

Staying at home pack

Self-Isolation Pack

Top Tips

Adapted From: The Mental Health Foundation

1. Plan your day

We are all adjusting to a new, rather strange, way of life. This can be difficult for our mental wellbeing.

As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.

Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

2. Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.

Explore different ways of adding physical movement and activity to your day and find some that work best for you.

Wherever you are, there will be lots of ways to exercise and keep your body moving.

3. Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings.

Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax.

4. Connect with others

It's normal to feel lonely if we are isolated from others. Find creative ways to keep in touch with co-workers, friends, family, and others to help you (and them) feel more connected and supported.

Explore ways of connecting that work for you, whether that's by post, over the phone, social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message or letter.

5. Take time to reflect and practice self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small.

Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed.

Mindfulness techniques may also help you focus on the present rather than dwelling on unhelpful thoughts (though they may not be helpful for those experiencing more severe depression).

6. Improve your sleep

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping.

There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better.

Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

(Based on guidance from the Mental Health Foundation)

We have included some resources to you to use these top tips.



Maintaining a Healthy Routine

Routines are still important (perhaps even more-so!) when we are self-isolating. Try to get a balance of:

- Looking after yourself
- Feeling productive
- Enjoying myself

It's still important to take care of our personal care, so make sure to shower and get ready for the day as you usually would. It can help to plan out our routine, and a template for this is provided below.

Scheduling our everyday activities can give us a sense of purpose and structure, as well as help us to balance our activities.

E.g.

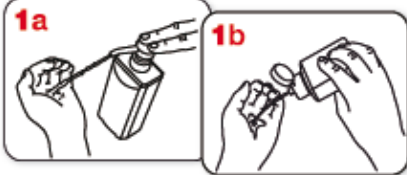
	Morning	Afternoon	Evening
Monday	Eat breakfast Exercise in my room Shower & Get Ready Dress bed	Eat lunch Call family member to check in Open window for fresh air	Eat dinner Write in journal Watch a show or listen to music that I enjoy

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Schedule

Hand Hygiene

How to handrub? WITH ALCOHOL-BASED FORMULATION



Apply a palmful of the product in a cupped hand and cover all surfaces.



Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



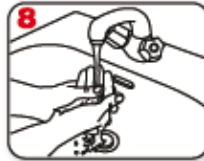
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



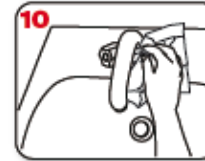
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



20-30 sec



...once dry, your hands are safe.



40-60 sec



...and your hands are safe.

Designer: monika.frag@netzwerk

Looking after our Sleep



sleep hygiene

What is Sleep Hygiene?

'Sleep hygiene' is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

There are many medications which are used to treat insomnia, but these tend to be only effective in the short-term. Ongoing use of sleeping pills may lead to dependence and interfere with developing good sleep habits independent of medication, thereby prolonging sleep difficulties. Talk to your health professional about what is right for you, but we recommend good sleep hygiene as an important part of treating insomnia, either with other strategies such as medication or cognitive therapy or alone.

Sleep Hygiene Tips

- 1) **Get regular.** One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.
- 2) **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
- 3) **Get up & try again.** If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring like the phone book. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more.
- 4) **Avoid caffeine & nicotine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.
- 5) **Avoid alcohol.** It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.
- 6) **Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.



- 7) **No naps.** It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
- 8) **Sleep rituals.** You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.
- 9) **Bathtime.** Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.
- 10) **No clock-watching.** Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as "Oh no, look how late it is, I'll never get to sleep" or "it's so early, I have only slept for 5 hours, this is terrible."
- 11) **Use a sleep diary.** This worksheet can be a useful way of making sure you have the right facts about your sleep, rather than making assumptions. Because a diary involves watching the clock (see point 10) it is a good idea to only use it for two weeks to get an idea of what is going on and then perhaps two months down the track to see how you are progressing.
- 12) **Exercise.** Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!
- 13) **Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.
- 14) **The right space.** It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eyemask to block out early morning light and earplugs if there is noise outside your room.
- 15) **Keep daytime routine the same.** Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.



