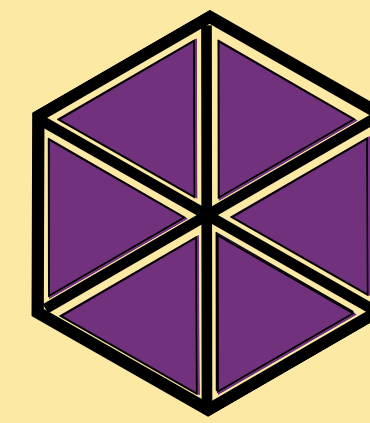
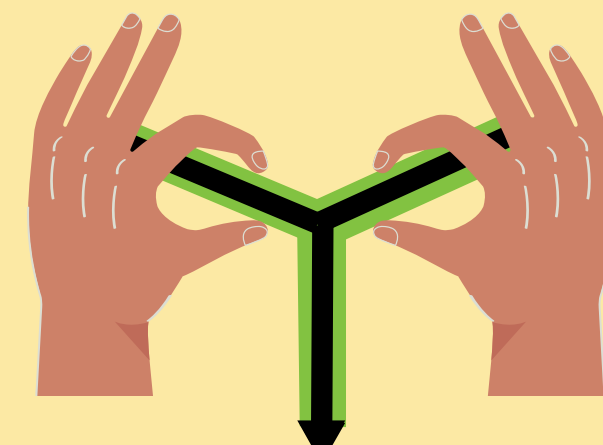
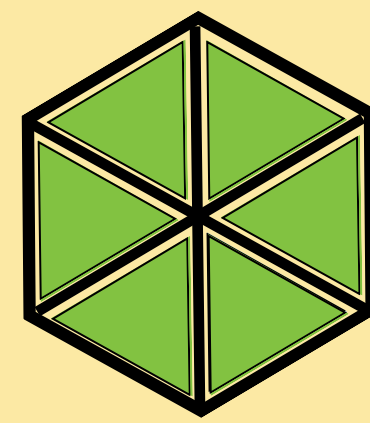
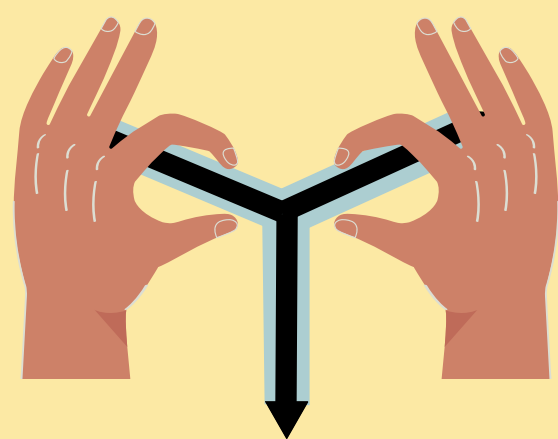
