

Take 10 Digital Selfie Frame Guide

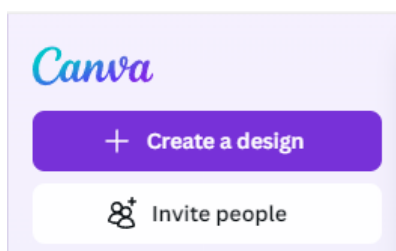
Introduction

On 10 October, we want social media feeds around the country to be filled with photos of people taking 10 to read for World Mental Health Day. You can help us spread the word by using our digital selfie frames on your photos on the day.

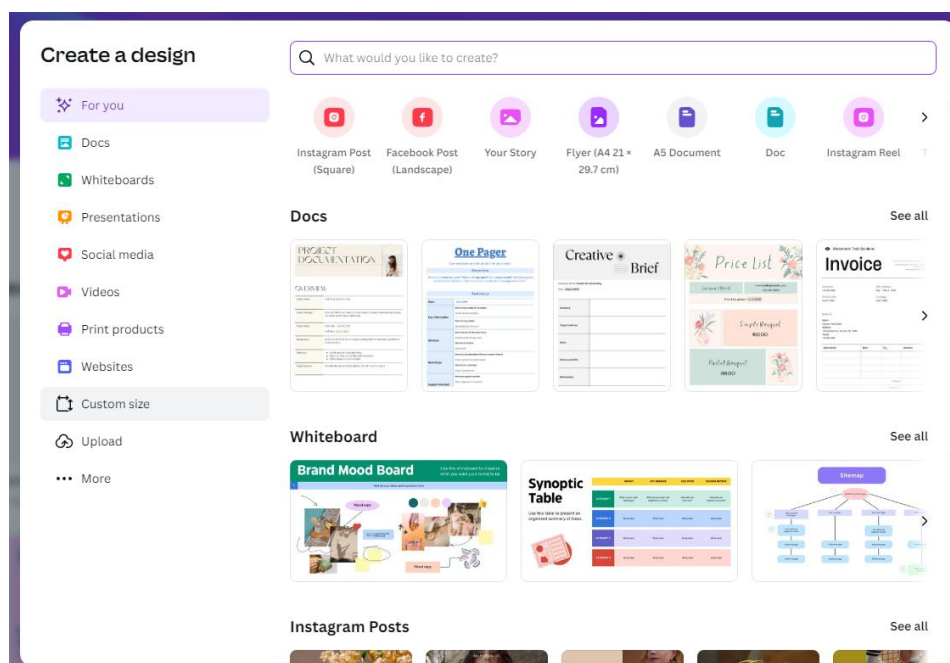
We have created frames in dimensions for Facebook and Instagram posts. You can add these onto your photos in any photo editing app. [Canva](#) is free and simple to use. Follow our step-by-step guide below to create your #Take10ToRead posts.

How to add the frame in Canva

- 1) After creating your free Canva account, select 'create design' in the top left corner.



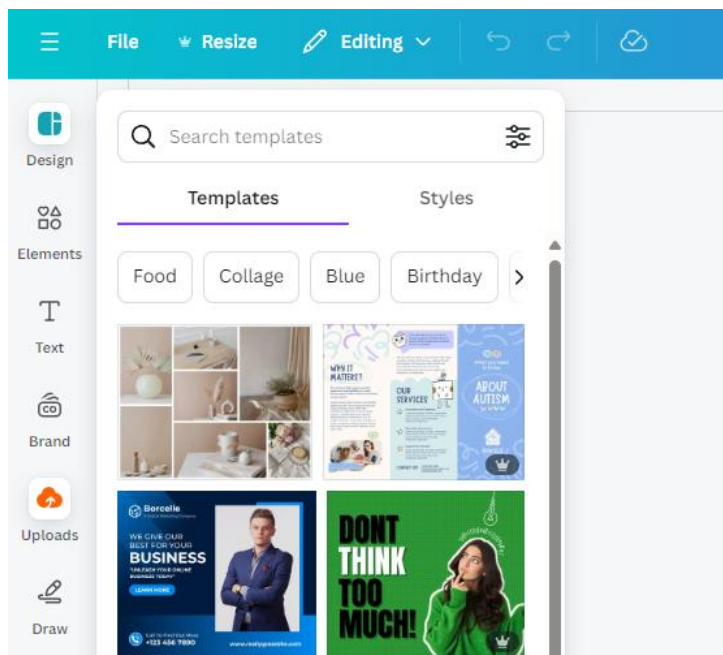
- 2) Select custom size in the left-hand side menu.



