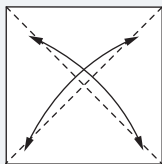
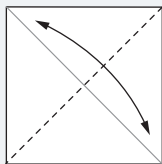


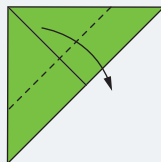
# bird



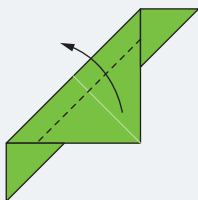
**1.** Start with a square piece of paper, coloured side face down. Fold diagonally in both directions then open.



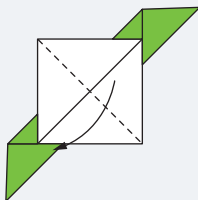
**2.** Fold one corner in half and flatten.



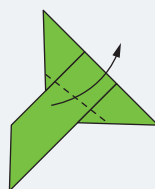
**3.** Fold the top section of the triangle you just created along the dotted line and flatten.



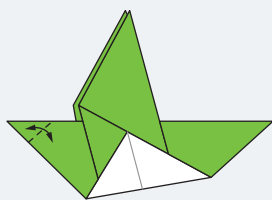
**4.** Using the new fold you just created, fold the top section of paper outwards on the dotted line.



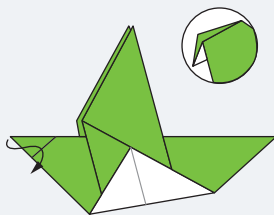
**5.** Fold the entire model in half along the dotted line.



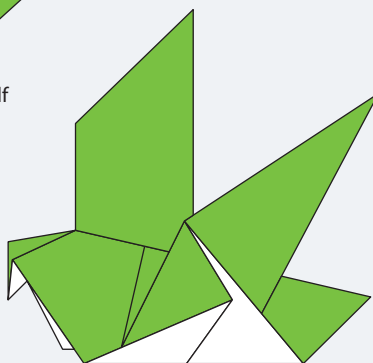
**6.** Once in half, fold the wings outwards at a slight angle. Do this on both sides.



**7.** On the shortest end, create a small fold along the dotted line.



**8.** Reverse fold into itself to create the beak.



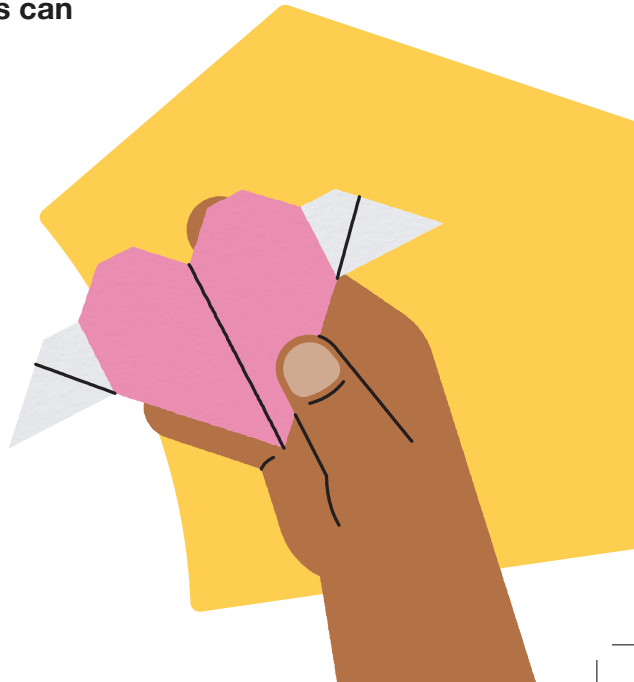


**headspace**  
National Youth Mental Health Foundation

# small steps every day

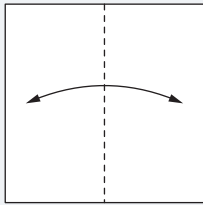
**Small steps every day can make a big difference to your mental health. Shut the world out for a few minutes while you focus on this simple and fun activity. Follow the easy steps and see how a few small folds can transform a sheet of paper.**

Take your first step today:  
[headspace.org.au/tips](https://headspace.org.au/tips)

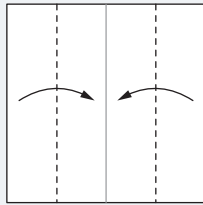


headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

# butterfly



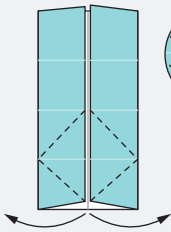
**1.** Start with a square piece of paper, coloured side face down. Fold in half then open.