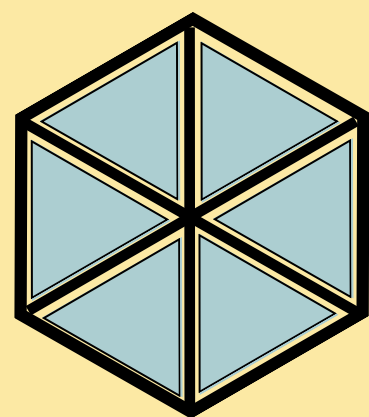
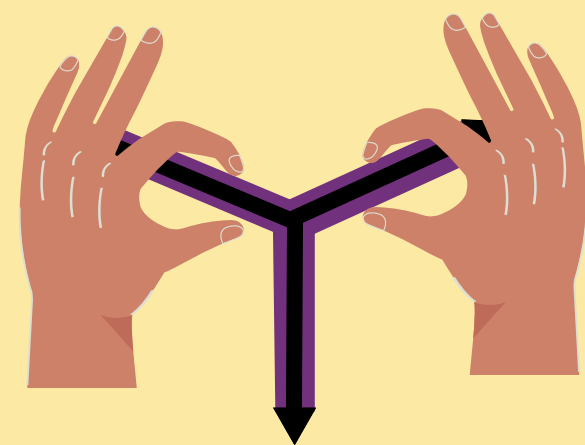
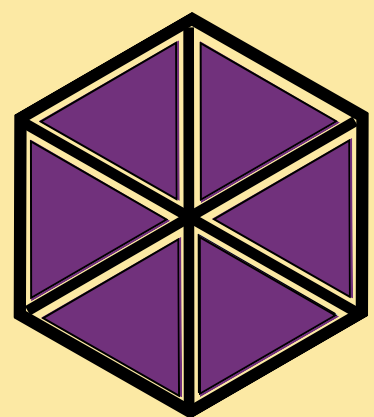
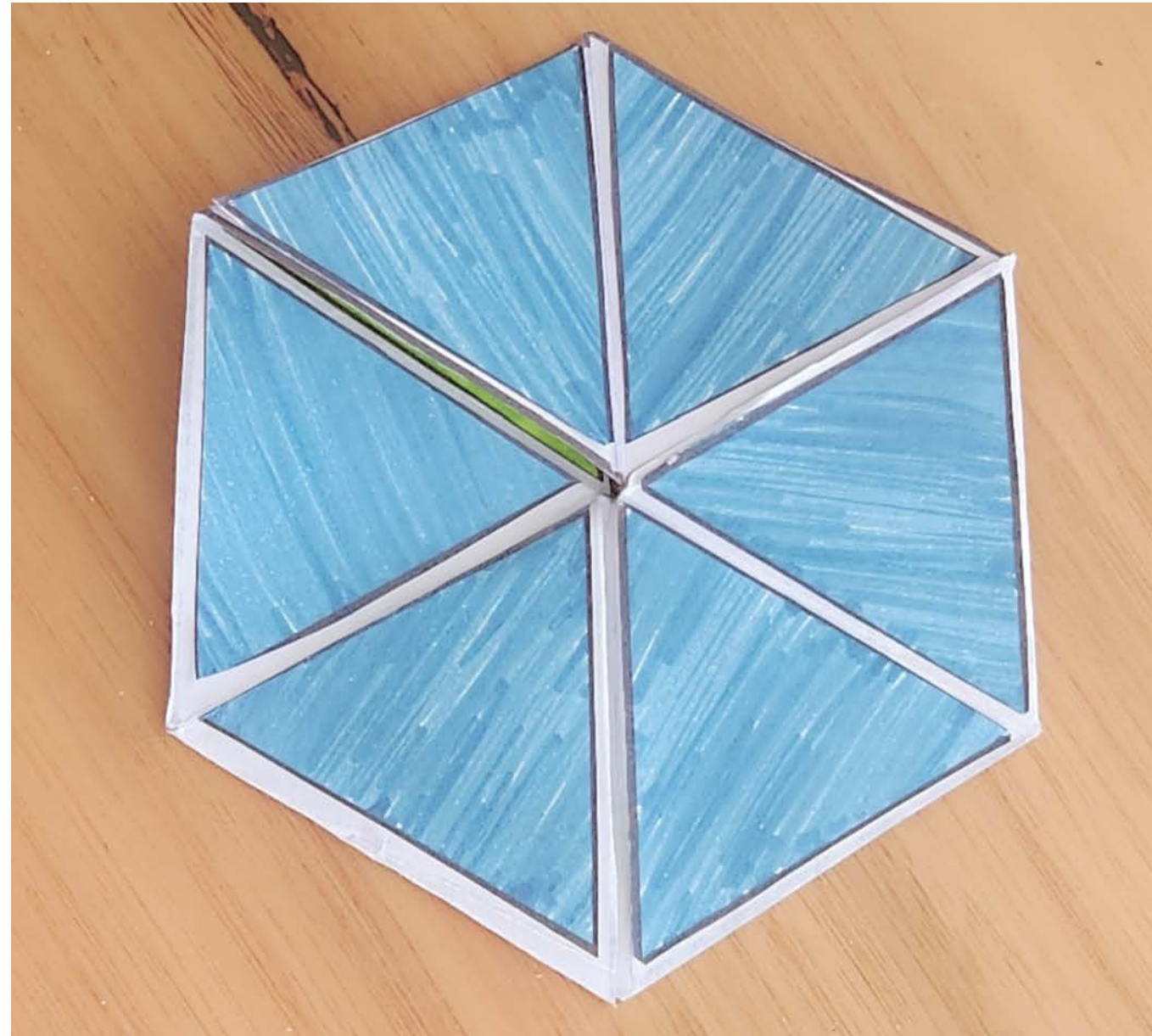


