

CYC presents...

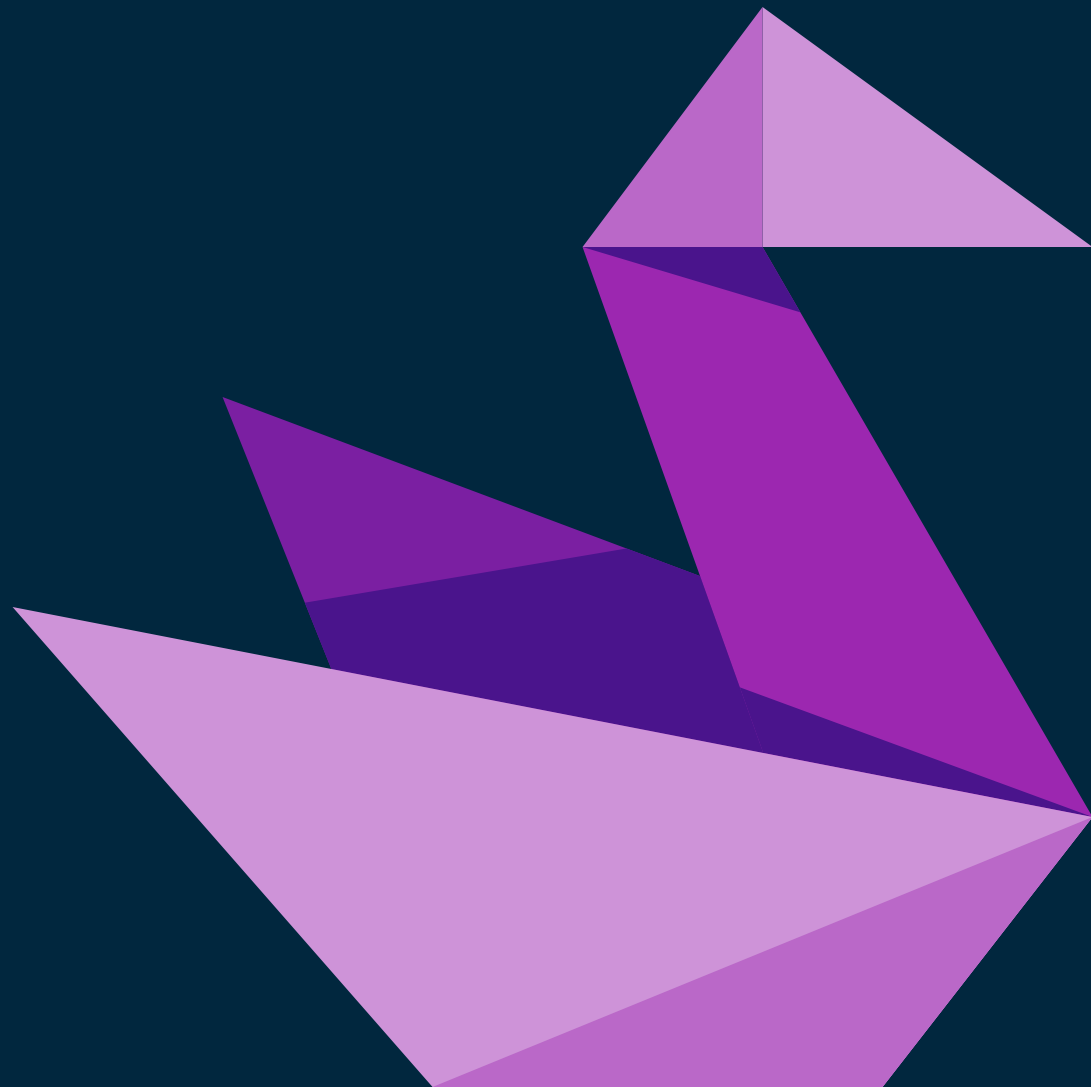
# ARTS & CRAFTS WITH