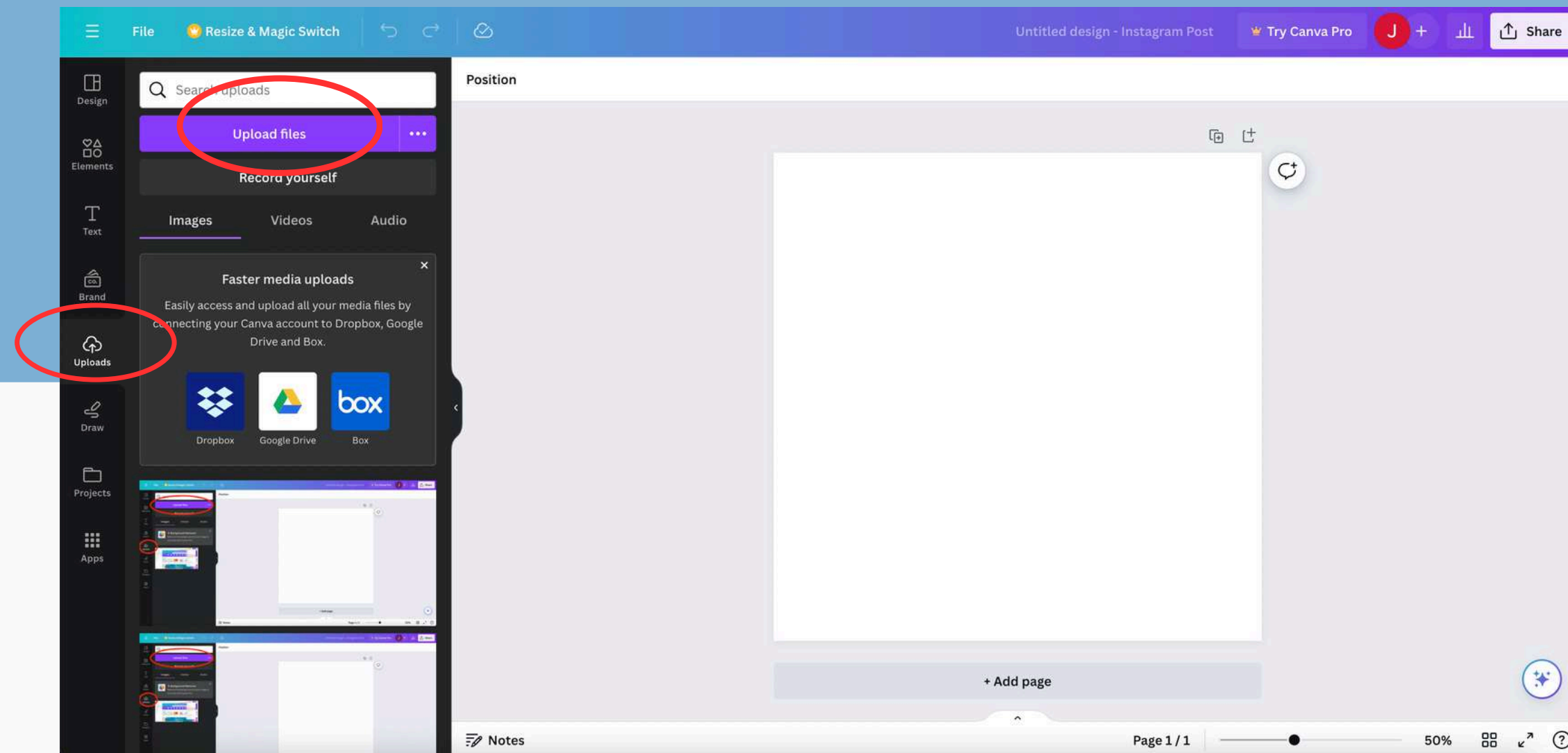
How to submit

3. Click on "Create a design", then choose "Instagram Post (Square)"



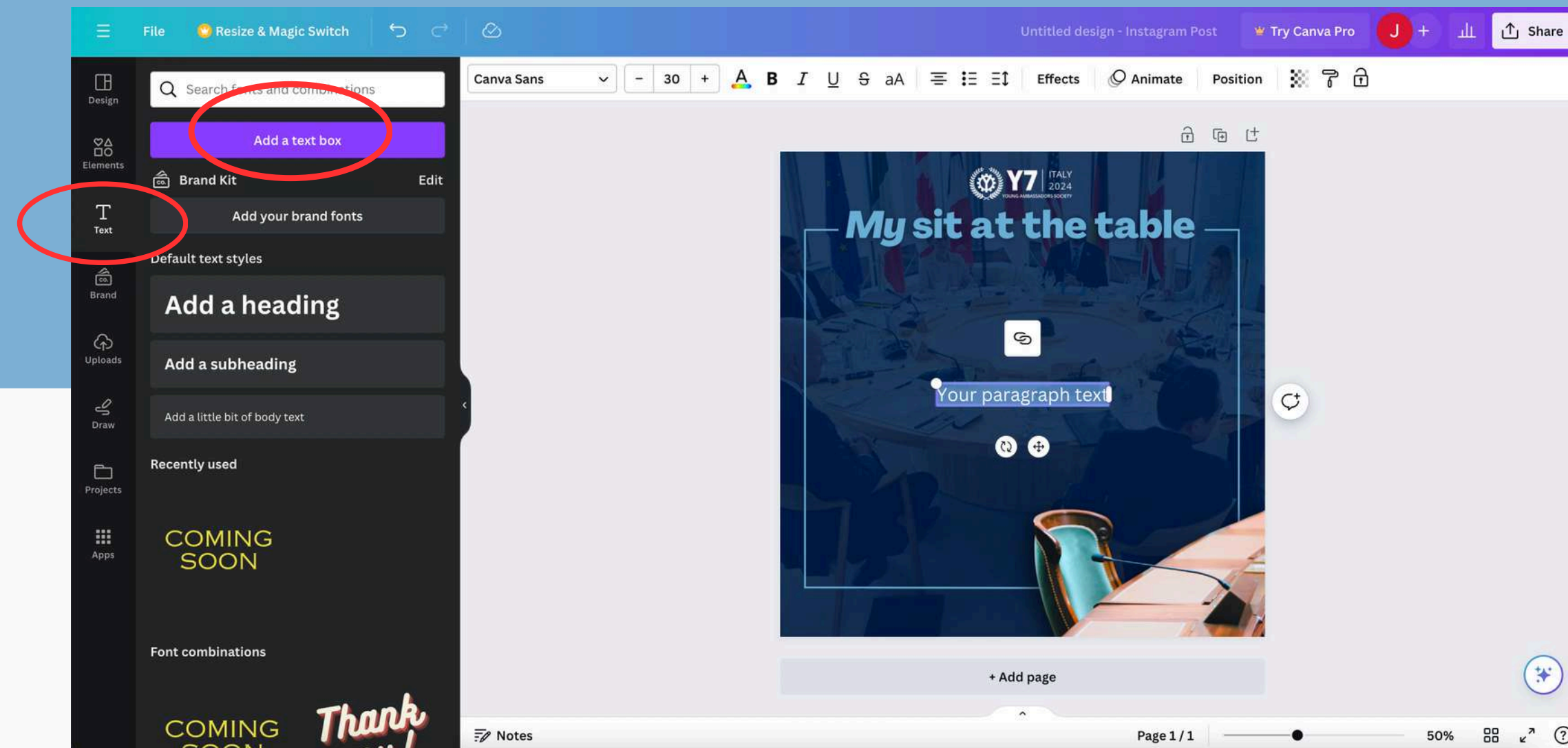