*Make your own*

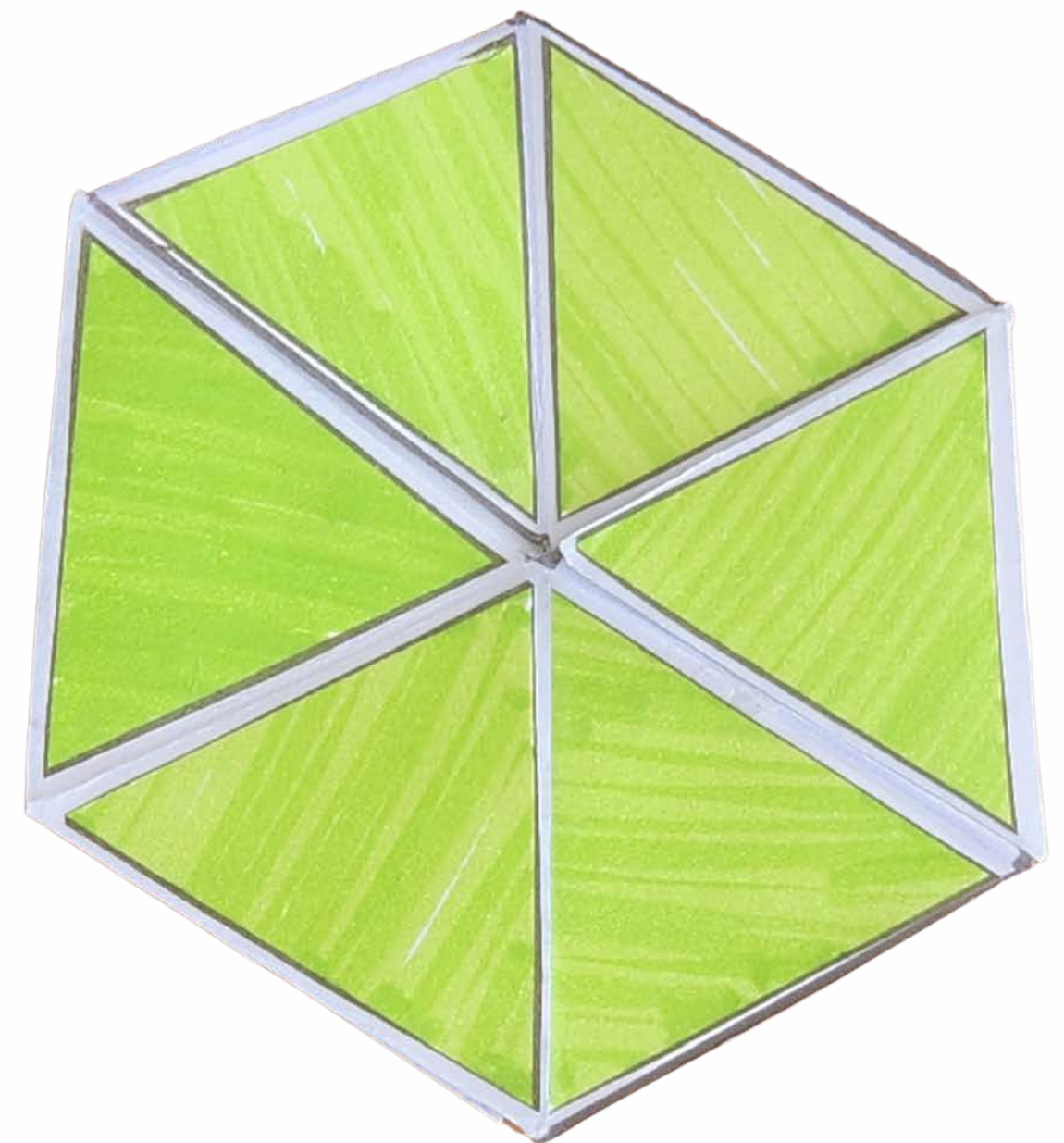
