

Breathing - S.T.A.R. Folder

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Pj0Bkoqb0TA](https://www.youtube.com/watch?v=Pj0Bkoqb0TA)
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SUMMARY

In this tutorial, Andy demonstrates how to create a breathing folder, a simple craft that can be used for mindfulness and relaxation exercises. The project involves tracing a star pattern, cutting slits, and folding to create a functional and engaging tool for breathing exercises.

- *Start with a file folder facing down on the table.*
- *Align and trace a star pattern on the fold of the folder.*
- *Cut a slit about an inch deep, one-third of the way up from the bottom.*
- *Fold the folder into two triangles on each side.*
- *Unfold the triangles and open the folder completely.*
- *Push through with your finger while closing it to create the breathing effect.*
- *Crease the folder to finalize the breathing folder design.*

Andy and today we're going to make a breathing folder breathe with me first we're going to start with our file folder and the part that has the ink we're going to face down on the table and then we're going to take our star pattern and we are going to line him up so that um he's right on the fold and then we're going to trace our star pattern all the way

around once we're done with that we can him over there then we're going to close it back up take the scissors and about a third of the way up we're going to make a slit that's about an inch to an inch and a qu and then once we make that we're going to fold it into two triangles and keep it straight one two and flip it over and do the same thing on the other

side two triangles and then unfold it again and then open it all the way back up and then as you close it you're going to push through with your finger and then close it all up and crease it so that you have your very own freezing quer breathe with me