How to submit

4. Click on "Uploads" and "Upload files"



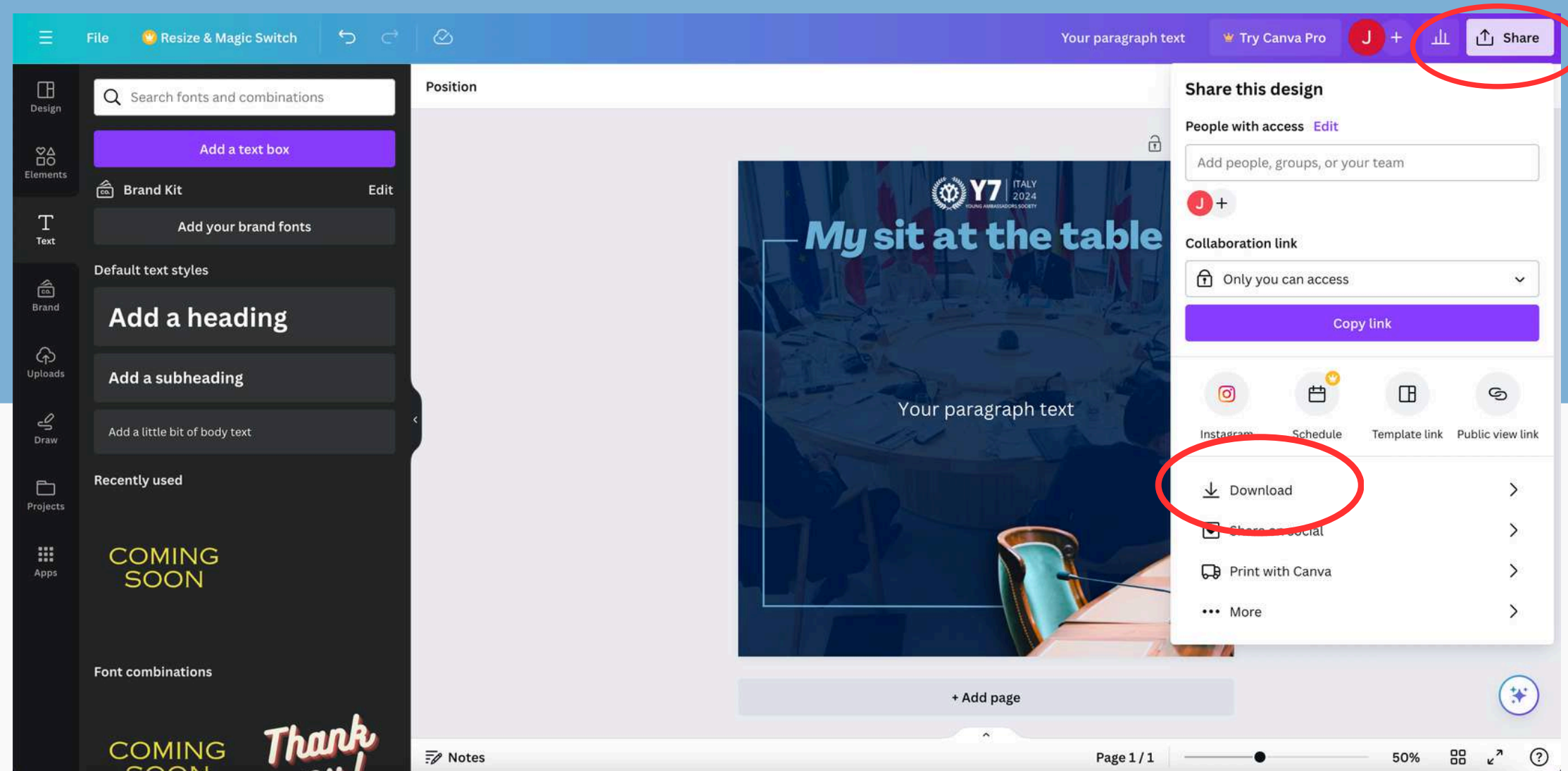
How to submit

5. Click on "Text", then "Add a text box" and put in your suggestion!



How to submit

6. Click on "Share", "Download" and set file type to "PNG"



How to submit

**Finally, post it on Instagram and
dont forget to tag us :)**