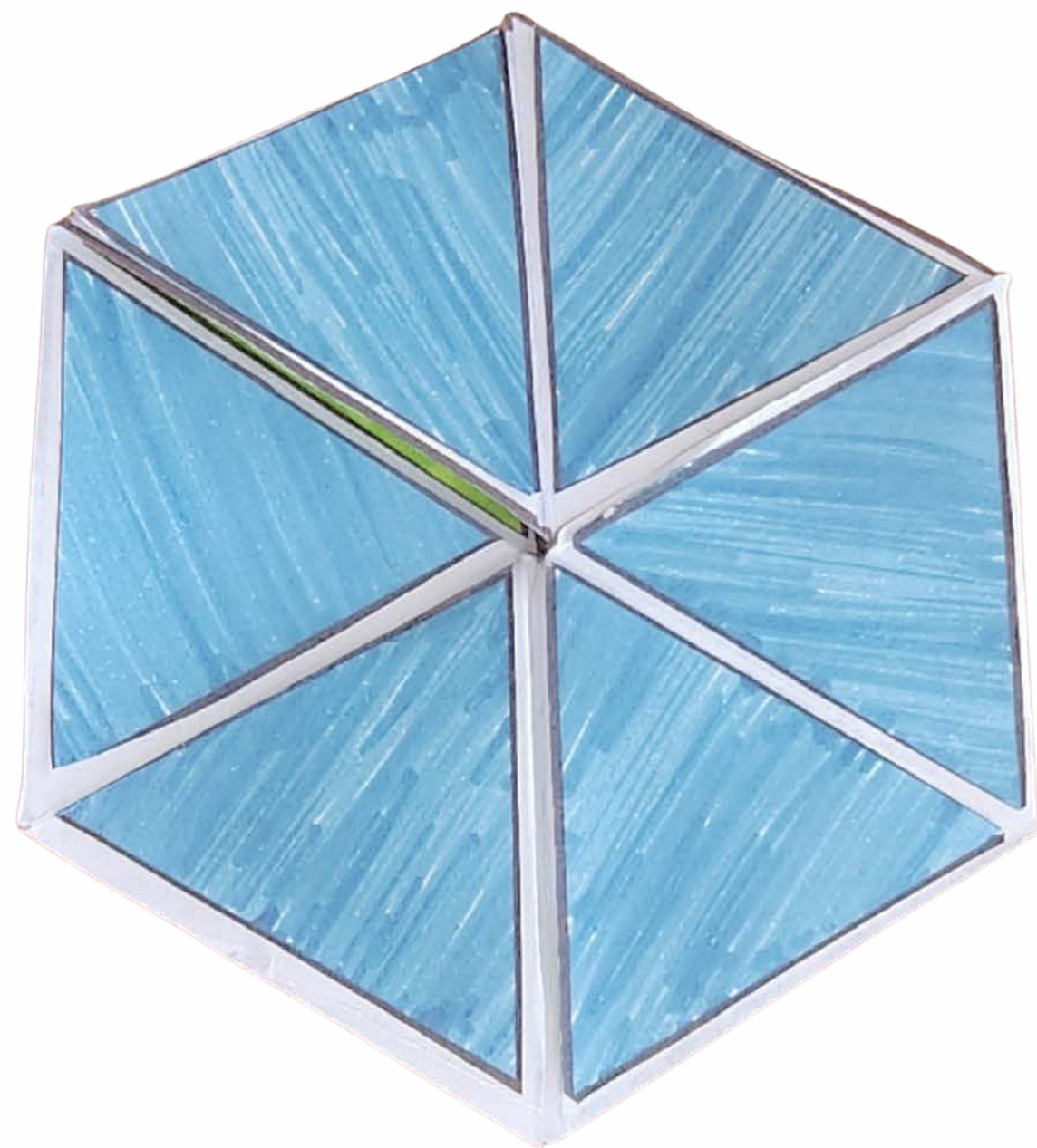