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Centre for
Clinical
Interventions
Psychotherapy Research * Training

Ideas to Occupy Your Time

- * Meditate
- * Journaling
- * Write a letter to a loved one or letter of thanks
- * Tidy your room space
- * Organise drawers / storage / handbag
- * Write poem or story
- * Read a book
- * Do some stretches or yoga
- * Do some bodyweight exercises
- * Speak to a friend or loved one
- * Think about your personal goals
- * Practice gratitude
- * Word searches or puzzles
- * Number puzzles such as Sudoku
- * Mindful colouring
- * Quiz
- * Write jokes
- * Origami
- * Look after skin – moisturise
- * Have a pampering session
- * Take care of my nails
- * Dance to music
- * Do a jigsaw puzzle or build something with lego
- * Make a postcard
- * Practice my faith

If you have access to a phone or computer:

- * Black Dog Institute – <https://www.blackdoginstitute.org.au/>
- * Beyond Blue – <https://www.beyondblue.org.au/home>
- * Sane – <https://www.sane.org/>
- * Headspace – Meditation app providing free sessions called ‘Weathering the Storm’
- * Duolingo – Free app for learning languages
- * Chatterpack – online resources for self-isolation <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>
- * Sort your digital photos
- * Research something you have always wanted to learn about
- * Watch a ted talk
- * Listen to a podcast or audiobook
- * Watch a live stream from a zoo
- * Complete a virtual museum tour

Movement

3-minute
seated *Yoga*

IN COLLABORATION WITH
NHS
choices

DAREBEE WORKOUT
© darebee.com
30 seconds each



body fold

stretch up

side stretch

lotus twist

lift & reach

half lotus

The image contains six line-art illustrations of a person sitting on a chair, demonstrating different yoga poses. Each illustration is accompanied by a vertical text label to its right. The poses are: 1. Body fold: The person is leaning forward with their hands clasped in front of their feet. 2. Stretch up: The person is sitting upright with both arms extended straight up towards the ceiling. 3. Side stretch: The person is leaning to their right side, with their right arm extended upwards and their left hand resting on their left thigh. 4. Lotus twist: The person is sitting with their feet tucked under their buttocks, and their torso is twisted to their right. 5. Lift & reach: The person is sitting with their right leg bent and foot on the floor, and their right arm is extended upwards. 6. Half lotus: The person is sitting with their right leg bent and foot on the floor, and their left leg bent and foot on top of their right thigh.

LOCK DOWN

WORKOUT
BY DAREBEE

© darebee.com

Repeat 5 times in total.
Up to 2 minutes rest
between sets.



10 knee-to-elbows



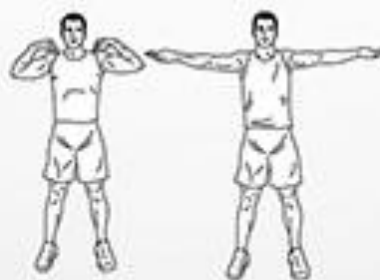
10 step jacks



10 reverse lunges



20 shoulder taps



20 side shoulder taps



20 raised arm circles

STAY HOME

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



20 backward leg raises
right leg



20 side leg raises
right leg



20 jumping jacks



20 backward leg raises
left leg



20 side leg raises
left leg

Gratitude Journal Prompts

- * Something that made you smile today
- * Something funny that made you laugh
- * Your favourite thing when you wake up in the morning
- * Something you are good at doing
- * What did you enjoy the most today? * A favourite place you like to visit
- * An act of kindness someone showed you
- * A book you are grateful for reading
- * What weather are you grateful for today?
- * Modern inventions you are thankful for
- * Something you take for granted
- * Something you learned about recently
- * Someone who made a positive difference in your life
- * A favourite activity you enjoy doing
- * Favourite websites you are grateful for
- * Something that makes your life easier
- * A favourite food you enjoy
- * Something you use every single day
- * Something you appreciate in nature
- * Something you wear that makes you feel good {clothes, jewellery, makeup, etc.}
- * Something that keeps you warm
- * Something that helps you relax
- * A favourite song you love
- * Travel – what are you grateful for about transportation or places you have travelled to?
- * Something that cheers you up on a rough day
- * Basic skills you learned as a child, such as learning how to tie your shoes or how to read/write
- * Technology you use every single day
- * Something that helps keep you healthy
- * Someone who inspires you
- * Something that was a wish come true
- * Favourite things about this season {winter, spring, summer, autumn}
- * Holidays you are thankful for
- * A good experience with customer service
- * A favourite quote or saying that makes you happy

Sudoku Puzzles

Printable Sudoku Puzzles – Easy #1

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

		7				9		8
	3		1	7				4
					6			
6	9	8	7	4		3		
		3		1		4		
		1		3	9	7	6	2
			4					
9				5	1		4	
4		5				1		

