

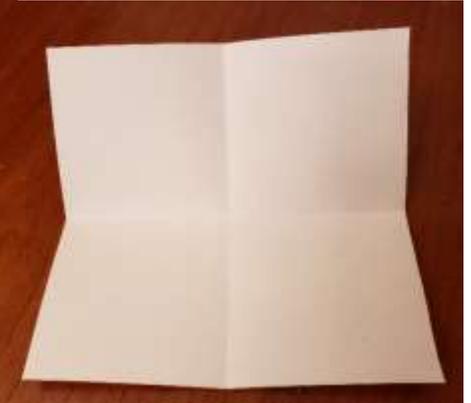
ORIGAMI HEART INSTRUCTIONS (PW-MUP 2021 Virtual Spring Break Women's Retreat)

Begin with a 6" x 6" piece of paper.

Place it "front side" down (if two-sided) on your work surface.

Make two separate folds, one vertically (left side folded over to the right side) and one horizontally (top folded to the bottom), so you have sharp crease marks running across and up and down the paper.

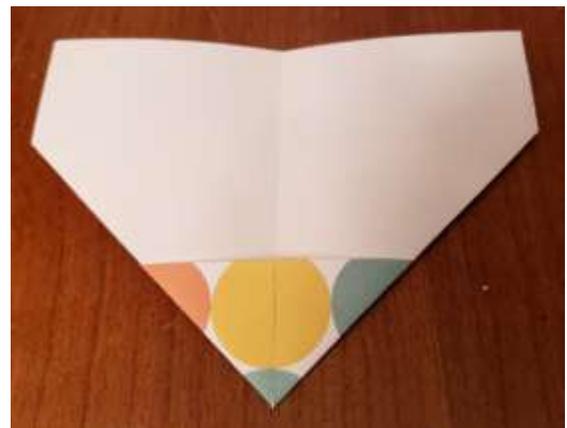
Keep the "front side" of the paper down, and then fold the bottom edge up to the middle so some of the "front" is now showing on the back side.



Turn the paper over so it is now "front side" up.

Fold one of the lower corners toward the center. Once well-folded, fold the other corner into the center.

The "front" and "back" sides will look like this:





Turn so the “back side” is facing you, and fold the two upper sides over to the center so it looks like this.



Next, fold the two upper corners down so they meet at the center – you will then have this hexagon-looking shape.

The next step is fun!

First, notice where the horizontal ‘middle’ is – temporarily, fold the top point down over the bottom point and make a crease (the horizontal “middle”).

Undo that fold *partially* and then gently tuck that upper half into the “pocket” in the lower end. It will look like this:

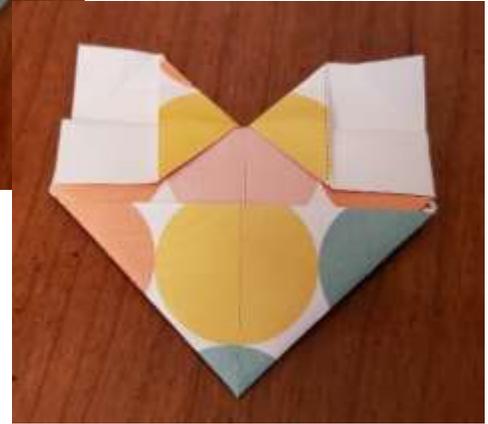
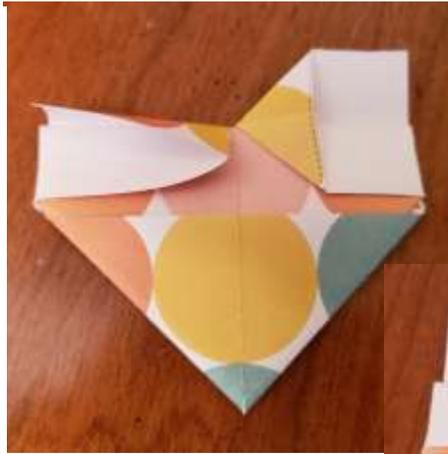
Give the top a good crease.



