Stage 1 Unshaping

What do you dislike about yourself?



1. With the uncoloured side facing up, fold the top edge to the bottom edge.



3. Fold the top-right corner to the middle of the bottom edge at the back.



2. Fold the top-left corner to the middle of the bottom edge at the front.



4. Lift the front raw edge upwards from the middle, encouraging the left and right corners to collapse inwards.



Preliminary base

Stage 2 Unmaking

What do you hope you will become?



1. Fold the upper layers from the left hand edge to the centre line.



2. Repeat, folding the upper layers of the right hand edge to meet those from the left.



3. Turn the piece over and repeat step 1, folding the left hand layers to the centre line.



4. Repeat step 2, folding the right hand layers to meet those from the left.



 Pull the top layer up from the bottom corner, encouraging the edges to fold inwards and unfolding the top point.



5. Fold the top point down, using the upper edge of the folded layers as a guide.



8. Turn over and repeat, unfolding the left and right layers and pulling the bottom point to the top.



6. Keeping the top point folded down, pull out the folded layers from below.



Preliminary Base

Stage 3 Remaking

What do you fear you will lose?



1. Fold the top layers from the right hand edge to the centre line.



2. Repeat, folding the top layers from the left hand edge to the centre line.



3. Turn over and repeat, folding the top layers from the right hand edge



4. Repeat, folding the top layers from the left hand edge to the centre line.



5. Move the top right hand layers over to the left hand edge.



6. Turn over and repeat, turning the top right hand layers over to the left.



7. Fold the top layers up, from bottom corner to the top corner.



8. Turn over and repeat, folding the bottom corner up to the top corner.



Stage 4 Reshaping

What do you discover about yourself?



1. Move the top layers from the left hand side to the right hand side.



2. Turn over and repeat, moving the top layers from the left to the right side.



3. Pull the left stem out and down, pinching the base once shaped.



4. Repeat, pulling the right stem out and down and pinching the base.



5. Reverse-fold the right hand stem to form a head in the neck.



6. Holding all layers of the base together with the index fingers of both hands, use the thumb and forefinger of each hand to hold the wings near the base and pull the wings down, allowing the top point to collapse and the neck and tail to lean outwards.