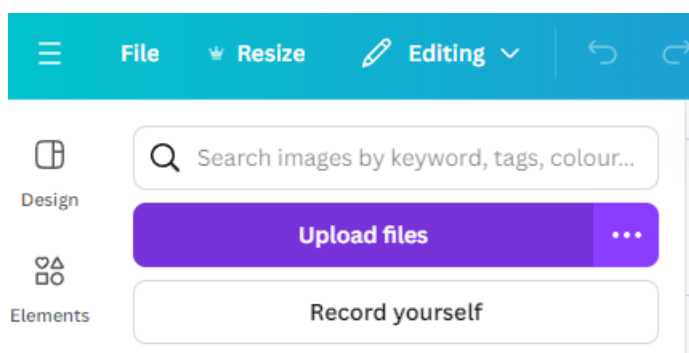
- 3) For a Facebook post enter 3917 in width and 3283 in height. For an Instagram post, enter 4500 in width and 5625 in height. Make sure the units is in px. Then click 'Create new design'.

The screenshot shows the 'Create a design' window. On the left, there are tabs for 'For you', 'Docs', 'Whiteboards', and 'Presentations'. The 'Custom size' section has input fields for 'Width' (3917), 'Height' (3282), and 'Units' (px). A purple button labeled 'Create new design' is at the bottom right.

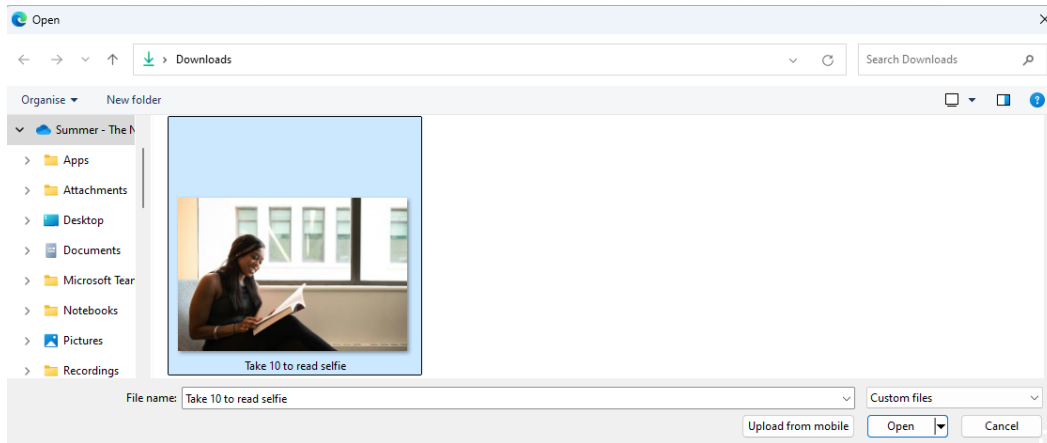
- 4) Select uploads from the side panel.



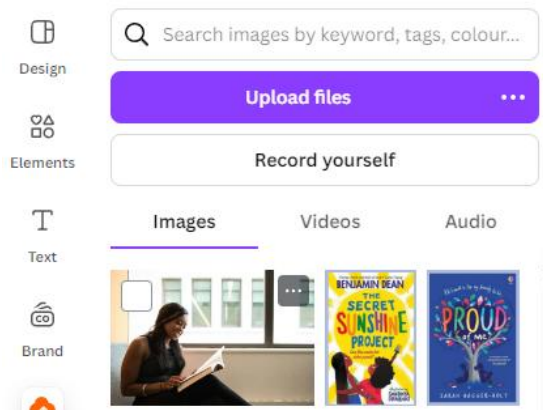
- 5) Select upload files.



