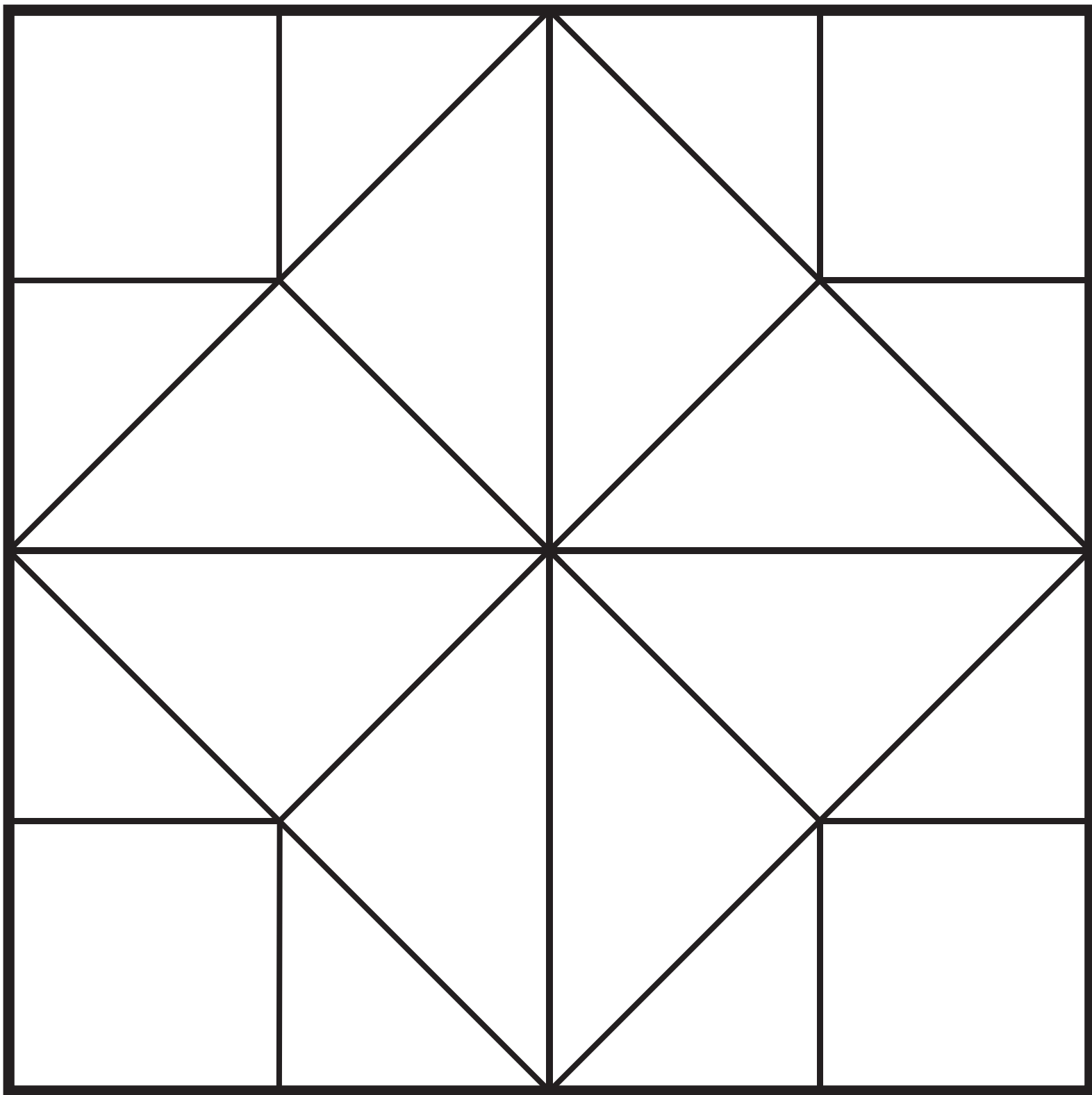


# "WELLNESS COOTIE CATCHER" TEMPLATE + INSTRUCTIONS



1. Cut out the template and begin by folding in half one way. Unfold and fold in half the opposite way.
2. With the template completely unfolded, flip it over so that the blank side is facing up (pictures facing down). Fold the corners into the center of the template (it may help to use your creases as guides for this fold)
3. Flip the paper over again so that the parts that you just folded (the numbers) are facing down, and all the prompts are facing up towards you. Fold in each corner to the center again.
4. With the numbers side of the cootie catcher facing up, fold it in half so that the pictures are on the outside.
5. Slide your fingers (pointer and thumb of each hand) under each of the two flaps created by the previous fold. "Pop" out these flaps then push in to finish up!