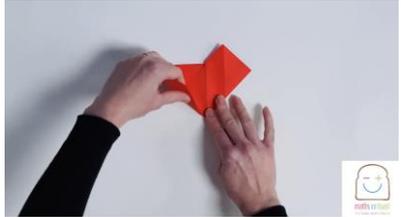


How to make an Origami Heart

 <p>1. Take a square piece of paper.</p>	 <p>2. Fold it in half diagonally - top right to bottom left. Unfold and do the same with top left to bottom right.</p>	 <p>3. Rotate the square so that you have a diamond.</p>
 <p>4. Now fold the top point to where the creases meet in the centre.</p>	 <p>5. Fold the bottom point to reach the fold you have just made.</p>	 <p>6. Take the bottom right edge and place it along the centre crease. Press in place.</p>
 <p>7. Do the same with the bottom left edge.</p>	 <p>8. Turn over and take the top right point to meet the horizontal line of the fold. Press in place.</p>	 <p>9. Do the same with the top left point.</p>
 <p>10. Next fold the right point slightly to make a vertical edge.</p>	 <p>11. Do the same with the left point.</p>	 <p>12. Turn over. Ta- Dah! You have a heart!</p>

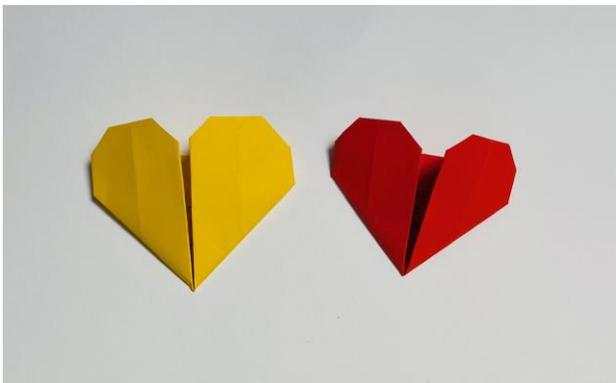
Why's this maths?

You'll be transforming a 2D flat surface into a 3D shape made up of different polygons (closed flat shapes with straight sides). Can you spot the different polygons as you fold?

For more fun activities visit www.mathsontoaast.org.uk

Don't forget to share your creations and comments on Twitter, Facebook or Instagram tagging @mathsontoaast using #positiveaboutmaths

Ripple of Kindness



Why not write a kind message inside your heart, then surprise a neighbour by posting it through their letterbox. Or pop it in an envelope, add a stamp and post it to a friend or family member. You could even add this instruction sheet and a square piece of paper, to inspire them to do the same.

Paying it forward is what happens when someone does something nice for you and all they ask in return is for you to pay it forward with an act of kindness for someone else.

Small acts of kindness passed on, can have a ripple effect. One small act of kindness **multiplied** by many can change the world for the better!

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