

Wrestling with Worry: Managing Stress

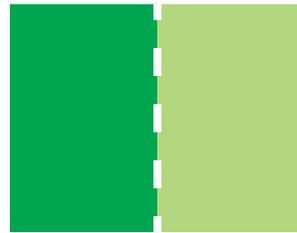
Sometimes having something to fidget with can help reduce stress and anxiety. Following the directions below, create your own fidget “spinner.”



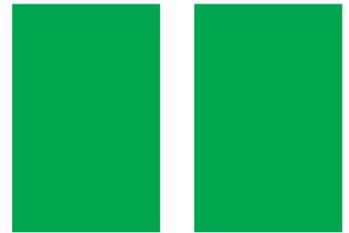
Start with a plain sheet of paper (like copy paper).



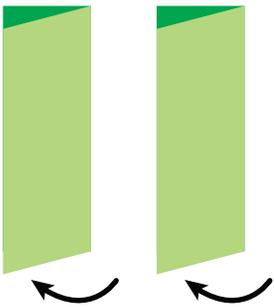
Fold the sheet of paper in half.



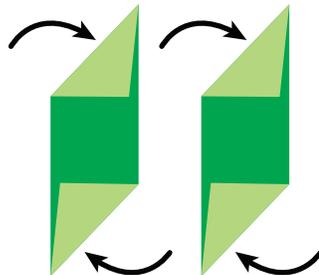
Neatly tear or cut the paper along the fold.



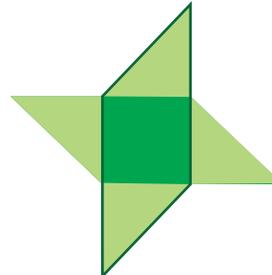
You will end up with two equal sized pieces.



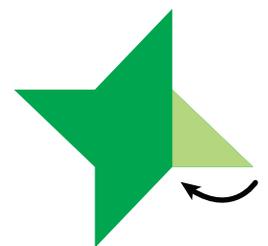
Fold each half sheet in half the long way (“hotdog” style).



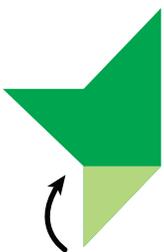
Fold corners so that they line up with the edge of the paper. Each piece should look the same.



Lay the pieces over each other as shown above.



Fold the right flap in.



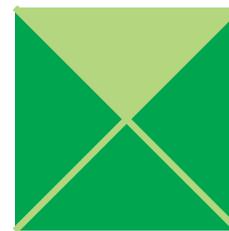
Fold the bottom flap up.



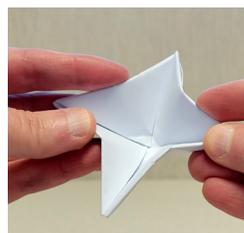
Fold the left flap in.



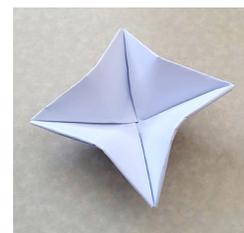
Fold the top flap down, tucking it under the first flap.



Fold and unfold the square along the dashed lines.



Pinch both sides and push in to get a shape you can spin.



← **The finished spinner should look like this. Have fun!**