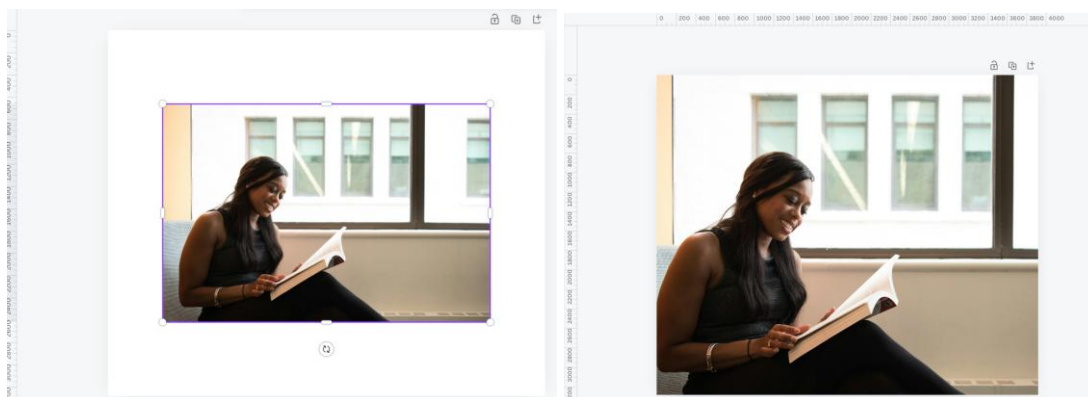
6) Select your photo from your computer.



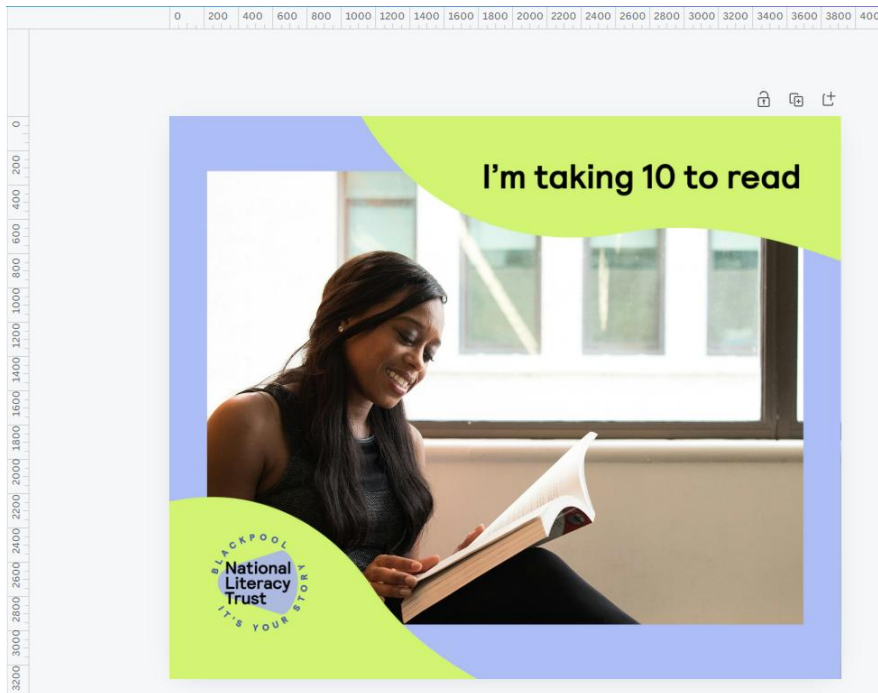
7) Click on your image on the side panel and it will appear on your file.