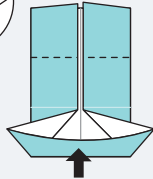
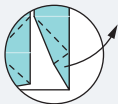
**2.** Fold the two outside sections inwards towards the middle along the dotted lines.



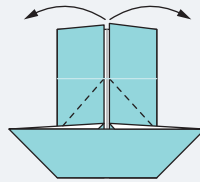
**3.** Fold the top sections inwards towards the middle along the dotted lines then open.



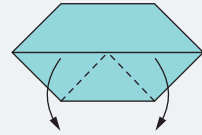
**4.** Using the folded lines, create a boat shape by folding the corners outwards.



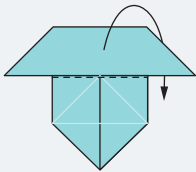
**5.** If done correctly, your model will look like this as you fold it.



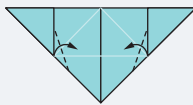
**6.** Do steps 4 and 5 on the opposite side.



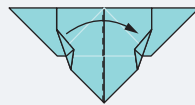
**7.** Pull left and right sections inwards towards the middle along the dotted lines.



**8.** Fold the upper half backwards to form an upside down triangle.



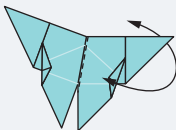
**9.** On the front facing section, create a small fold on both sides and fold inwards along the dotted lines.



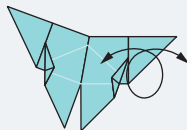
**10.** Fold the entire model in half towards the right side.



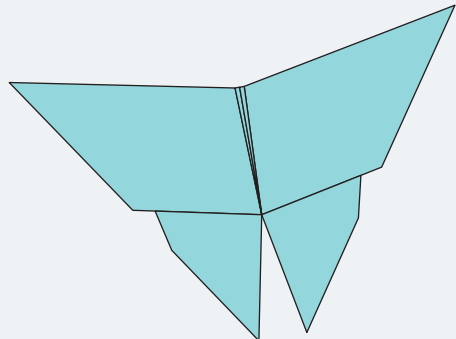
**11.** On the left wing, create a small outwards fold and flatten.



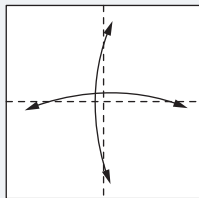
**11.** Flip over and repeat step 10 on the opposite wing.



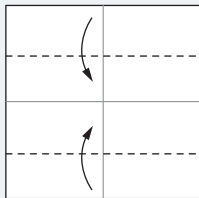
**12.** Flip over and flatten.



# heart



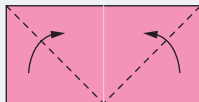
**1.** Start with a square piece of paper, coloured side face down. Fold in half both directions then open.



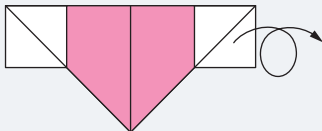
**2.** Fold the top and bottom edges inwards towards the middle along the dotted lines.



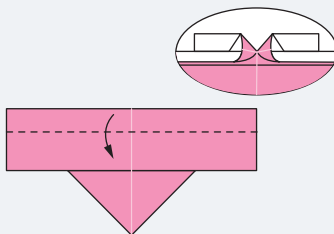
**3.** Flip over.



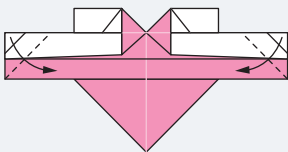
**4.** Fold both bottom corners inwards along the dotted lines.



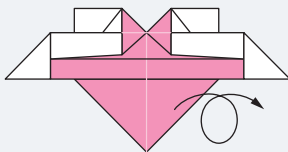
**5.** Once folded flatten and flip over.



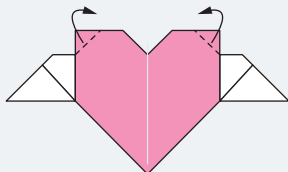
**6.** Fold a small section of the top down along the dotted line. When folding, be careful to not fold the very back.



**7.** Take the corners and fold inwards along the dotted lines.



**8.** Flip over.



**9.** Take the top two corners of the coloured section and fold them backwards along the dotted lines.