					9			6
					3	8	5	1
	6	2		1	5			
		7						6
	2	1	9	7	6	3	8	
	3					1		
			4	5		9	7	
2	5	8	6					
4			3					

2	9			7	4			
	1					4		
6	7		9		5			
	8		2		6			
	6		8	4	7		2	
			5		1		8	
			7		8		9	2
		6					1	
			4	1			5	8

Printable Sudoku Puzzles – Medium #1

1		8			6	4		
		6		9		8		7
5								
2	6	9	5					8
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

4		6		2				
	8		4				9	3
3				8	5			2
7		9						8
	5			7			4	
6						7		1
9			2	4				5
2	6				8		7	
				3		1		9

			2	4		6		
9								3
1					3		4	5
5	6			7		1		
		4	8		5	9		
		1		6			5	2
6	9		5					1
4								9
		8		9	6			

			7		9		2	
		9	2	1	6			5
5			8		4			
	6					4		
3	7			4			6	1
		2					5	
			9		7			3
7			3	8	5	2		
	3		4		1			

Printable Sudoku Puzzles – Hard #1

						8		6
4		5	6	9				1
		9			2	4		
5					3			8
		7	8		9	6		
	9		2					3
		4	7			1		
	6			4	1	7		8
7		3						

		8				7		
5							7	1
9	2			1				3
				8	7	2		
		9					3	
1				9	5	3		
3	7					9		4
2		6						9
				7			2	

		4	2		8	6		
				9				5
	8			4				1
	6				9	5		
		9	7	6	5	8		
		5	4					6
6	4			2				5
3				8				
		2	3		6	1		

9		5				1		
4		3	9					5
	8			7	5			
	5	1						3
8	4							7
6							1	8
				9	6			1
	9				3	8		7
				1			5	9

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Word search

Name: _____

positive words

J F A N A V H A P P Y K C L V Q D
S L E R P M V J B G C B O A N S Y
F T F J M Q R X O F Y H B U K M R
P K R R Q E E D L T U U F W Z N C
L A U O V B P Q D L L M W R Y R F
O I P E N U O U N X C B F I H T X
Y R L F F G S I E U E L E D X G B
A C G S U L I C K Y Q E B V N R K
L W J C A P T K E M M N B I A V M
I L U D W H I W P R E L V V H U A
L W N A Y N V I Q J A I E R F H G
L Y I R O B E T T J G W W Z T M I
G B Q I W P A T Q S L I A B W X C
W P U N O Q P E O I S L U T F C A
A I E G T S W D Z E S M A R T O L
J C R E A T I V E B I D G F T J Q
C D F U X R V X P W Q R U K I N D

aware	bold	brave	clever
creative	daring	fun	giving
happy	humble	kind	loyal
magical	positive	quick-witted	smart
strong	unique	wise	

1121 x 968

Relaxation Exercises

progressive muscle relaxation

One of the body's reactions to fear and anxiety is muscle tension. This can result in feeling "tense", or can lead to muscle aches and pains, as well as leaving some people feeling exhausted. Think about how you respond to anxiety. Do you "tense up" when you're feeling anxious? Muscle relaxation can be particularly helpful in cases where anxiety is especially associated to muscle tension. This information sheet will guide you through a common form of relaxation designed to reduce muscle tension.

Muscle tension

Muscle tension is commonly associated with stress, anxiety and fear as part of a process that helps our bodies prepare for potentially dangerous situations. Even though some of those situations may not actually be dangerous, our bodies respond in the same way. Sometimes we don't even notice how our muscles become tense, but perhaps you clench your teeth slightly so your jaw feels tight, or maybe your shoulders become. Muscle tension can also be associated with backaches and tension headaches.

Progressive Muscle Relaxation

One method of reducing muscle tension that people have found helpful is through a technique called Progressive Muscle Relaxation (PMR). In progressive muscle relaxation exercises, you tense up particular muscles and then relax them, and then you practise this technique consistently.

preparing for relaxation

When you are beginning to practice progressive muscle relaxation exercises keep in mind the following points.

- **Physical injuries.** If you have any injuries, or a history of physical problems that may cause muscle pain, always consult your doctor before you start.
- **Select your surroundings.** Minimise the distraction to your five senses. Such as turning off the TV and radio, and using soft lighting.
- **Make yourself comfortable.** Use a chair that comfortably seats your body, including your head. Wear loose clothing, and take off your shoes.
- **Internal mechanics.** Avoid practicing after big, heavy meals, and do not practice after consuming any intoxicants, such as alcohol.

general procedure

- 1 Once you've set aside the time and place for relaxation, slow down your breathing and give yourself permission to relax.
- 2 When you are ready to begin, tense the muscle group described. Make sure you can feel the tension, but not so much that you feel a great deal of pain. Keep the muscle tensed for approximately 5 seconds.
- 3 Relax the muscles and keep it relaxed for approximately 10 seconds. It may be helpful to say something like "Relax" as you relax the muscle.
- 4 When you have finished the relaxation procedure, remain seated for a few moments allowing yourself to become alert.