COACH GEORGE



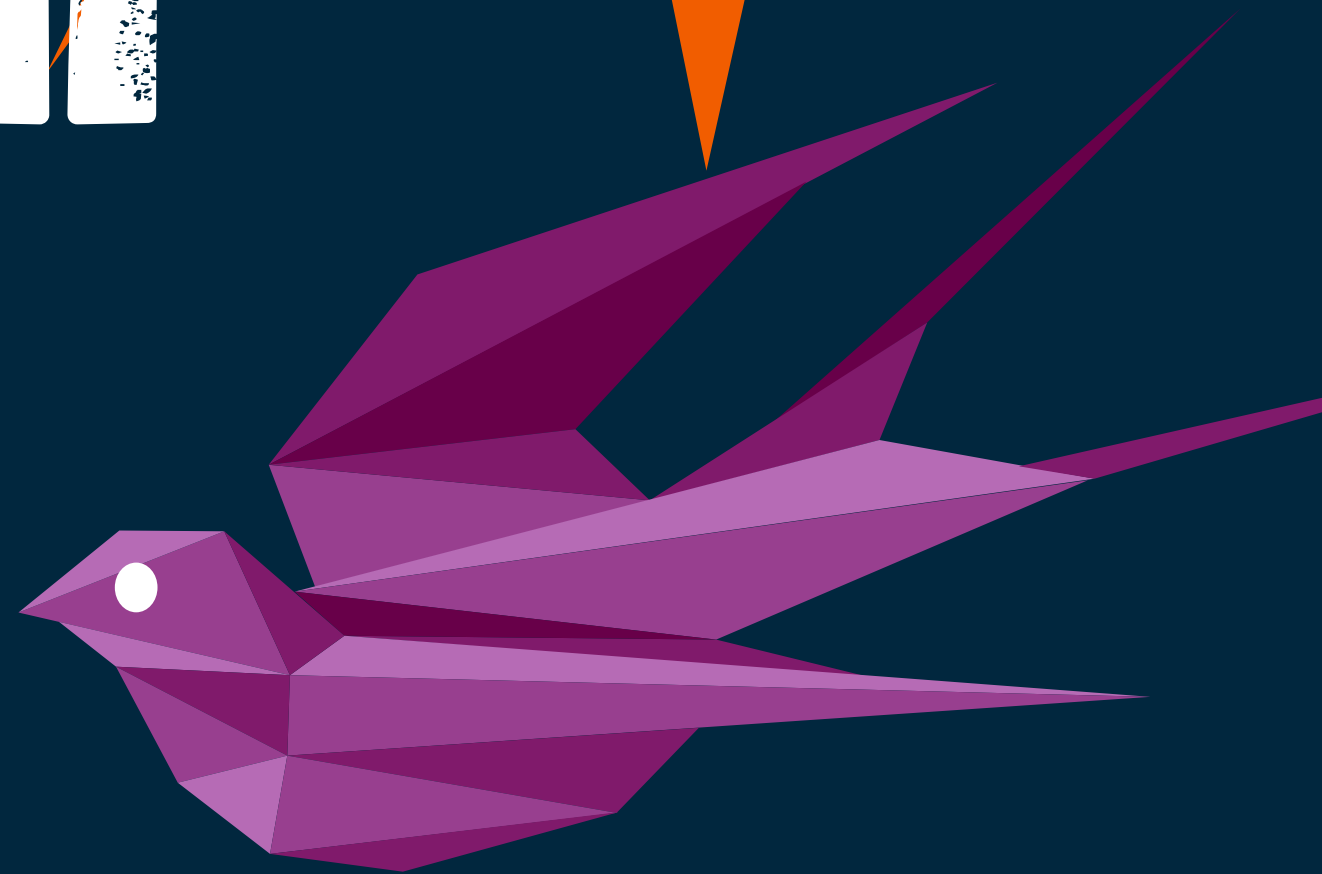
