

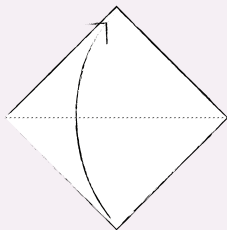
# Find your peace this Christmas

Mindful exercises are just one thing that can help quiet the noise when things become overwhelming. We hope you enjoy making your origami dove.

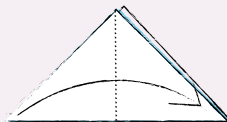
## Origami peace dove

Our trained practitioners use a variety of techniques to help the young people who come through the doors of our early support hubs every day. From listening and breathing exercises, to mindful activities like art therapy, support is tailored to their individual needs. **Take a moment to transform this paper into a beautiful dove.** We hope you find your peace this Christmas.

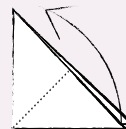
## Instructions



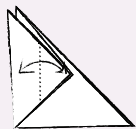
**1.** Start with your sheet, plain side up, rotated like a diamond. Fold bottom point to top point, crease.



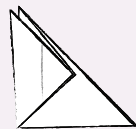
**2.** Fold bottom-left corner to meet bottom-right corner.



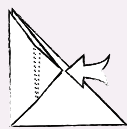
**3.** On the top layer, fold bottom-right corner to top-left corner.



**4.** Still on the top layer only, fold new right corner to meet the middle of the left edge.



**5.** Crease, then unfold to leave a guideline.



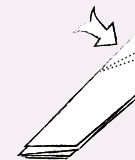
**6.** Use the crease for an inside reverse fold (open flap, push the corner inside, flatten).



**13.** Both sides should now match.



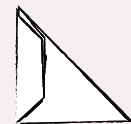
**14.** Turn over.



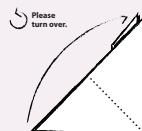
**15.** Rotate the model counter-clockwise so the beak is at top right.



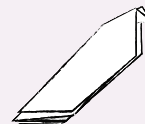
**7.** Flatten the tucked corner to make a straight edge.



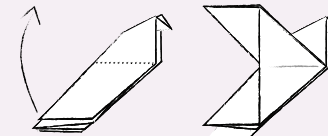
**8.** Turn the model over (folds should be on the right).



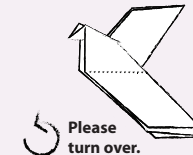
**9.** Repeat: fold top layer's bottom-left corner to top-right corner.



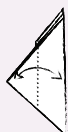
**16.** Inside reverse fold at the crease to form the beak.



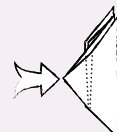
**17.** Fold the top flap up to make the first wing, crease well.



**18.** Turn over, fold the other flap up for the second wing.



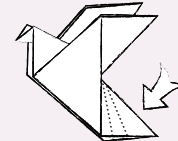
**10.** Fold new flap corner to middle of right edge, crease, then unfold.



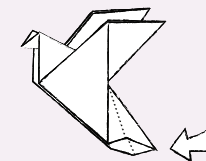
**11.** Inside reverse fold along this crease.



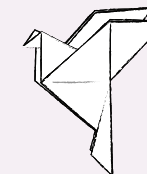
**12.** Flatten the tucked corner into a straight edge.



**19.** Fold tail down on one side to crease. Unfold, then fold down the other side to reinforce the crease.



**20.** Open tail layers slightly and crimp fold along the creases to shape, and flatten tail evenly.



**21.** Spread wings for flying pose, then sharpen creases, adjust angles, and tail. Your dove is complete.



"It was a  
**comforting**  
**space.**"

Anthony

Be the reason a child finds  
their peace this Christmas.



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The  
Children's  
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Help a child

**quiet the noise**  
this Christmas.

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