This week's nook activity is here!

Flower Making!

Stop by OHP to make a tissue paper flower and place it in your friends mailbox!
Simple Acts of Kindness can...

1. reduce negative emotions (anger, anxiety, depression, etc.)

2. releases neurochemicals that make you feel good when you help others

3. strengthen interpersonal bonds through the release of oxytocin


Make an “everyday” flower...

Step 1: choose your colors

Step 2: arrange colors in the order you want your flower to be in

Step 3: fold "Accordion-style"

Step 4: tie in the center with a pipe cleaner

Step 5: cut ends so they are round!

Step 6: start unfolding!

Step 7: attach a note to a friend if you would like!
Make an “everyday” flower...

2. Stack napkins and cut a long strip.
3. Fold the strip into smaller sizes.
4. Tie the strip tightly.
5. Unfold the petals and bend them towards the center.
6. Continue folding and bending until you have a flower shape.
7. Add a stem to the flower.
8. Enjoy your beautiful DIY flower.
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