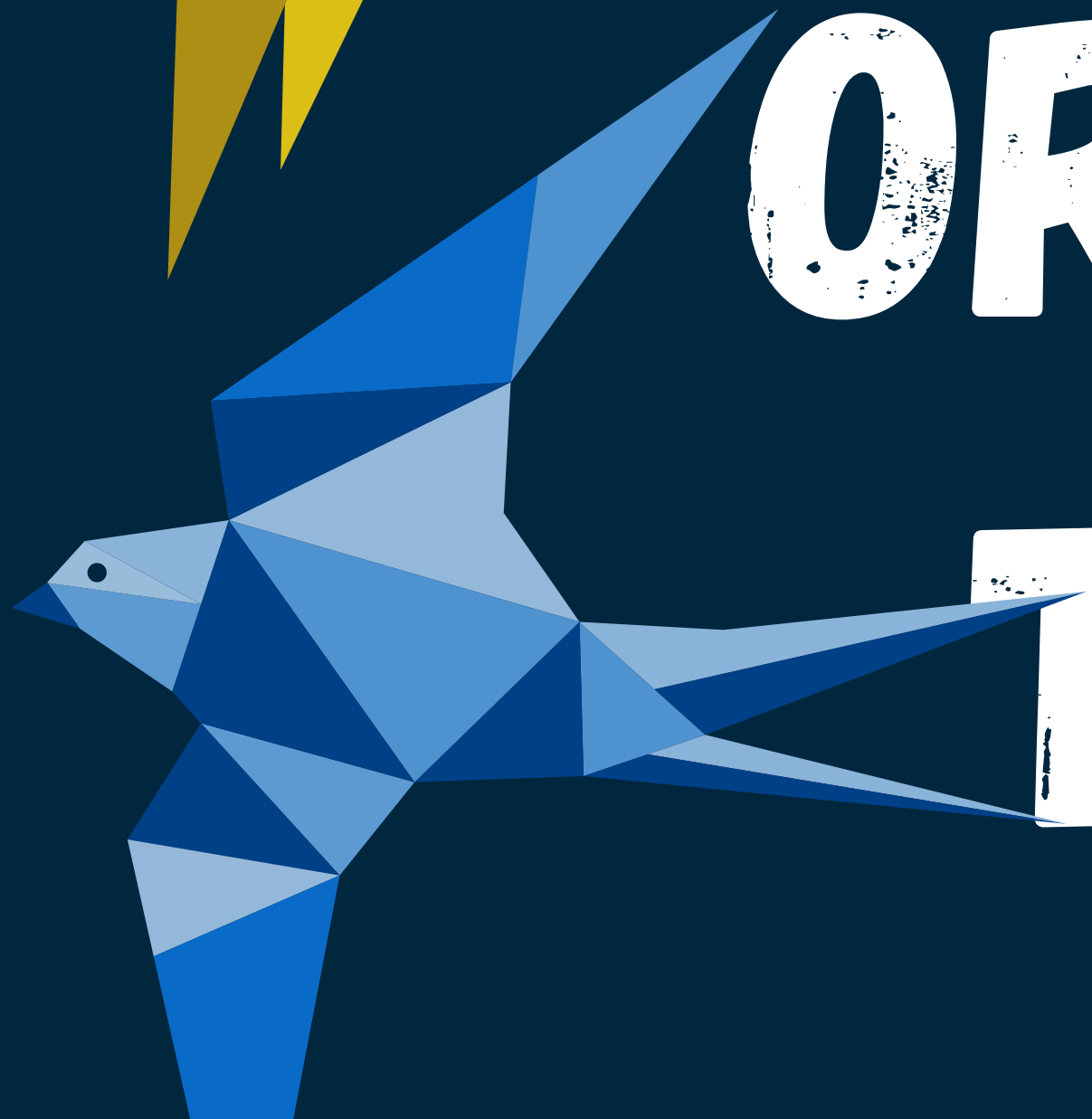
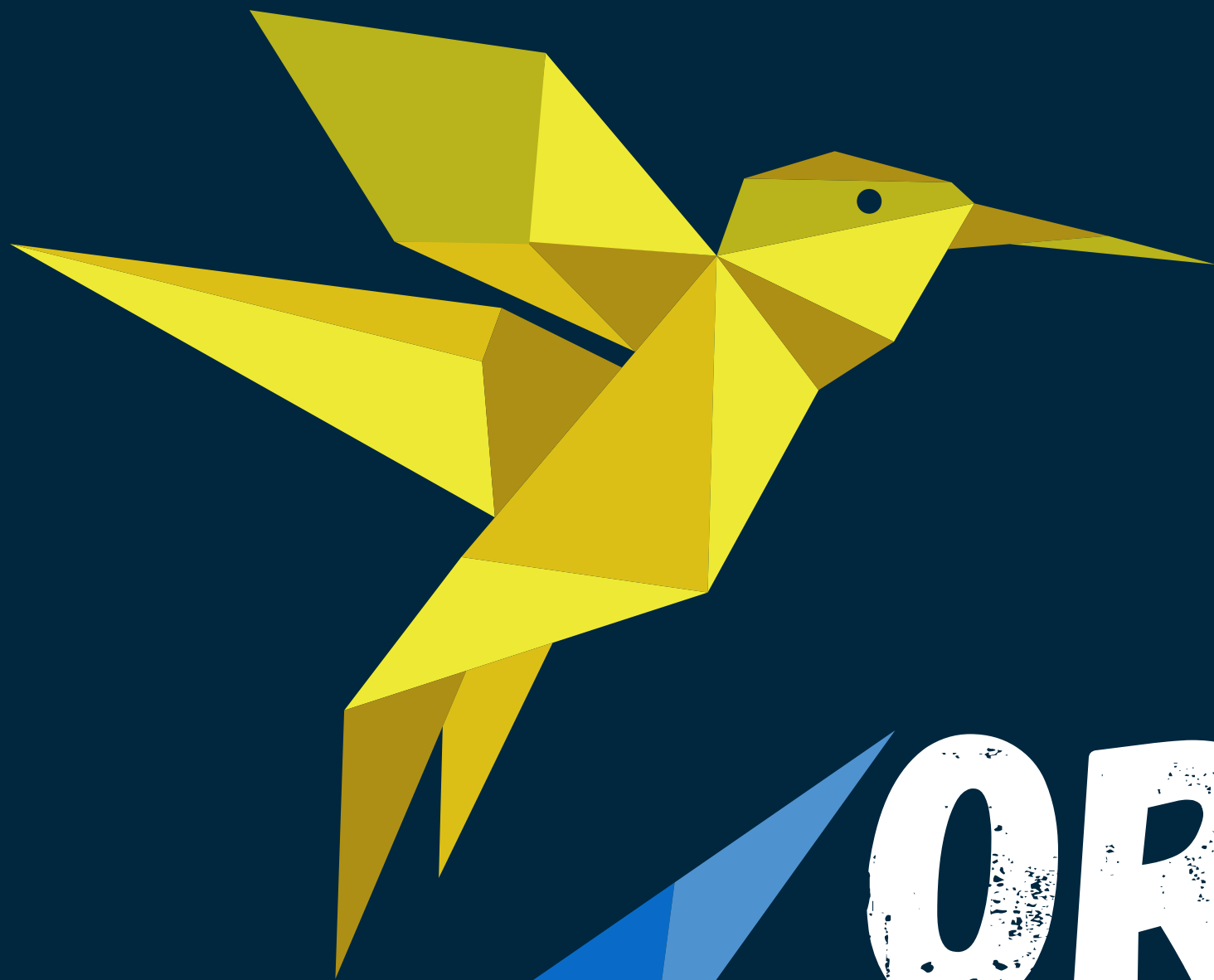
# JUST FOR FUN