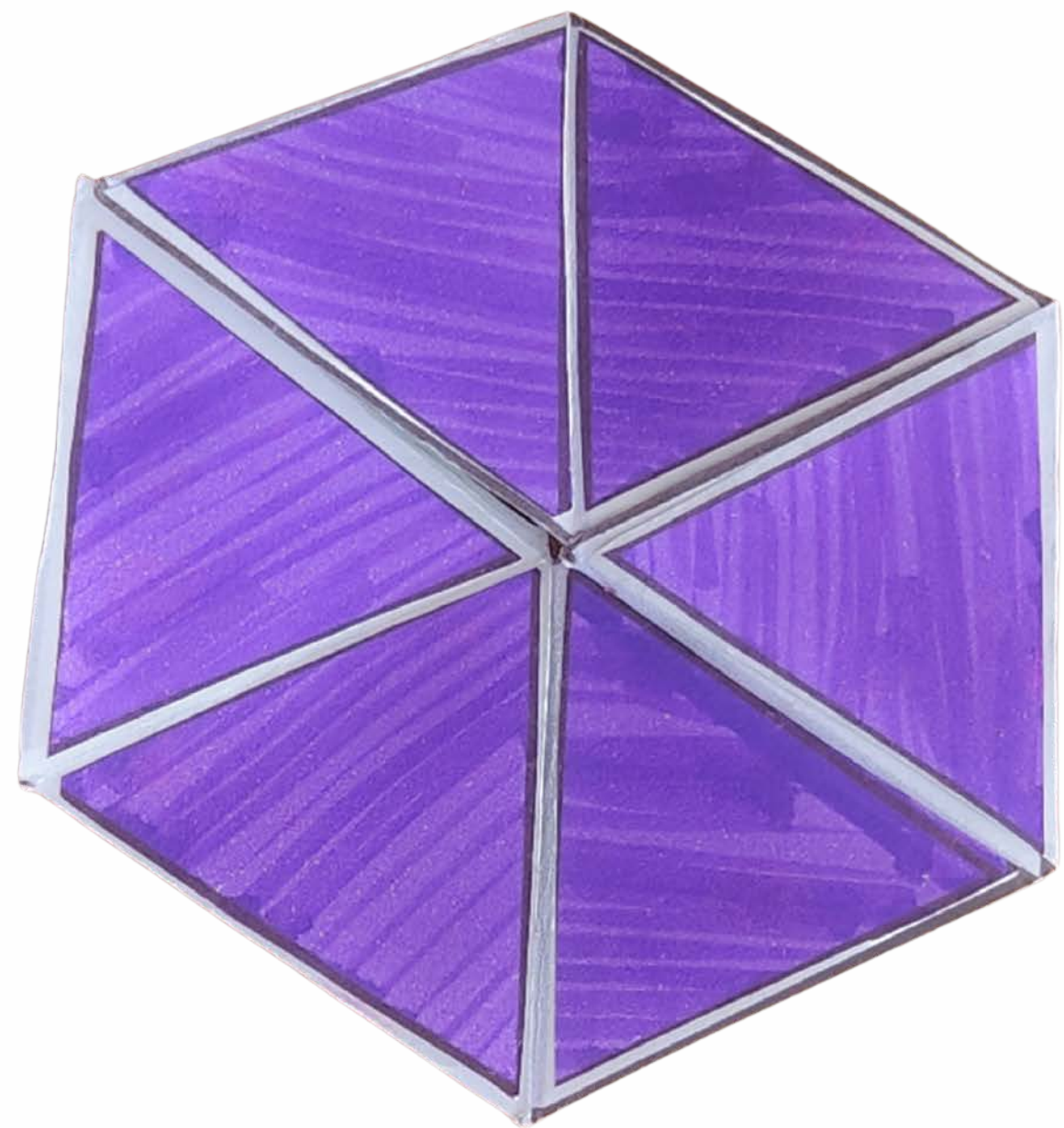
# flexagon













