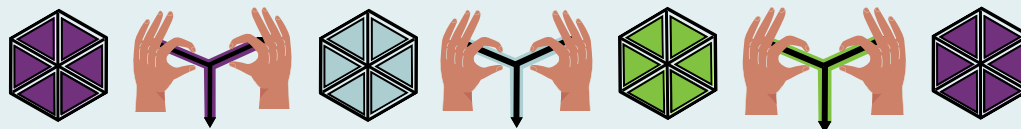# Flexagon Instructions and Templates

Flexagons refocus attention and use repetitive actions to create calm.
These flexagons are designed to help children self-regulate, whilst keeping their hands busy.
They are great to use for calming, grounding and distracting.

There are two different flexagon printing options to choose from.

1 - **Per Person Template**: select this option if you are printing on white paper. Each student gets one piece of paper with all of the template components that they need.

2 - **Two Person Template**: select this option if you are printing the centre templates on coloured paper. Print the Flexagon Frames on white paper and the Coloured Centres on 3 different paper colours.
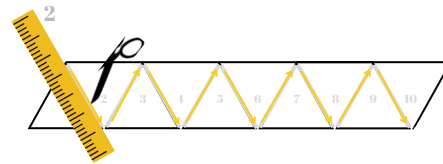
Contents
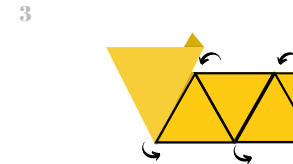
Click on the links to take you there
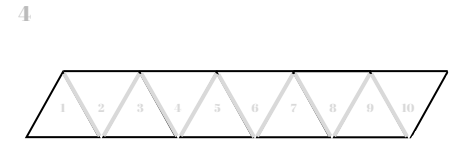
Instructions
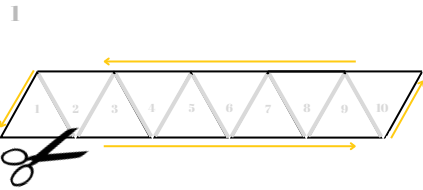
1

Cut out the template by cutting along the black lines.
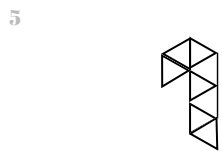
2

Score each grey line by opening your scissors and running of the cutting edges gently along the grey lines, using a ruler to guide you.
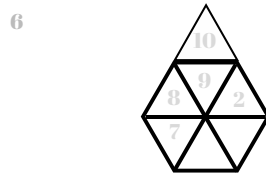
3

Fold each triangle over and then under, along the grey lines (9 folds in total).

4

Unfold the template back to its original shape.

5

Fold the template onto itself, so that triangles **3** and **4** are face to face. Your template will now resemble a candy cane shape.
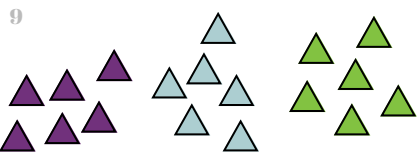
6

Fold template again, so triangles **6** and **7** are back to back (numbers on the outsides). Your template will now resemble a hexagon shape, with triangle **10** sticking out.
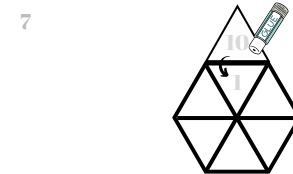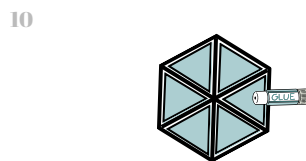
7

Fold triangle **1** over the top of triangle **9** and then glue triangle **10** onto the face of triangle **1**.
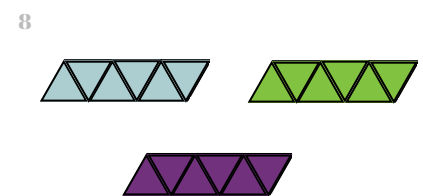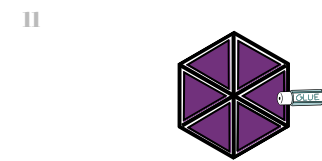
8

Colour each of the 3 "Coloured Centres" templates a different colour.
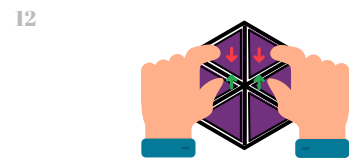
9

Cut out every triangle from the 3 templates. You will have 18 small triangles in total, 6 of each colour.
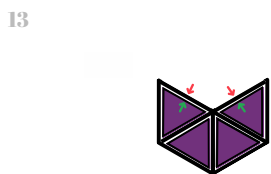
10

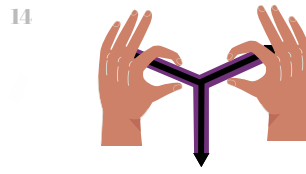Glue the 6 small triangles in your first colour onto one side of the Flexagon.

11

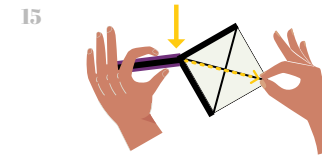Glue the 6 small triangles in your second colour onto the other side of the Flexagon.

