



1. Cut along the outside edges of the template to make the template a square.
2. Fill in the template – pop ways that you are going to move for your mood in the inner 8 triangles.
3. Place the template face down in a diamond shape, with one corner at the top.
4. Fold the top corner to meet the bottom corner and press along the crease, then unfold back to the diamond shape
5. Take the left corner and fold to meet the right corner and press along the crease, then unfold back to the diamond shape
6. Now take each corner and fold so the tip meets the middle of the template, at the point where the creases cross
7. Turn the template over – you should now have a smaller square
8. Repeat step 5 – fold each corner in to meet in the middle where the creases cross
9. Now fold the square in half, taking the bottom edge to meet the top edge – this should now be a rectangle shape
10. Place a thumb and finger underneath the squares on each side of the rectangle and pinch together to make the crease pop – you should now have your movement decider!