Relaxation sequence

1. **Right hand and forearm.** Make a fist with your right hand.
2. **Right upper arm.** Bring your right forearm up to your shoulder to "make a muscle".
3. **Left hand and forearm.**
4. **Left upper arm.**
5. **Forehead.** Raise your eyebrows as high as they will go, as though you were surprised by something.
6. **Eyes and cheeks.** Squeeze your eyes tight shut.
7. **Mouth and jaw.** Open your mouth as wide as you can, as you might when you're yawning.
8. **Neck. !!!** Be careful as you tense these muscles. Face forward and then pull your head back slowly, as though you are looking up to the ceiling.
9. **Shoulders.** Tense the muscles in your shoulders as you bring your shoulders up towards your ears.
10. **Shoulder blades/Back.** Push your shoulder blades back, trying to almost touch them together, so that your chest is pushed forward.
11. **Chest and stomach.** Breathe in deeply, filling up your lungs and chest with air.
12. **Hips and buttocks.** Squeeze your buttock muscles
13. **Right upper leg.** Tighten your right thigh.
14. **Right lower leg. !!!** Do this slowly and carefully to avoid cramps. Pull your toes towards you to stretch the calf muscle.
15. **Right foot.** Curl your toes downwards.
16. **Left upper leg.** Repeat as for right upper leg.
17. **Left lower leg.** Repeat as for right lower leg.
18. **Left foot.** Repeat as for right foot.

Practice means progress. Only through practice can you become more aware of your muscles, how they respond with tension, and how you can relax them. Training your body to respond differently to stress is like any training – practising consistently is the key.

Mindfulness Exercises



Mindfulness Meditation

Find a place where you can sit quietly and undisturbed for a few moments. To begin, you might want to set a timer for about 10 minutes, but after some experience you should not be too concerned about the length of time you spend meditating.

Begin by bringing your attention to the present moment by noticing your breathing. Pay attention to your breath as it enters and then leaves your body. Before long, your mind will begin to wander, pulling you out of the present moment. That's ok. Notice your thoughts and feelings as if you are an outside observer watching what's happening in your brain. Take note, and allow yourself to return to your breathing.

Sometimes you might feel frustrated or bored. That's fine—these are just a few more feelings to notice. Your mind might start to plan an upcoming weekend, or worry about a responsibility. Notice where your thoughts are going, and accept what's happening.

Whenever you are able to, return your concentration to your breathing. Continue this process until your timer rings, or until you are ready to be done.



Body Scan

During the body scan exercise you will pay close attention to physical sensations throughout your body. The goal isn't to change or relax your body, but instead to notice and become more aware of it. Don't worry too much about how long you practice, but do move slowly.

Begin by paying attention to the sensations in your feet. Notice any sensations such as warmth, coolness, pressure, pain, or a breeze moving over your skin. Slowly move up your body—to your calves, thighs, pelvis, stomach, chest, back, shoulders, arms, hands, fingers, neck, and finally your head. Spend some time on each of these body parts, just noticing the sensations.

After you travel up your body, begin to move back down, through each body part, until you reach your feet again. Remember: move slowly, and just pay attention.



Mindful Eating

Choose a food you would like to practice with (preferably something you can hold in your hand without getting messy). Something as simple as a single raisin will work well. Move slowly through these steps, taking a moment to focus on each one.

Before you pick up your food, notice how it looks on the table in front of you. Notice its color, how the light reflects from its surface, and its size.

Mindfulness Exercises

Now, pick up the food. Notice the weight, and how the food feels against your skin. Roll the object between your fingers, or roll it in your hand, and notice its texture. Notice if it's smooth, rough, slick, soft, firm or if it has any other properties. Hold the food to your nose, and pay attention to its smell.

Next, place the food in your mouth, on your tongue, but don't eat it. Notice how it feels in your mouth. Does the texture feel the same as on your hand? What do you taste? Roll the food around in your mouth and pay attention to the feeling.