**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  
distracting

# Instructional Videos

**Flexagon Instructional Video:**

<https://youtu.be/nvy8DFKawel>

**Flexagon Instructional Video Worded:**

<https://youtu.be/wkFAuUYocSk>

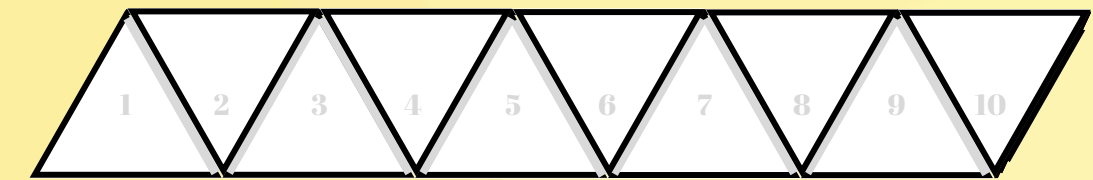
**Fidgeting With Your Flexagon:**

<https://youtu.be/ijzK8s9PUMA>

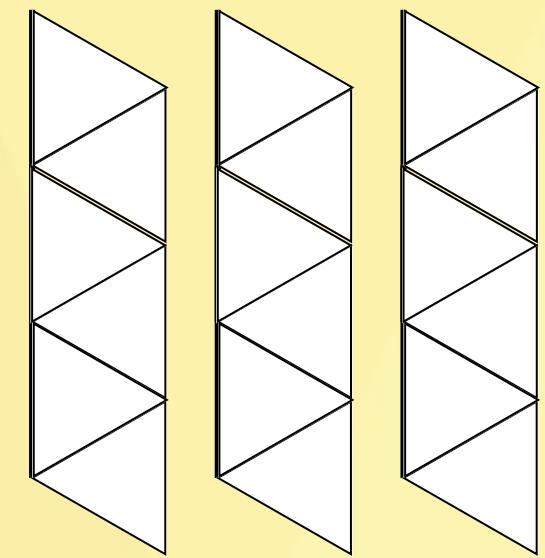
# Materials and equipment

## Materials you need:

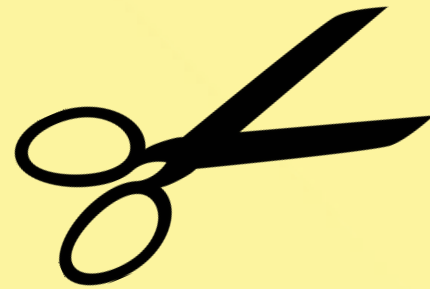
- Printed Flexagon template



- Printed Colour Centres templates



- Scissors



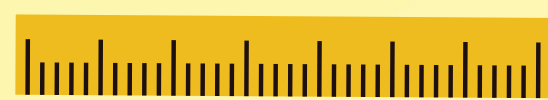
- Glue



- Pencils/crayons/textas



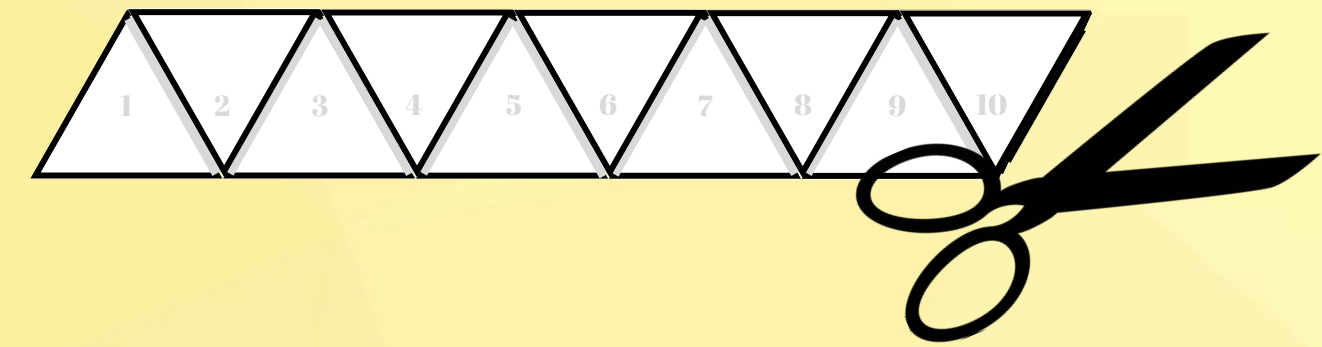
- Ruler



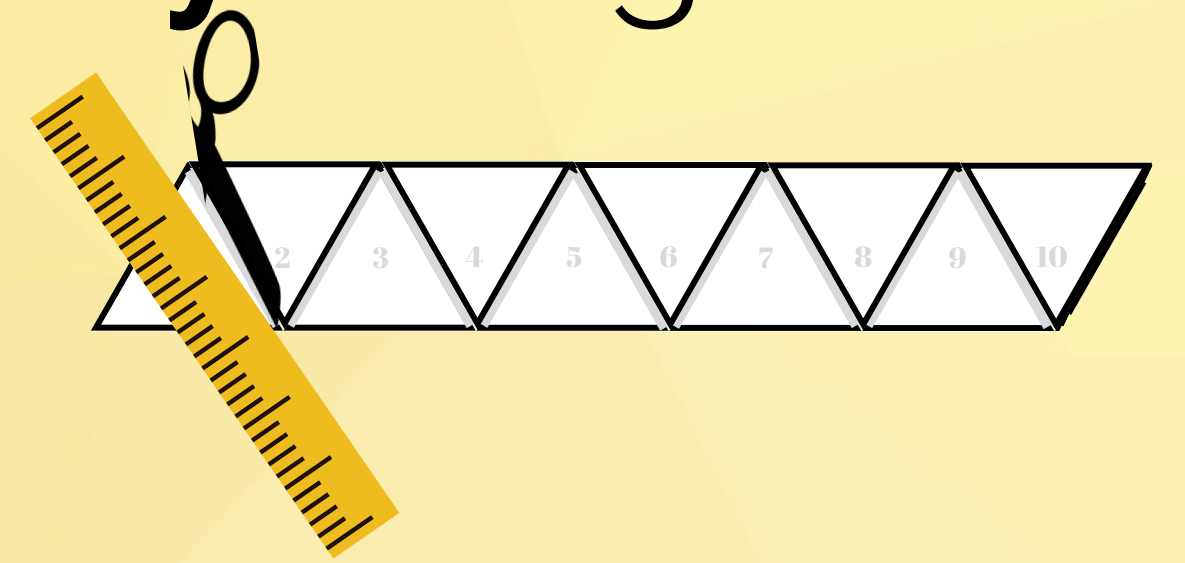
# Steps

1

- 1 Cut out the template by cutting along the black lines.



- 2 Score each grey line by opening your scissors and running one 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).

