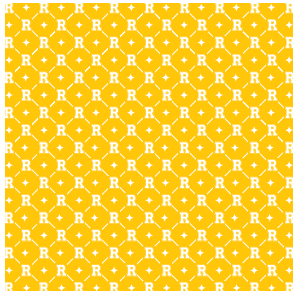


# TRY YOUR HAND AT ORIGAMI

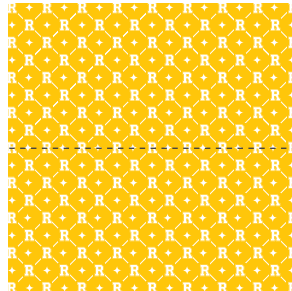


During this busy holiday season, origami offers an opportunity to practice mindfulness and gratitude. Take a five-minute break to create this Rochester spirit flower and reflect on the season and what matters most to you.

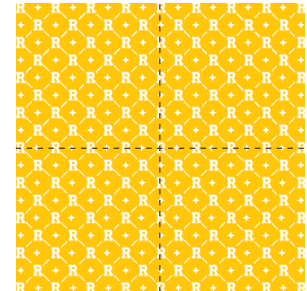
**STEP 1** Cut out the square on page 30 along the dotted line.



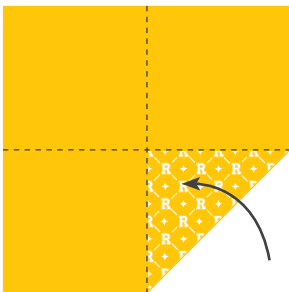
**STEP 2** Fold your paper in half horizontally to crease, then unfold it.



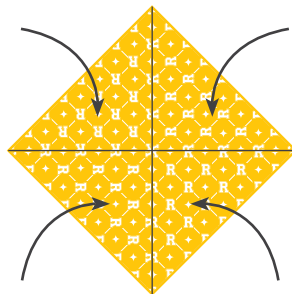
**STEP 3** Fold the paper in half vertically. Unfold again.



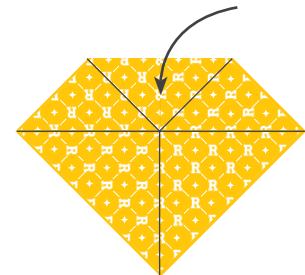
**STEP 4** Flip the paper over, so the solid yellow side is up, and fold a corner into the middle crease.



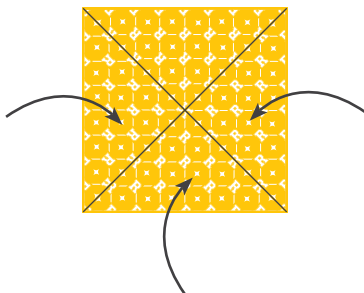
**STEP 5** Repeat this with the remaining three corners to make what is known in origami as a “blintz base.”



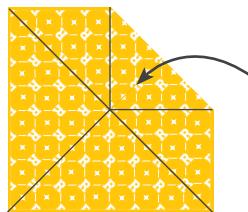
**STEP 6** Fold a new corner into the middle crease.



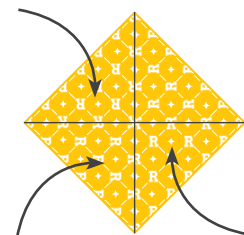
**STEP 7** Repeat this with the remaining three corners. In origami craft, this shape is known as a “double blintz.”



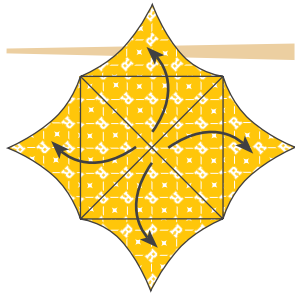
**STEP 8** Fold a new corner into the middle crease.



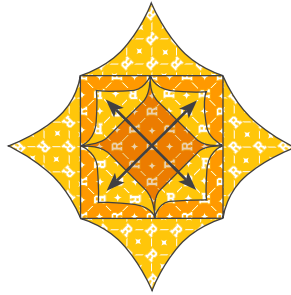
**STEP 9** Fold each new corner into the middle a third and final time. This is known as a “triple blintz.”



**STEP 10** Using a chopstick or pencil, carefully curl back the corners of the top layer.



**STEP 11** Continue by curling or lightly folding back the corners of the second layer.



**STEP 12** Fold back the innermost layer and your flower is complete.