Finally, begin to slowly chew your food. Notice how your teeth sink into it, and how the texture is different inside. Pay close attention to the flavor, and how it spreads across your tongue. Notice how your body changes—does your mouth fill with saliva? Does your tongue feel hot or cold? Continue to chew your food, paying close attention to the many sensations as you finish.

Five Senses

Use this exercise to quickly ground yourself in the present when you only have a moment. The goal is to notice something that you are currently experiencing through each of your senses.

What are 5 things you can see? Look around you and notice 5 things you hadn't noticed before. Maybe a pattern on a wall, light reflecting from a surface, or a knick-knack in the corner of a room.

What are 4 things you can feel? Maybe you can feel the pressure of your feet on the floor, your shirt resting on your shoulders, or the temperature on your skin. Pick up an object and notice its texture.

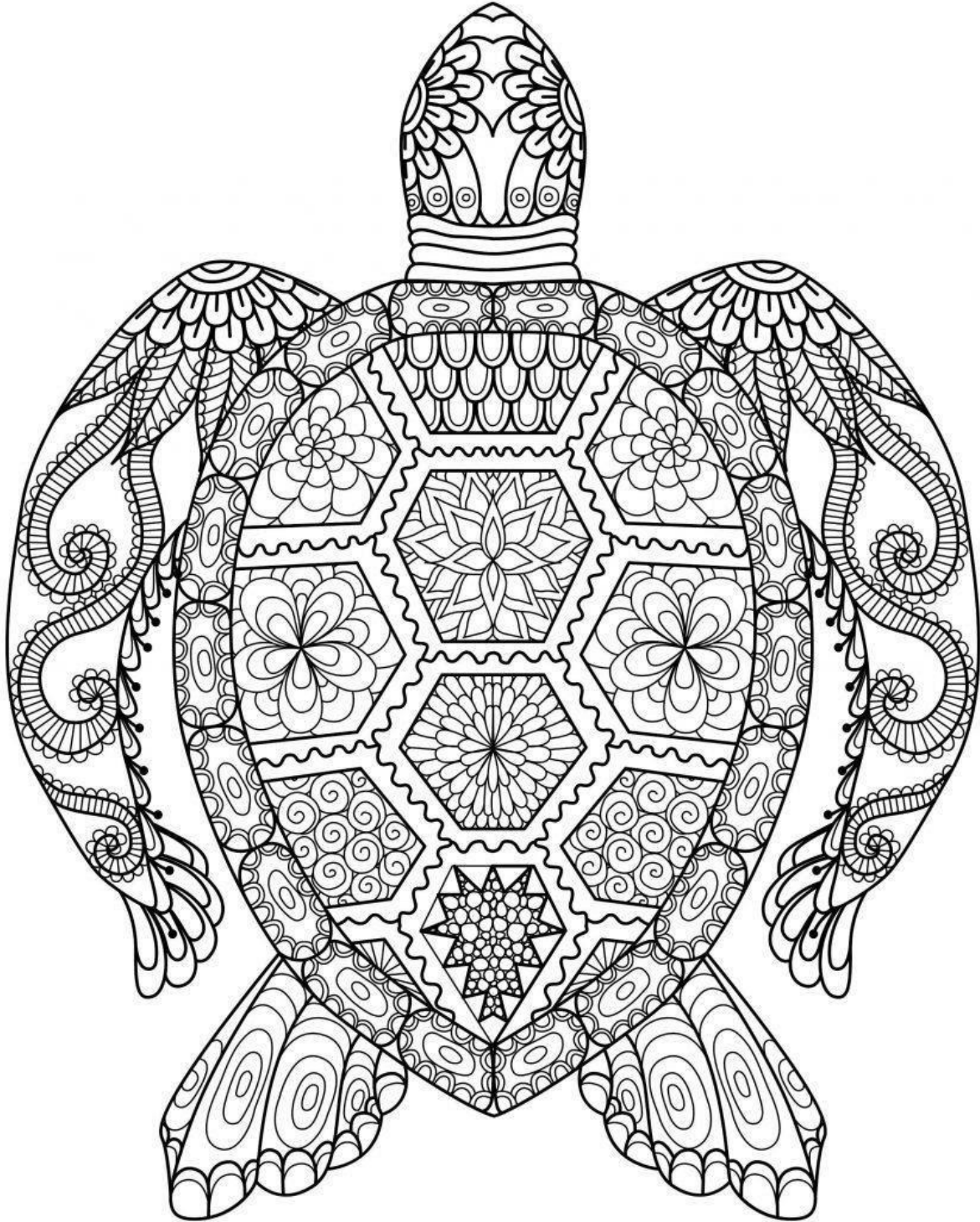
What are 3 things you can hear? Notice all the background sounds you had been filtering out, such as an air-conditioning, birds chirping, or cars on a distant street.

