

THE BEDTIME BOAT

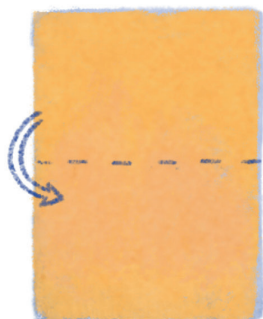
MINDFULNESS TECHNIQUES FOR CHILDREN



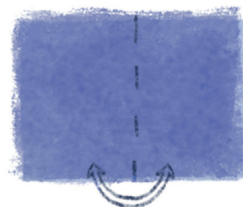
MAKE YOUR OWN BEDTIME BOAT

In the story, Chandan watches his paper boat as it moves up and down with his breath. You can try it for yourself with any small toy or make your own paper boat (ask a grown-up to help you). Don't worry if your mind wanders, just try your best to bring your attention back to your breathing.

You will need a sheet of rectangular paper:



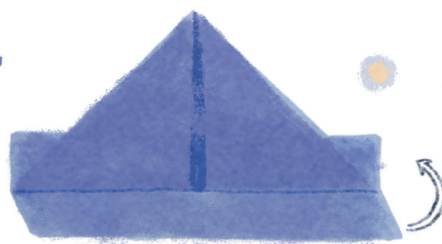
1. Fold it in half from top to bottom.



2. Then create a middle crease by folding the paper in half from left to right and re-opening.

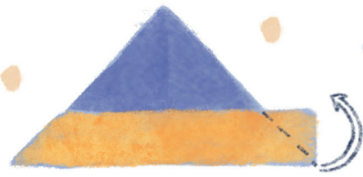
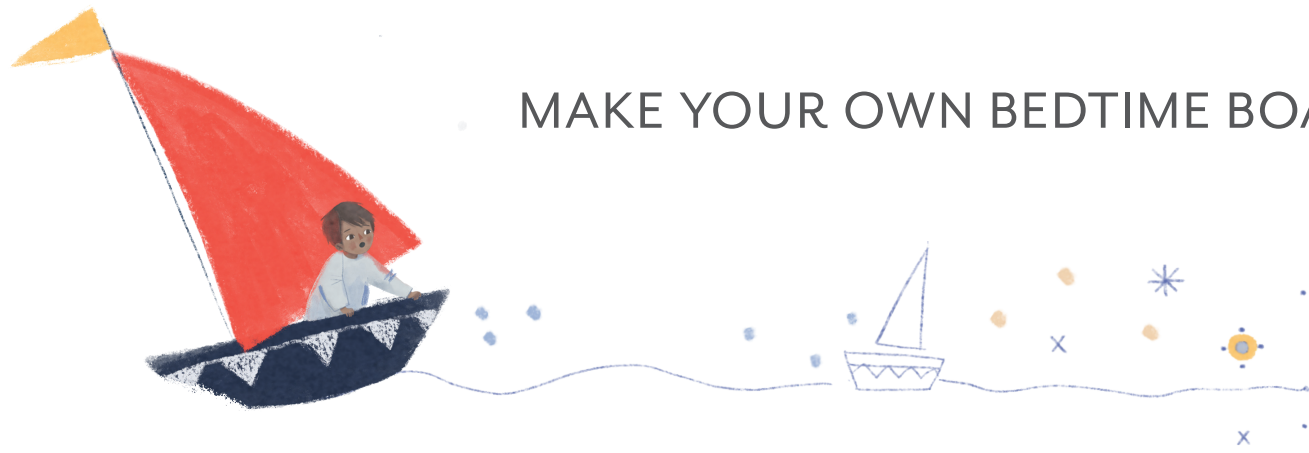


3. Fold the top corners down to the middle crease.

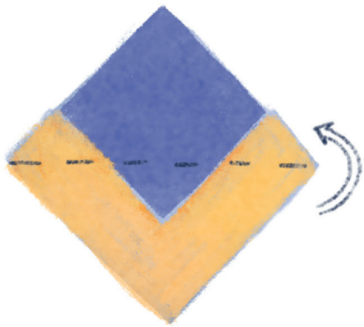


4. Fold the top layer of the bottom flap up, turn over and repeat on the other side.

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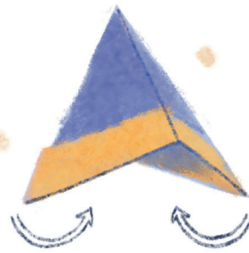
5. Tuck the corners of each flap on the front under the flaps behind. Then fold over the flaps on the back so you can see them on the front.



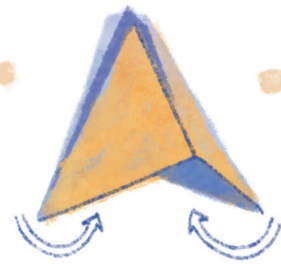
7. Fold the front layer in half from bottom to top, turn over and repeat on the other side to make a triangle.



9. Gently open up the sides from the top to shape your boat.



6. Pull the sides of the pocket outwards from the middle crease, turn, then flatten into a diamond.



8. Pull the sides of the pocket outwards from the middle crease, turn, then flatten once again.

