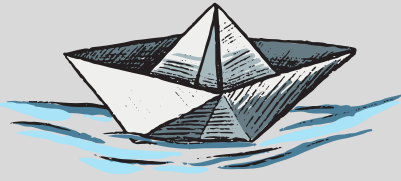


Navigating Failure

The Origami Challenge



Lessons in Mental Health

Step-by-Step Instructions:

1. **Start with a Rectangle:**

Place the paper on a flat surface with the shorter side at the top.

2. **Fold in Half (Lengthwise):**

Bring the bottom edge to meet the top edge. Crease the fold firmly, then unfold. (You're creating a center crease as a guide.)

3. **Fold in Half (Widthwise):**

Bring the left edge to meet the right edge. Crease firmly, and keep it folded.

4. **Form the Triangle:**

Rotate the folded paper so the open edge is at the bottom. Fold the top corners down to meet at the center crease, forming a triangle with a rectangle underneath.

5. **Fold Up the Bottom Flaps:**

- Lift the bottom edge of the rectangle (below the triangle) and fold it up to cover part of the triangle. Flip the paper over and repeat on the other side.
- Tuck in the small edges sticking out at the corners.

6. **Open the Base:**

Open the bottom slightly and flatten the paper to form a diamond shape.

7. **Fold Up the Bottom Edges Again:**

Take the bottom edges of the diamond and fold them upward on both sides. Crease firmly.

8. **Pull Open the Middle to Form the Boat:**

Gently pull apart the top edges to open the middle. Adjust the folds as needed to make the boat stand upright.