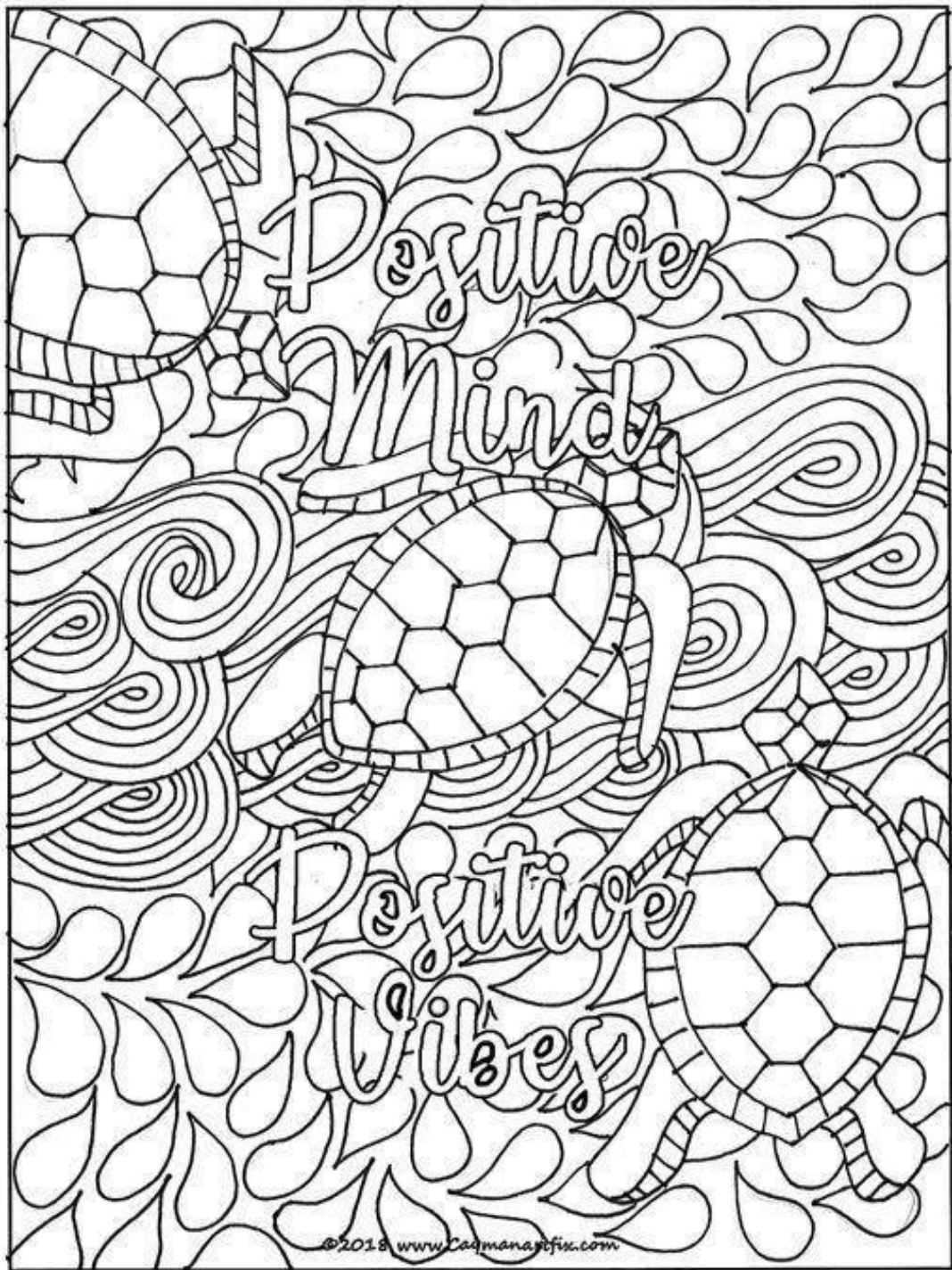
What are 2 things you can smell? Maybe you can smell flowers, coffee, or freshly cut grass. It doesn't have to be a nice smell either: maybe there's an overflowing trash can or sewer.

What is 1 thing you can taste? Pop a piece of gum in your mouth, sip a drink, eat a snack if you have one, or simply notice how your mouth tastes. "Taste" the air to see how it feels on your tongue.