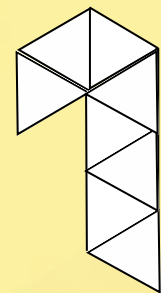


# Steps

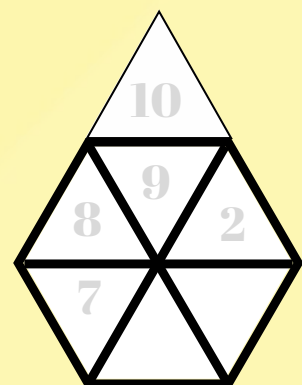
2

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.



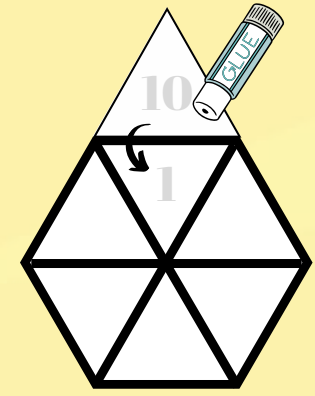


# Steps

3

7

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



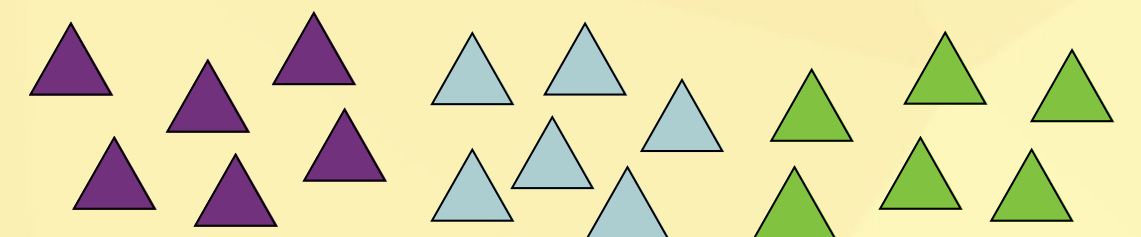
8

Colour each of the 3 “Coloured Centres” templates a different colour.



9

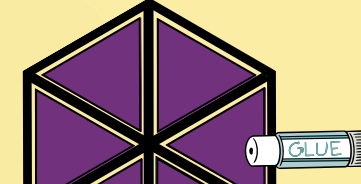
Cut out every triangle from the 3 templates. You will have 18 small triangles in total, 6 of each colour.

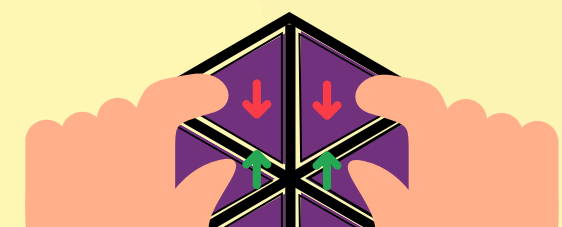


# Steps

4

**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. 

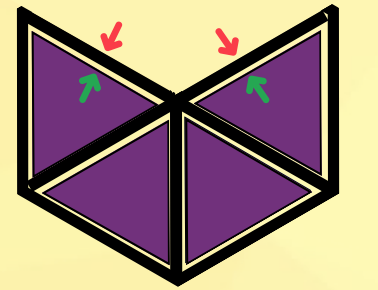
**12** Hold the Flexagon in 2 hands. Place your index fingers on the top 2 triangles, whilst holding the 2 side triangles between your thumbs and middle fingers. 



