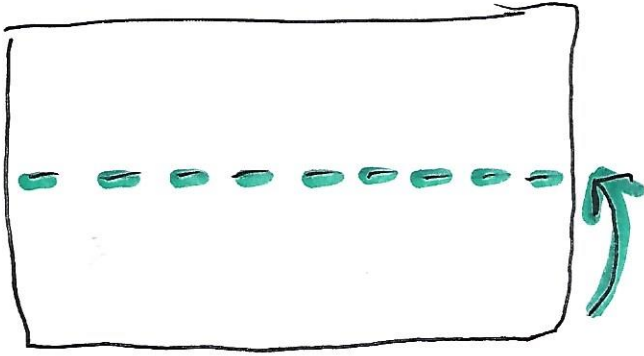
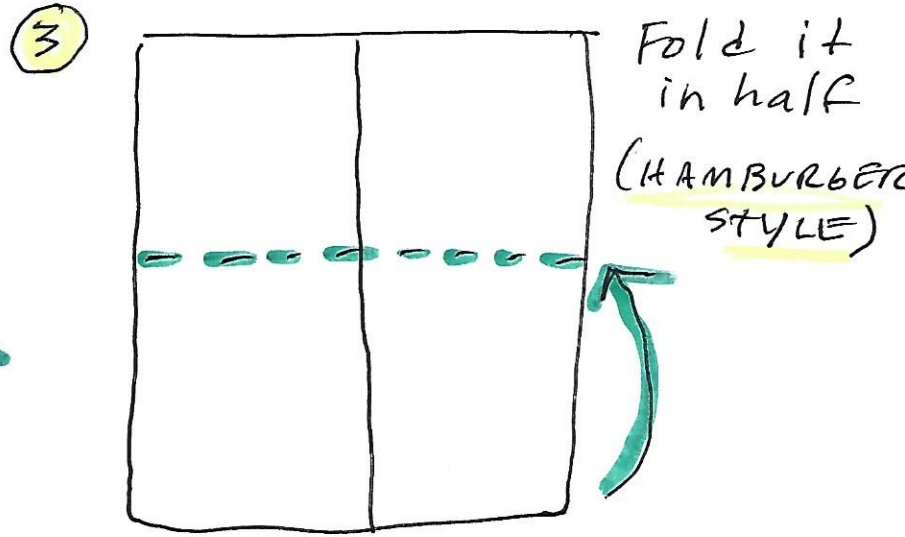


Make a Calming Book!

① Fold a $8\frac{1}{2} \times 11$ sheet of paper in half (HOTDOG STYLE)

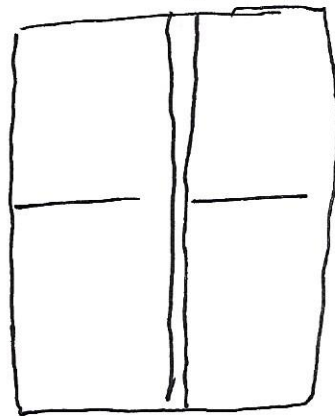
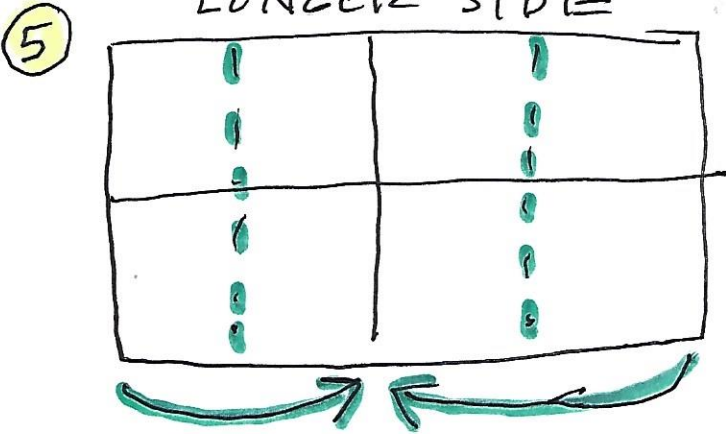


② Open it back up



④ Open it back up
LONGER SIDE

open area

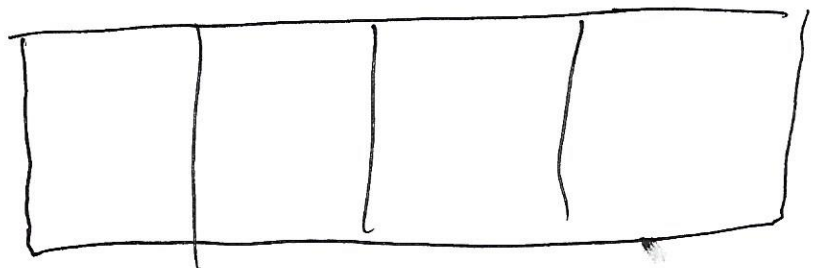
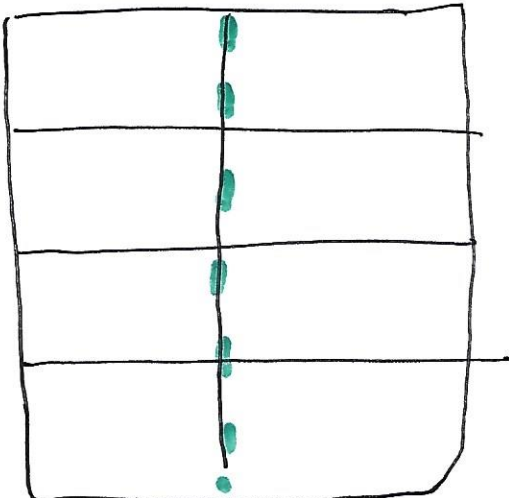


