HOW TO USE THE FRAMES:

1. Download the frame of your choice (Green, Yellow, Purple or Blue).

2. Choose a picture to use in the frame. The image should be a minimum of 600x600px, ideally 1080x1080px (Instagram) and a minimum of 1024x576px, ideally 1920x1080px (Twitter).

3. If you don't have an editing software like Photoshop, you can use Pixlr, a free online tool.

4. Open your chosen image, and then add the frame on top. (By clicking "Add Image" and "Browse" to import the image from your computer on Pixlr).

5. Save it as a JPG or PNG.

6. Use it on social media with #PlayTrueDay and #PlayTrue #WKF # (Emotions of the photo) #(Share with friends, clubs etc.)

How to use our Play True Day GIFs - YouTube