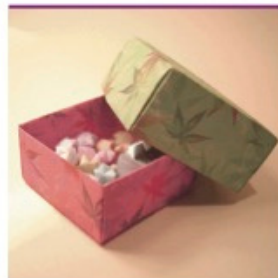
FINISH THE LIST...

20 Jumping Jacks  
20 High Knees  
20 Butt Kickers  
20 Toe Taps  
20 Lunge Jumps  
10 Inchworms  
10 Star Jumps

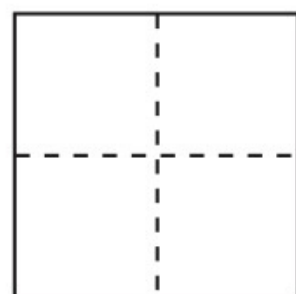
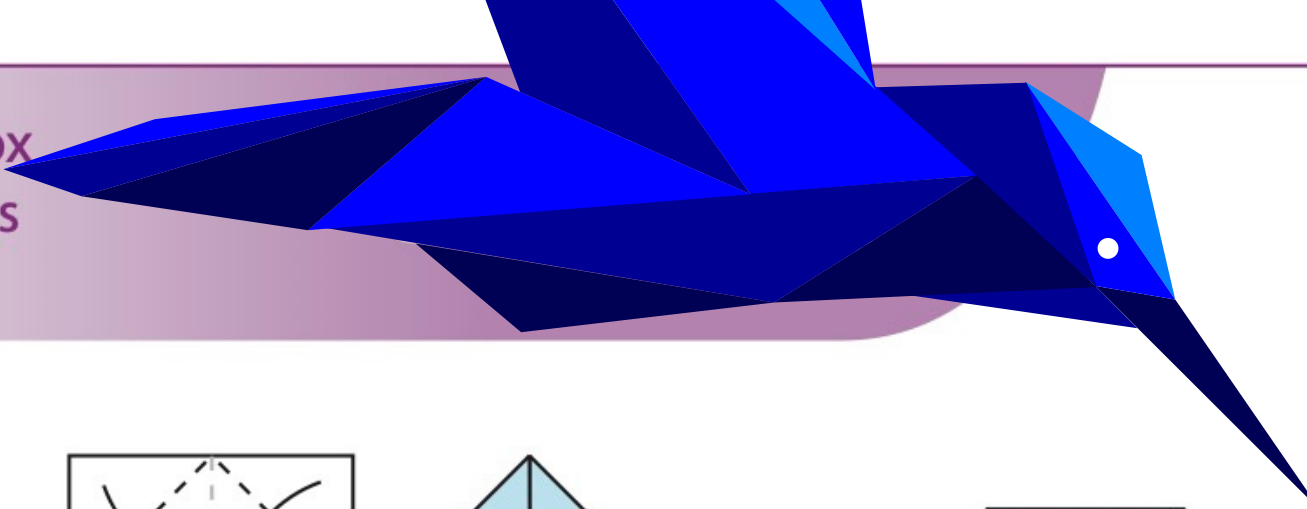


IT'S  
ORIGAMI  
TIME!

