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.