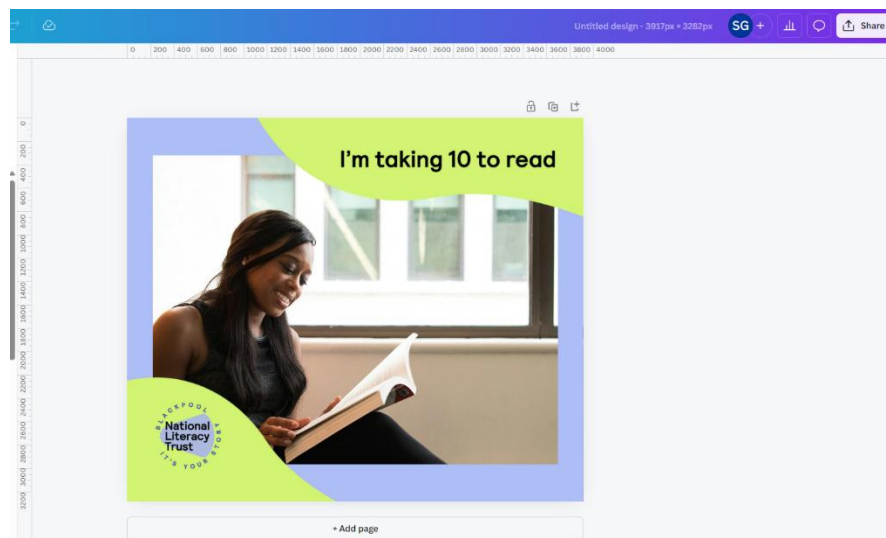
8) Drag the corners of your photo to resize to fill the canvas.



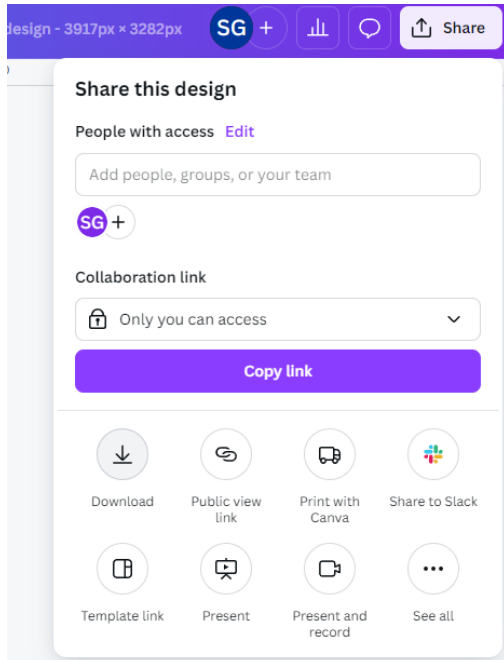
- 9) Using the same process add the selfie frame onto the canvas on top of your photo.



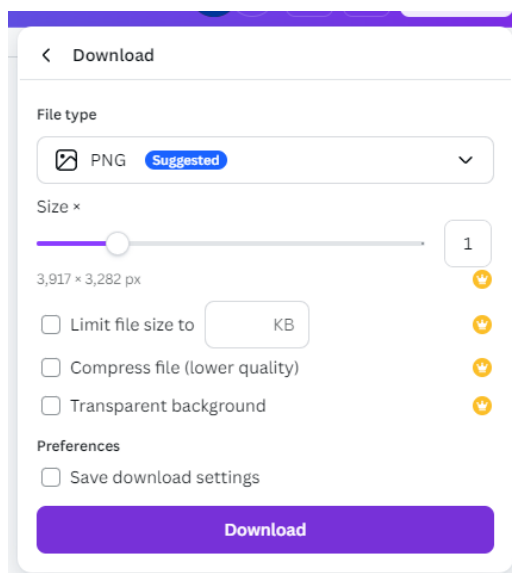
- 10) When you are happy with how your image looks, click share in the top right hand corner.



11) Click download.



12) Make sure PNG is selected as the file type and then click 'Download' again.



Your file will now appear in your download folder on your computer. You can also use Canva on your mobile if you would like the file to download straight to your phone ready to post.

We look forward to seeing you #Take10ToRead and sharing your reading moments on social media!