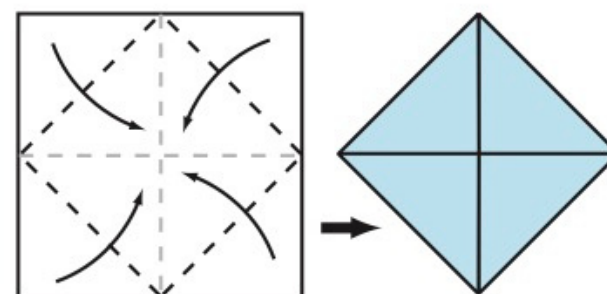




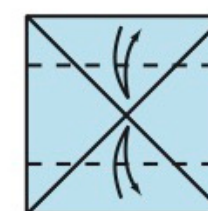
## Origami Box Instructions



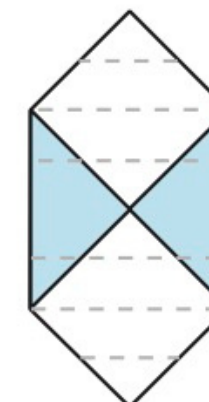
1. Start with a square piece of paper, white side up. Fold the paper in half horizontally and then vertically, so the creases look like this.



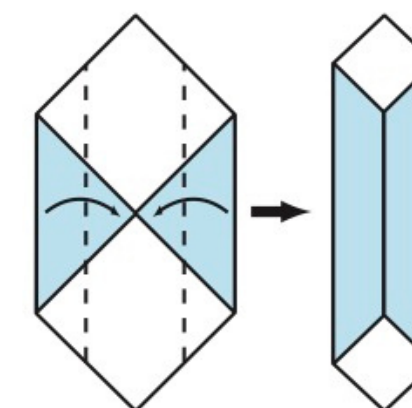
2. Fold the four corners of the paper toward the center point



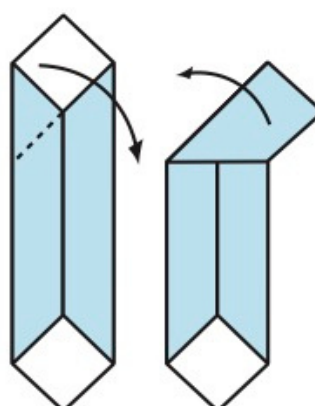
3. Fold the top and bottom of this square into the center and open out again to create these creases.



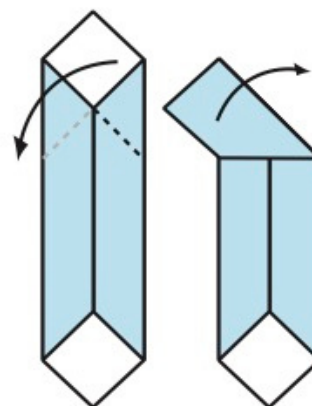
4. Open out the top and bottom triangle flaps



5. Fold the sides of the model into the centre, creasing well.



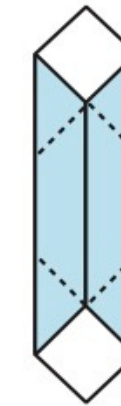
6. Fold down top corner of model and then open out again.



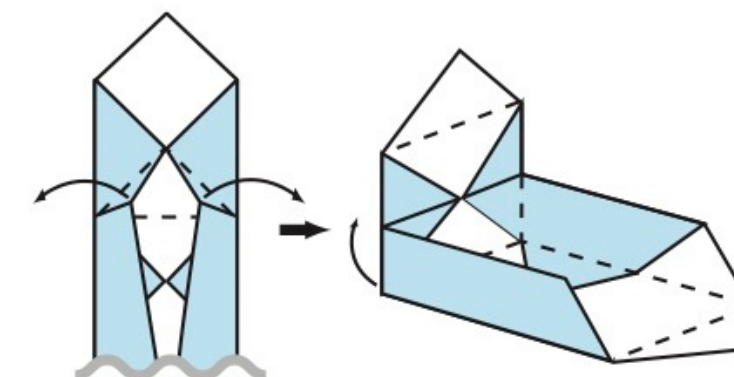
7. Fold down model in the other direction