12

Hold the Flexagon in 2 hands. Place your index fingers on the top 2 triangles, whilst holding the 2 side triangles between your thumbs and middle fingers.
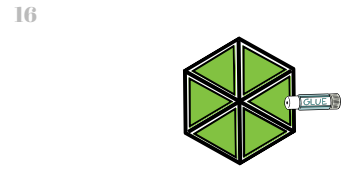
13

Push the top 2 triangles down until they are touching the triangles that your middle fingers are on.

14

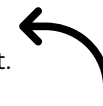Release your middle fingers. You will now be pinching 2 of the 3 sides of your new shape.

15

Release 1 hand that is pinching a side and use that hand to open your Flexagon from its centre. Release your other pinching hand and your Flexagon will open to the final side.

16

Glue the 6 small triangles in your third colour onto the last side of the Flexagon.

17

Turn your Flexagon 1 triangle to either the left or right. Repeat steps 12 to 15 to fidget with your Flexagon.

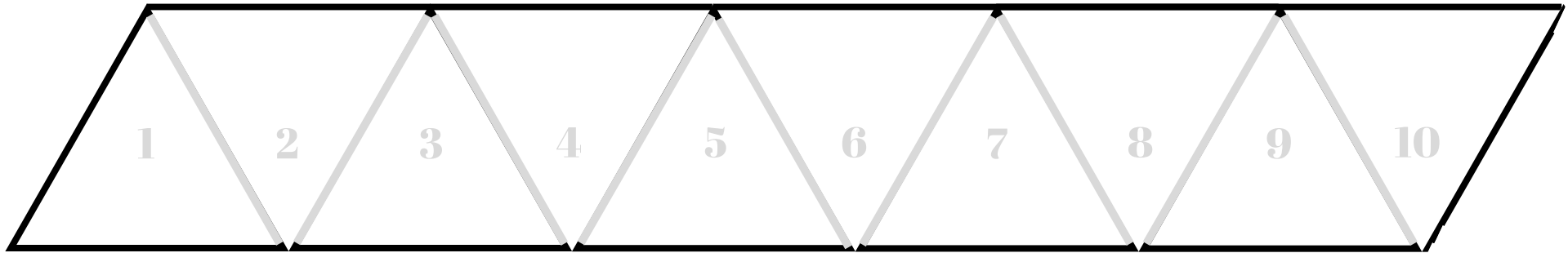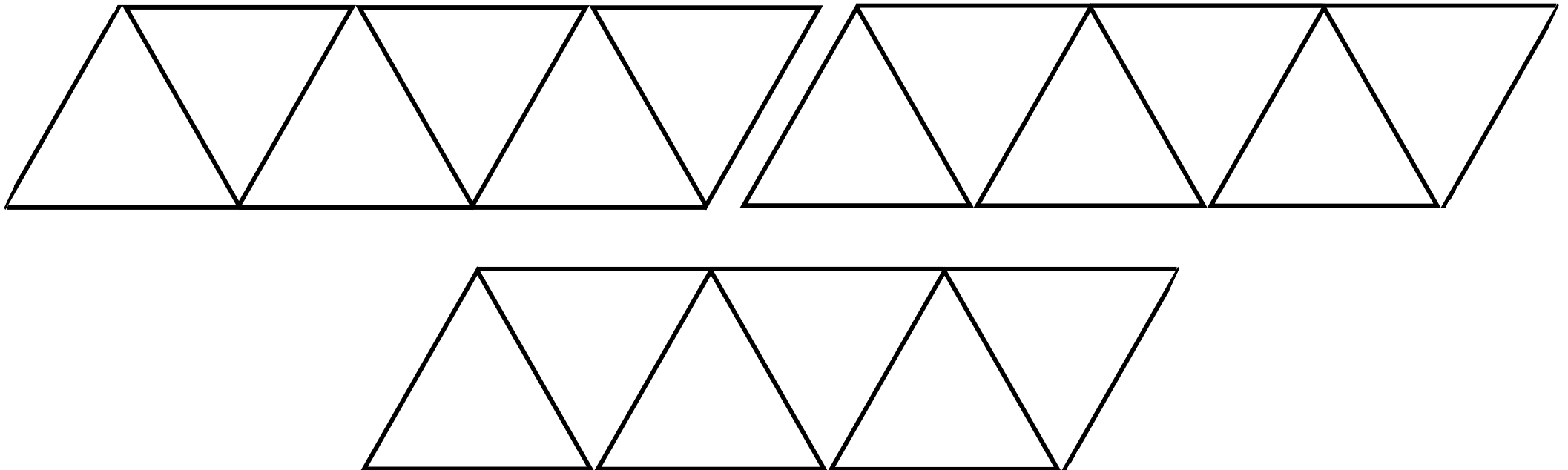# Instructional Videos

Instructional Video:
https://youtu.be/nvy8DFKaweI

Worded Instructional Video:
https://youtu.be/wkFAuUYocSk

Fidgeting With Your Flexagon:
https://youtu.be/ijzK8s9PUMA

Flexagon Frame

1   2   3   4   5   6   7   8   9   10

Coloured Centres

Flexagon Frames

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Coloured Centres