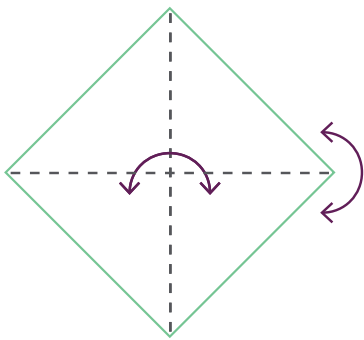


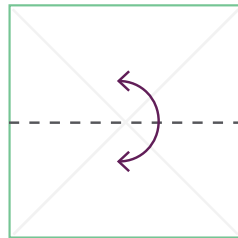
Open Mind, Open Heart

Think of recent times when you have done your very best and felt proud of your efforts even when the 'going got tough'. Make an origami heart envelope using a square piece of paper. Reflect on how it feels to try hard and keep going even when things are tough. On little squares, write some encouraging self-talk you say to yourself and pop them inside your heart.



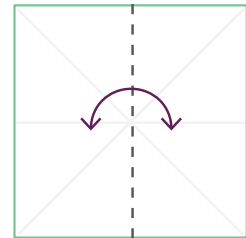
1.

Fold in half in both directions



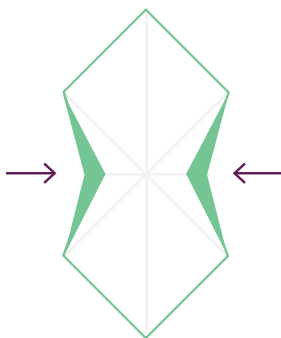
2.

Fold in half horizontally



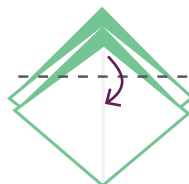
3.

Fold in half vertically



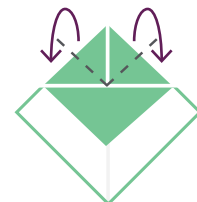
4.

Pinch corners inwards



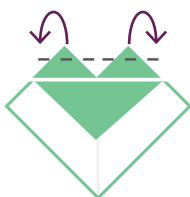
5.

Fold the first top flap downwards on both sides



6.

Fold the inside corners down



4.

Fold the top edges down



5.

Fold side edges inwards



6.

Tada! You did it!