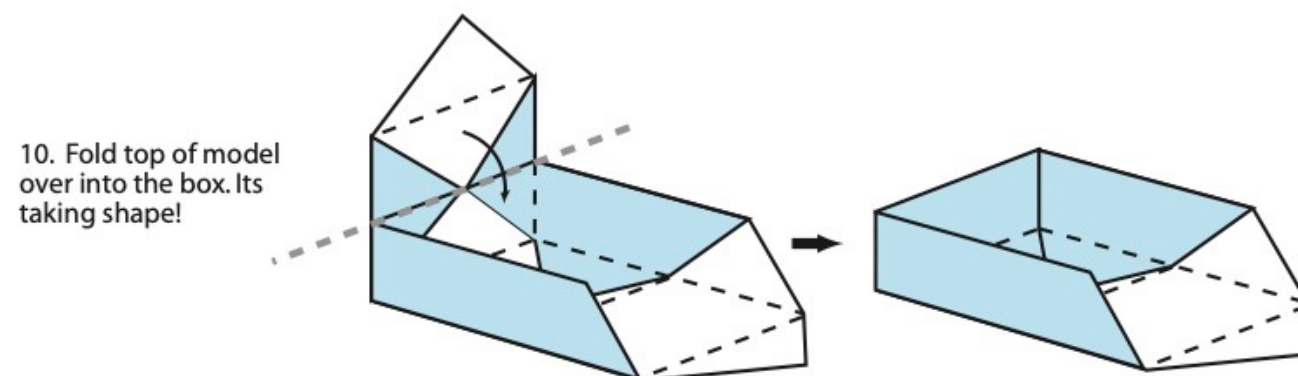
You should now have 2 new diagonal creases like this.



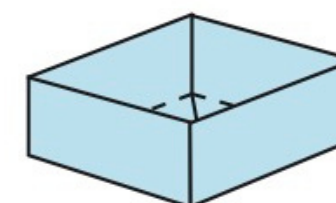
8. Repeat step 6 & 7 at the other end of the model, so you have the new creases at both ends, as shown.



9. At one end of the model, Open out model along the creases you just made. This will raise the top portion of the model vertically.



10. Fold top of model over into the box. Its taking shape!



11. Repeat Step 9 and 10 at the other end of the box...and its finished!

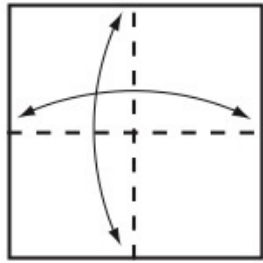
To make a lid, just make another box, but start with a slightly bigger piece of paper.



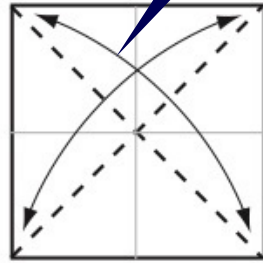




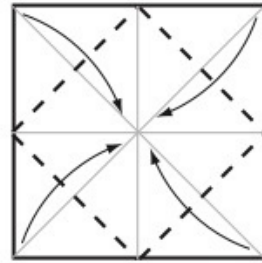
## Origami Butterfly Instructions



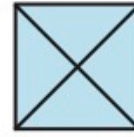
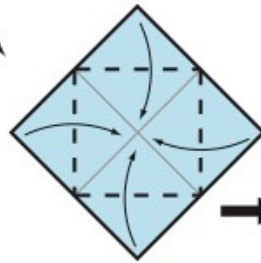
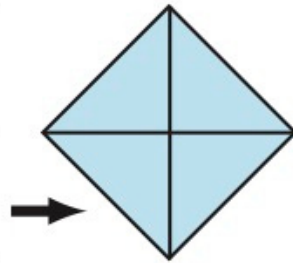
1. Start with your paper white side up.  
Fold in half, open, then fold in half the other way.



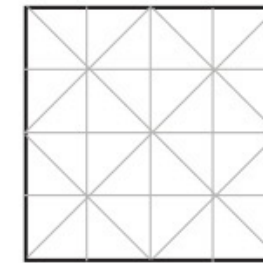
2. Now Fold the Paper in half diagonally, both ways.



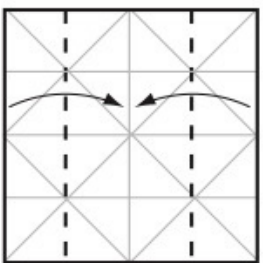
3. Fold all four corners into the centre and crease well



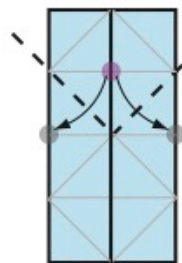
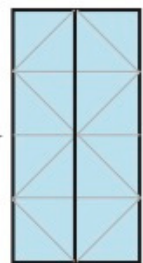
4. Turn Over and Fold all four corners into the centre again.