Fold ends to the center

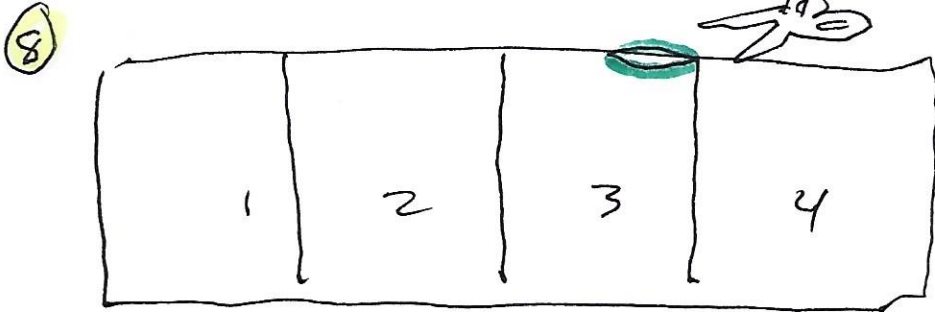
So it looks like this

⑥ Open back up

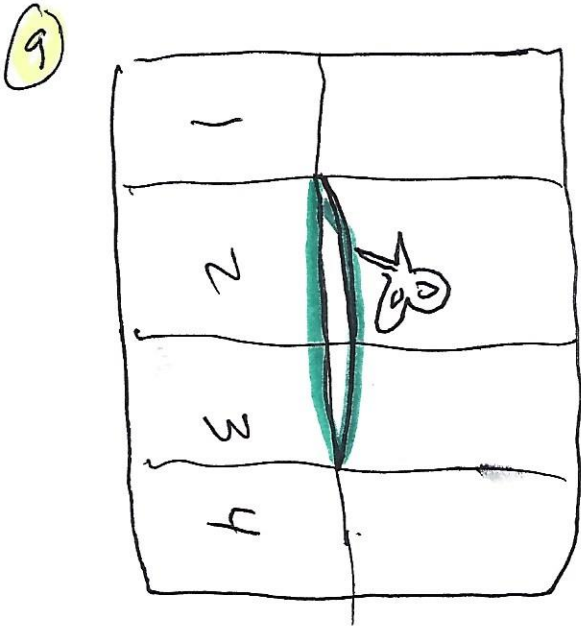
⑦ Fold in half (HOTDOG STYLE)



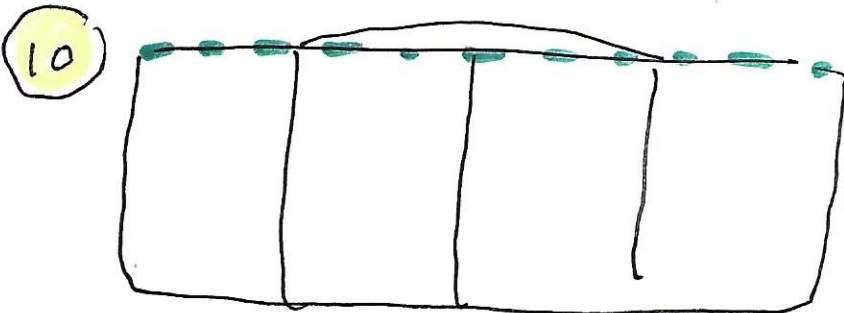
So it looks like this



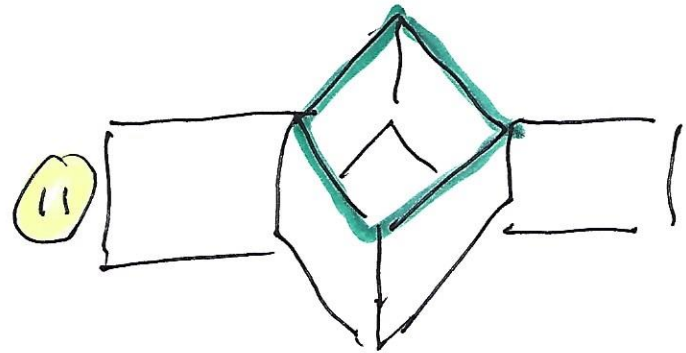
with scissors
cut a thin line
across the top
of 3rd panel



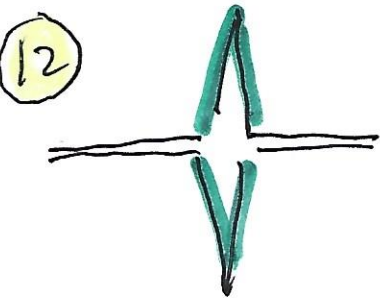
open back up
and cut on folded
line
on just 2 middle
areas (2 and 3)



fold back in half

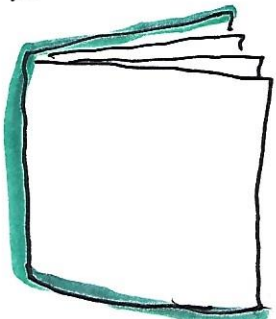


set up on table
and open up
middle area so
looks like this



push out
so looks like
this
(aerial view)

13 Fold into a book!



8 page
book

14 Ideas for book

- Fun things to do with family
- A break from school! (Drawings)
- Things that I can do while on break
- Things that make me happy