Fold upwards

Cut 2m of cotton thread and tie one end through the cross.

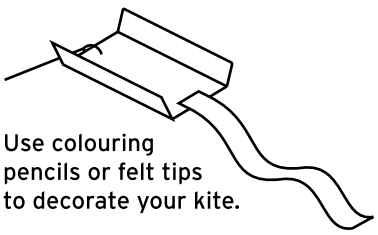
Fold upwards

PLAY
Be active, eat healthily, learn and create.

PAUSE
Think how you, others and the planet relate.

UNWIND
Relax, sleep well and regenerate.

Do these 3 each day and life will be great!



Use colouring pencils or felt tips to decorate your kite.

© 2011 www.playpauseunwind.co.uk

Cut a strip of newspaper 5cm wide and about 60cm long.

Stick one end here.