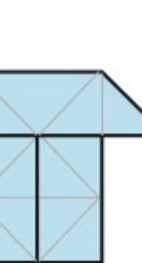
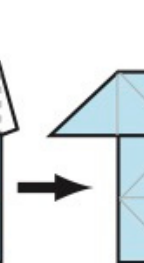
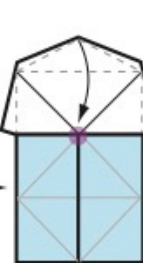
5. Your creases should look like this. It looks complicated, but don't worry!



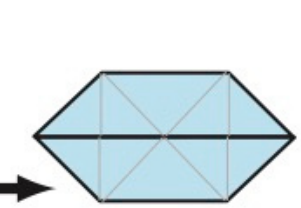
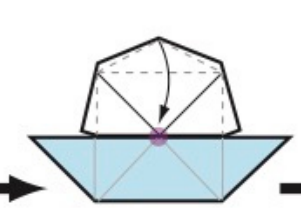
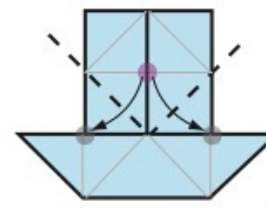
6. Fold the outside edges into the centre line



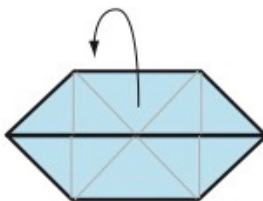
7. Holding each inside edge from the point at the centre, bring these edges out to the points shown.



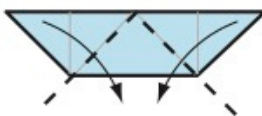
Then, fold the top edge downwards and flatten



8. Rotate the model, and repeat step 7.



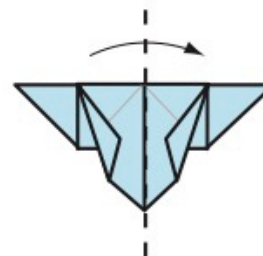
9. Fold the top half backwards and flatten



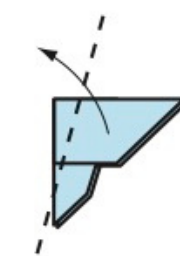
10. Fold down the front outside corners



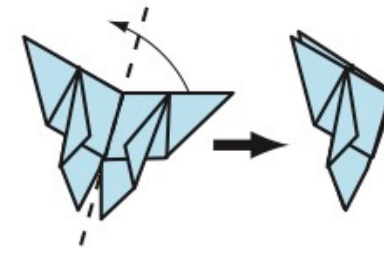
11. Fold these outside corners inward as shown



12. Fold the butterfly in half



13. Now fold the top layer backwards, at the angle shown.



14. And now fold the back wing backwards also at the same angle

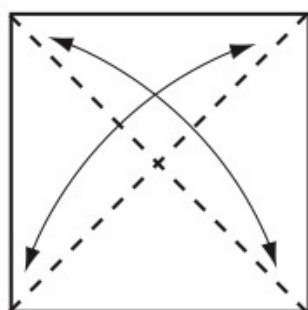
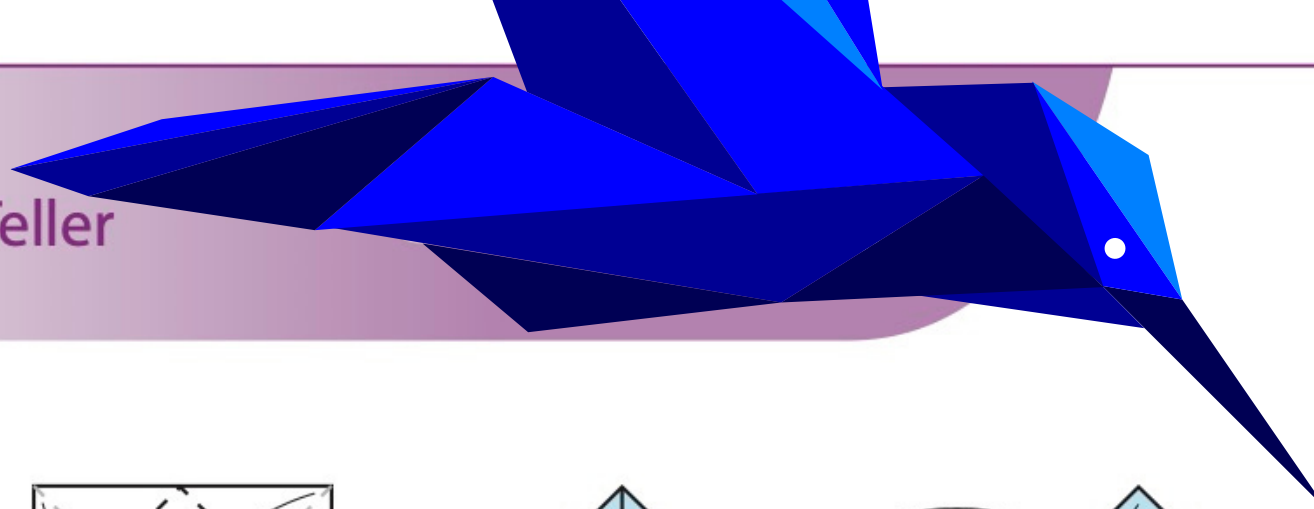