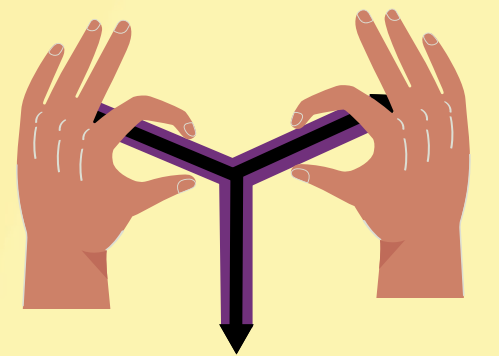
# Steps

5

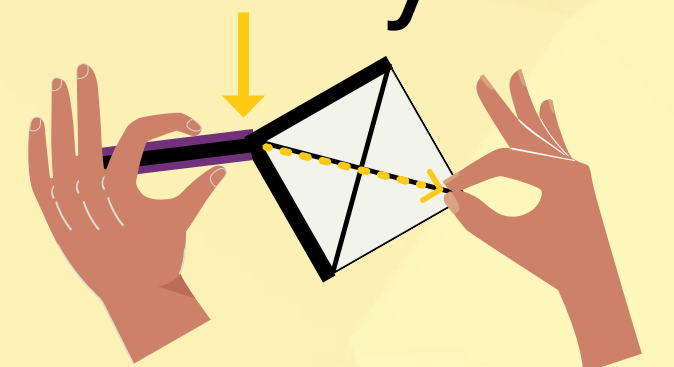
**1****3** Push the top 2 triangles down until they are touching the triangles that your middle fingers are on.



**1****4** Release your middle fingers. You will now be pinching 2 of the 3 sides of your new shape.



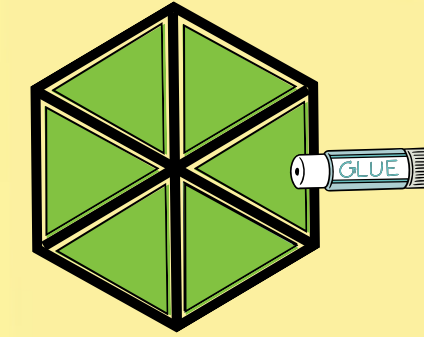
**1****5** Release one of your hands that are pinching a side and use that hand to open your Flexagon from its centre. Release your other pinching hand and your flexagon will open to the final white side.



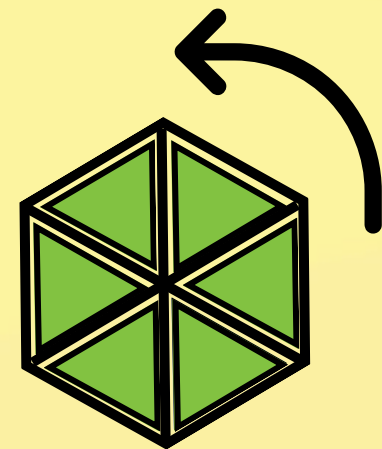
# Steps

6

**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.





# Notes

## Templates:

- The first template sheet is 1 per student. The next 2 sheets are enough of one part of the template, for 2 students.
- You may choose to print the “Coloured Centres” templates onto 3 different colours of paper, instead of students colouring in their own.

## Additional notes/considerations:

- As you are scoring your paper in step 2, you want to ensure that you aren't damaging the table or surface underneath. Place a book, magazine, cardboard or something solid under your template before scoring your lines.
- Push down GENTLY with your scissors when scoring your lines, so as you don't rip or cut completely through your paper.
- Print off a few spare Flexagon frames as if you push too hard during the scoring process and rip/cut your template, you will run into troubles later on.
- During step 15, if you are unable to open the Flexagon to the next side, turn the Flexagon 1 triangle to either the left or right. Readjust your fingers to the new triangles and repeat steps 12 to 15.