The numbers for each sense are only a guideline. Feel free to do more or less of each. Also, try this exercise while doing an activity like washing dishes, listening to music, or going for a walk.

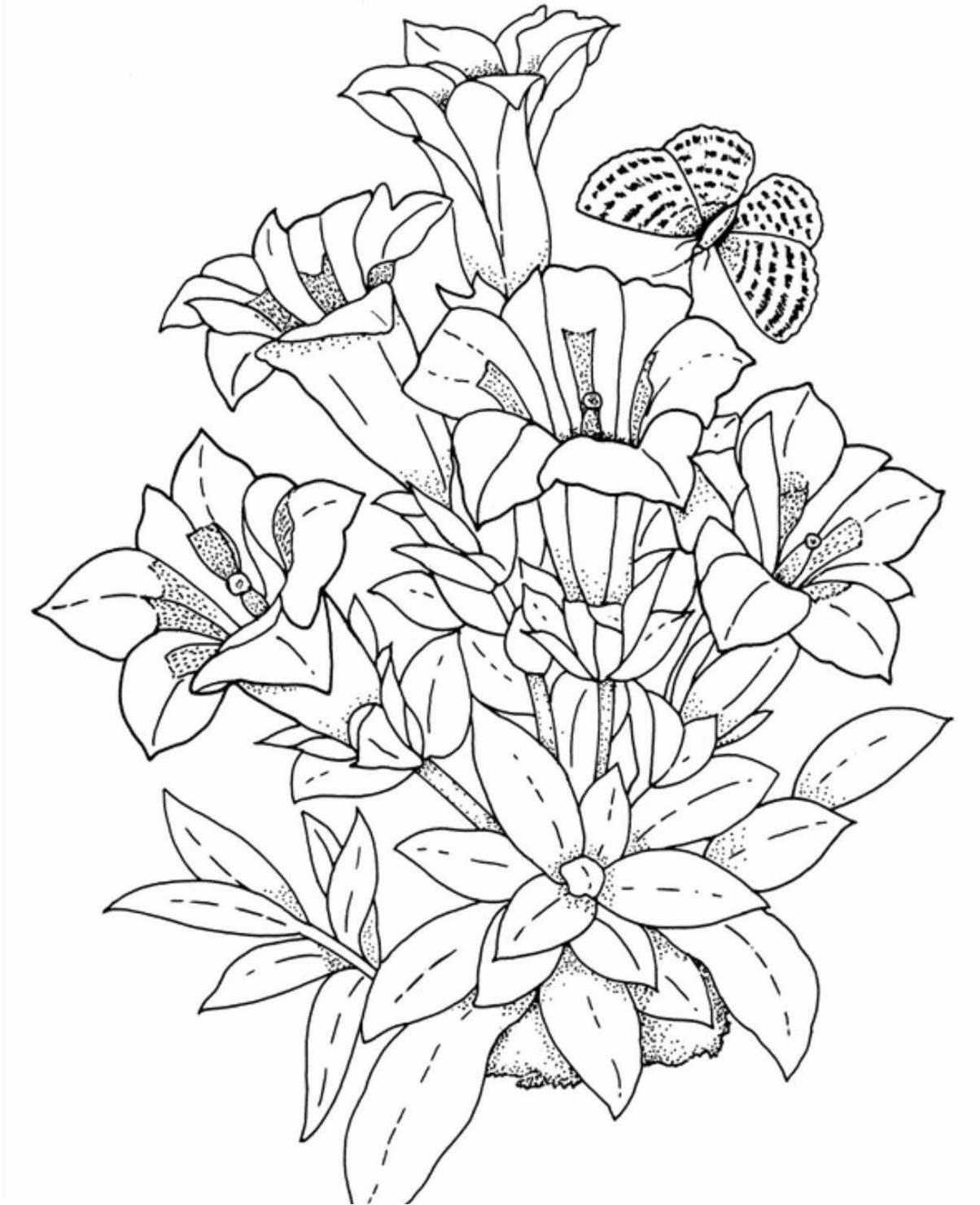
Colouring Sheets





Sing

Beach



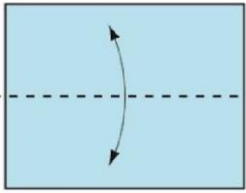
Quiz

1. In which country is Mount Vesuvius located?
2. What part of a horse would you examine to tell its age?
3. What was the surname of Juliet in Shakespeare's Romeo and Juliet?
4. Who wrote the famous musical entitled 'Oliver'?
5. Which fairy tale character slept for 100 years?
6. What is the biggest spider in the world?
7. In which country was the first car radio made?
8. Who invented the microphone?
9. What was David and Victoria Beckham's first child named?
10. Which planet is the hottest in the solar system?
11. Which sport is known as the Sport of Kings?
12. How many keys does a standard full size piano have?
13. Which famous British castle is an anagram of 'in sword'?
14. Which rock band did Brian May belong to?
15. In which year was the film 'Casablanca' released?
16. Which musical instrument is James Galway famous for playing?
17. What is the national dish of Spain?
18. Which English scientist invented the electric light?
19. What animals are pearls found in?
20. Which sport is mintonette now known as?

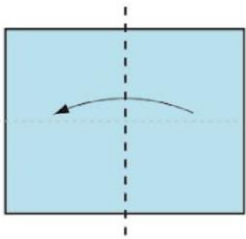
ANSWERS

1. Italy
2. The teeth
3. Capulet
4. Bart
5. Sleeping Beauty
6. Goliath bird eater
7. The USA
8. Emile Berliner
9. Brooklyn
10. Venus
11. Horse racing
12. Eighty-eight (88)
13. Windsor
14. Queen
15. 1942
16. The flute
17. Paella
18. Humphry Davy
19. Oysters
20. Volleyball

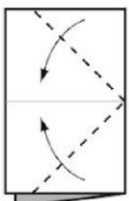
Origami



