

Length of time it will take: 45 minutes



Rainbow origami stars

These origami stars are therapeutic to make and beautiful to share, as bunting in your window or on a card to a loved one who needs a pick me up.



Crafty shopping list

- Any coloured paper. We like rainbow colours or for something different try old magazines, patterned paper or sheet music
- Scissors
- Needle and thread
- See our suggested suppliers list online at mind.org.uk/ craftcupboard

Pentagon Template





How to make your Rainbow Origami Stars





Cut out the pentagon shape to fit the size of your paper, then trace and cut this out on your paper.



Place your pentagon nice-side-down. Fold the pentagon in half through each of its points and unfold again. Repeat this on all sides.



Then fold up the bottom edge so that the corners meet the folds you've made.



Unfold, and repeat step 3 for all 5 sides. You should then have folds that look like this.





Fold the left edge on one of the folds you've made on step 3 and 4, also folding up the bottom edge at the same time, and pulling the left bottom corner out.



Unfold completely. Rotate the pentagon and repeat step 5 for all 5 sides.



This next step is like magic. Unfold completely, then with both hands pinch all of the corners up and together, then squash them all to the centre. The paper will collapse into a star shape like this.



Turn over your star, then fold the right edge to the centre point of the paper.

Work clockwise, repeat for all of the other 4 edges. The last one may need tucking in slightly.



Thread a needle and tie a knot at one end of the thread. Carefully push the needle through one of the points of the star and pull the star to the end of the thread. Continue adding stars to the thread until you have bunting to show in your window.