

For participants joining in person

Please bring:

- Scissors
- Clear tape
- Glue stick
- Pencil or pen
- Ruler
- One coloured marker or felt-tip pen
- 3 or more paper strips measuring approximately **4–5 cm × 28–30 cm**. You can cut them lengthwise from a sheet of letter-size or A4 paper.
- 3 or more long paper strips measuring approximately **5–7 cm × 80–120 cm**. Cut two strips lengthwise from letter-size or A4 paper, place them end to end with a small overlap, and tape or glue them together.
- Optional: one prepared sheet of heavier paper, like construction, mixed media or craft paper (see instructions below)
- Optional: one sleeve from an old long-sleeved shirt or one leg from an old pair of pants, plus 4–6 safety pins

Some scissors, tape, glue, safety pins, and prepared paper will be available, but please bring your own if possible.

For participants joining online

Please have the following materials ready:

- Scissors
- Clear tape
- Glue stick
- Pencil or pen
- Ruler
- One coloured marker or felt-tip pen
- 3 or more paper strips measuring approximately **4–5 cm × 28–30 cm**. You can cut them lengthwise from a sheet of letter-size or A4 paper.
- 3 or more long paper strips measuring approximately **5–7 cm × 80–120 cm**. Cut two strips lengthwise from letter-size or A4 paper, place them end to end with a small overlap, and tape or glue them together.
- Optional: one prepared sheet of heavier paper, like construction, mixed media or craft paper (see instructions below)
- Optional: one sleeve from an old long-sleeved shirt or one leg from an old pair of pants, plus 4–6 safety pins

Preparing the heavier paper (optional)

You will need:

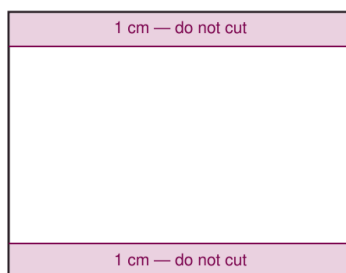
- One letter-size or A4 sheet of heavier but flexible paper such as construction paper, drawing paper from an art pad, lightweight cardstock, or mixed-media paper. It should be easy to bend and cut.
- Ruler
- Pencil
- Scissors
- Recommended: craft knife and cutting mat

Instructions:

1. Place the paper horizontally.
2. Draw a horizontal line **2.5 cm (1 inch) from the upper edge** and another **2.5 cm (1 inch) from the lower edge**.
3. Mark parallel vertical strips approximately **1–1.5 cm wide** across the paper.
4. Cut along the vertical lines, stopping at the top and bottom margins.
5. Do not cut through either margin. All the strips must remain connected along the upper and lower edges.

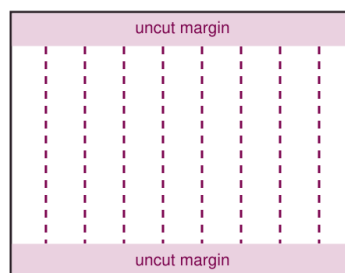
Preparing the heavy paper

1. Mark two 1 cm margins



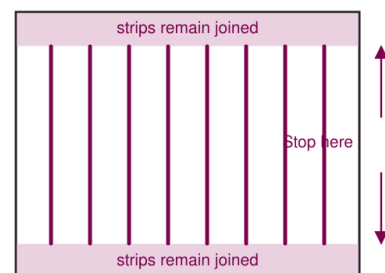
The margins run along the two long edges.

2. Draw parallel cutting lines



Space the lines about 1–1.5 cm apart.

3. Cut only between the margins



Do not cut through either long edge.

The finished sheet has many strips, all connected by the two long margins.