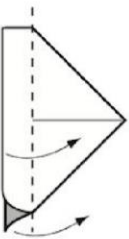
1. Start with a rectangular piece of paper, coloured side up. Fold in half, then open.



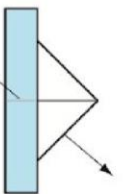
2. Fold in half downwards.



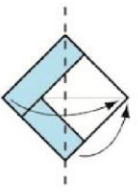
3. Bring corners in to centre line.



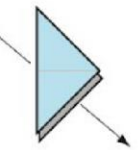
4. Fold uppermost layer upwards & do the same to the back. Crease well.



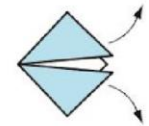
5. Pull the sides out and flatten.



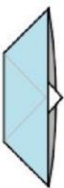
6. Fold front layer up to top, then do the same at the back.



7. Pull the sides apart and flatten.



8. Gently pull the top parts of the model outwards, making a boat shape.



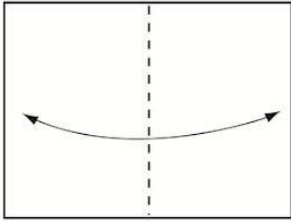
9. Flatten well to create all folds. Then open out slightly, forming a boat shape. Finished Boat.



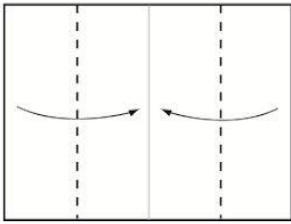


Origami Traditional Box

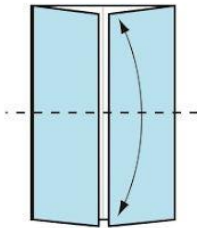
origami-fun
www.origami-fun.com



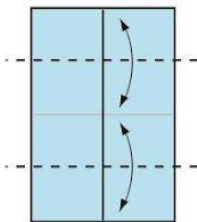
1. Start with a rectangular piece of paper, write side up. Fold in half, crease and open.



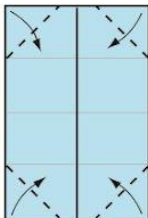
2. Fold top and bottom in to the centre crease.



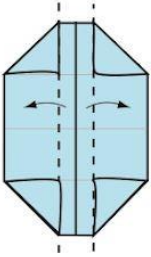
3. Fold in half, crease and open.



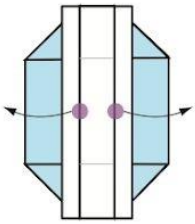
4. Fold outside edges in to the centre line and open.



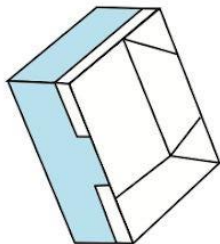
5. Fold each corner in to the creases made in the previous step.



6. Take the inside edges and fold them outwards over the corner triangles. Crease well.



7. Grip the model at points shown and open outwards. The box will form itself. You can pinch the corners to make it more rectangular.



Finished Traditional Box.