Gently spread open the two 'flaps' that appear near the top of your new shape.

As you flatten those "flaps" you'll see that the center portion can be folded outward.

Gently flatten out those former flaps so it looks like this:



The last step is to finish the "top" of your heart shape:

Fold down the two outer corners diagonally – they may or may not meet up with the opposite side. That's okay!

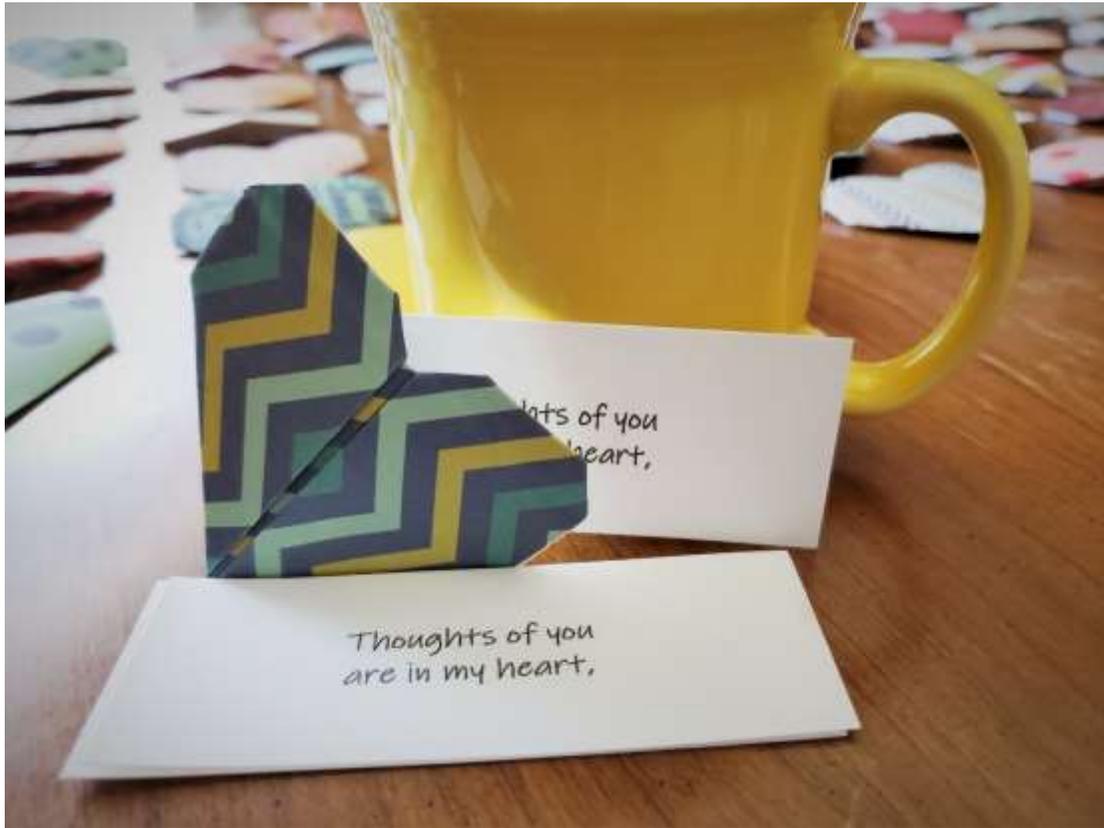
The last folds are the top edges – fold them down – as shown. The very tip may *ever-so-slightly* tuck into the fold below it. Or it may not – just be sure the top has a good crease.



Finally, time for the REVEAL! Turn your shape over and, voila! Your heart!

Note that there is a pocket-like flap on the back side. If you wish to tuck in a small message/note that can be done.





Who will you give your heart to?

Note: You can tuck a small note in the “pocket” on the back of your heart if you are giving it to away!