15. Open out. Your butterfly is complete!

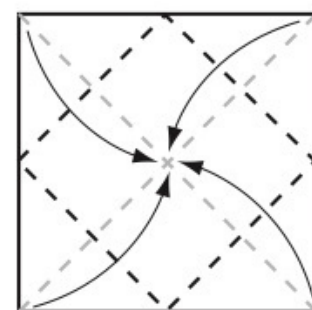




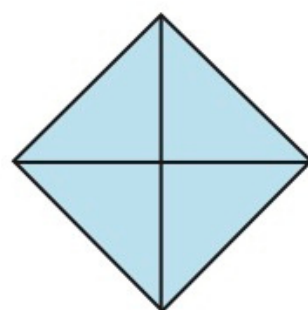
# Origami Fortune Teller



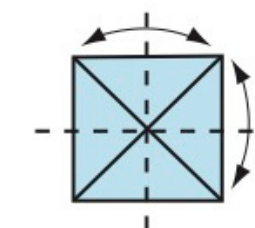
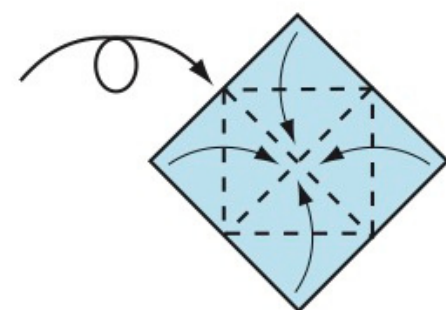
1. Start with white side up. Fold diagonally in both directions.



2. Fold each corner into the centre point.

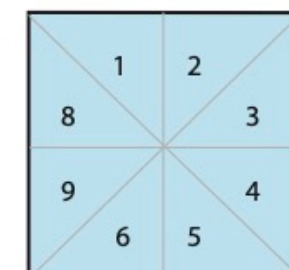


3. Turn over and again fold each corner into the centre point.

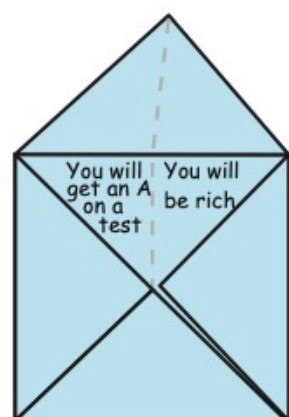


4. Fold in half along creases shown, both ways, and open.

diagram is enlarged



5. Number each segment from 1-8.

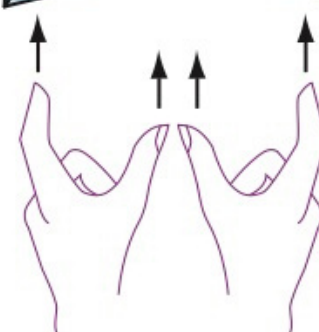
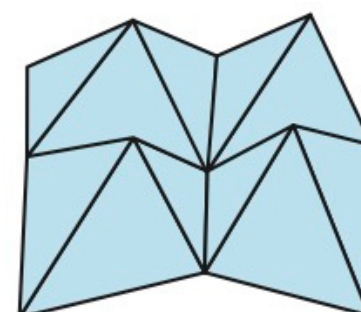


6. Open up each flap and write a fortune in each segment. Here are some fortunes:

1. You will get an "A" on a test.
2. You will be rich.
3. You will have very good luck today.
4. You will have many friends.
5. Do a good deed today.
6. Someone will call you today.
7. You will go to a party soon.
8. Be careful on Tuesday.

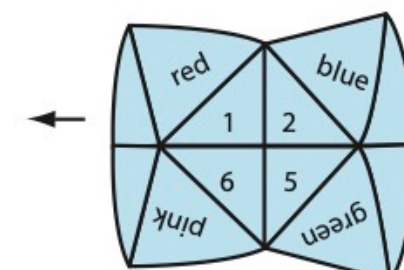


7. Turn the model over and write a colour on each flap as shown.



Finished Fortune Teller.

Use fingers to open.



Fortune Teller in action.

