



SIBLING FUN FRIDAYS

Paper Stars

A heartwarming way to pass secret messages to your sibling or friend!

What You Need

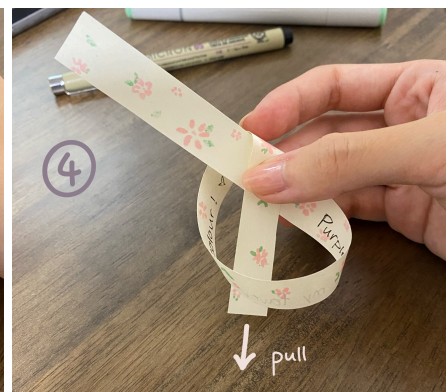
- Strips of paper (template included, but you can use GOOS paper or buy pre-sized strips)
- Pencil/pen (*optional, for writing your secret messages*)
- Markers/crayons/pencil crayons (*optional, for decorating your stars*)
- A sibling, family member, or friend (*optional*)

How to Make Paper Stars

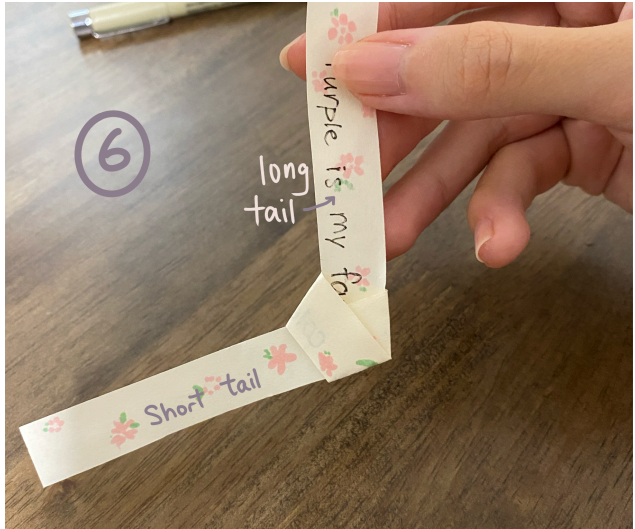
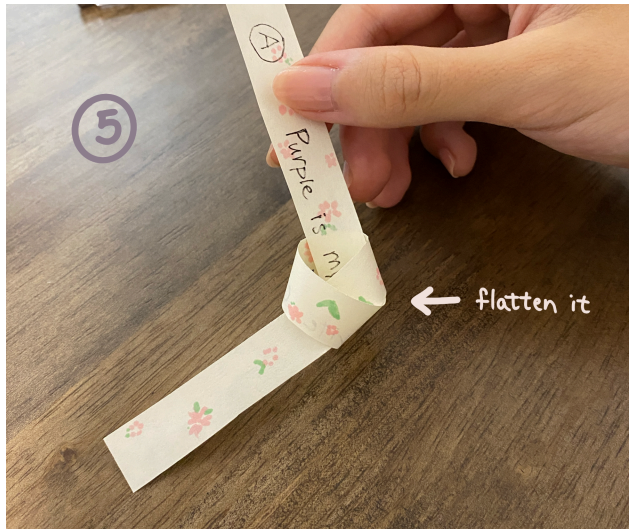
1. If you want, write a secret message on one side of your strips of paper. We'll call this side A. Decorate the other side. We'll call this side B.



2. Imagine tying a loose knot on one end of a rope. We'll do the same thing with your paper: overlap the two ends of your strip of paper so you have a small loop, with side A on the inside of the loop. One end should be much longer than the other, though it doesn't matter the exact amount.



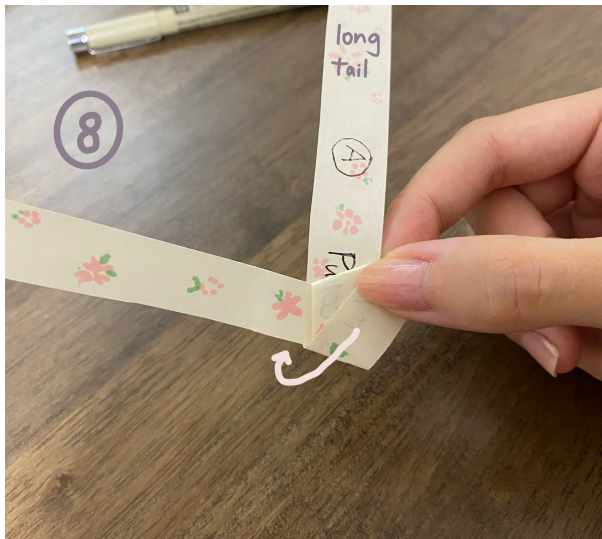
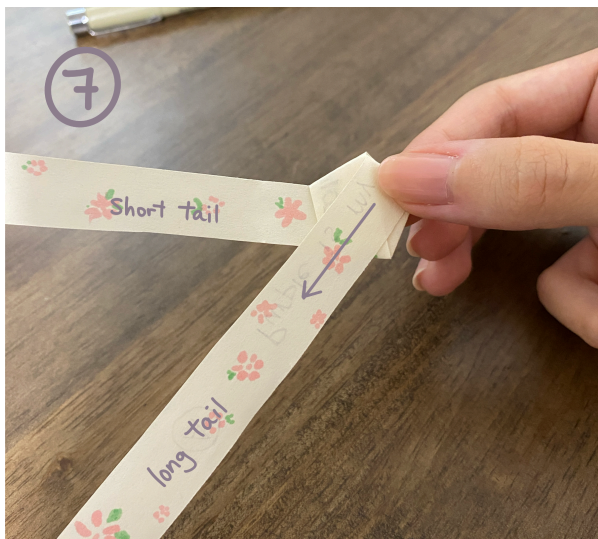
3. Now we'll complete the knot by pulling the long end through the loop, with side A facing upward. Tighten your "knot" until you have a pentagon.



Sibling Tips

Try not to squish the knot down or crease the edges. This will make it easier to puff up later!

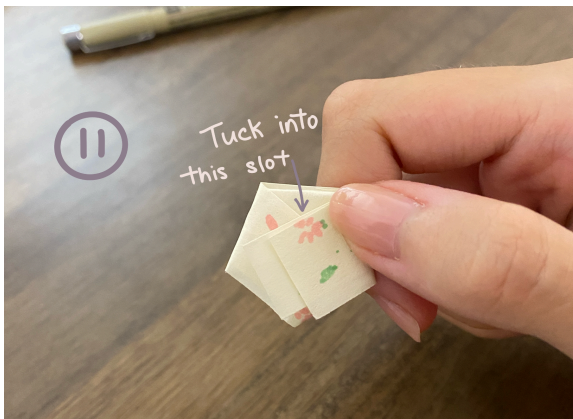
4. Next, take the long end and wrap it around the knot, keeping side B on the outside. The paper will want to follow the edges of the pentagon—take its lead! This way, side B will cover the entire star.



5. Repeat step 4 until you can't. When you get to the edge with the short end of your paper, continue wrapping as if the two strips are now stuck together. Your long end will hide the short end.



6. You should have a little "tail" left over. Slip it under the existing paper to hold everything together.



7. Now comes the hard part! Using your thumb and pointer finger, gently pinch the corners of your pentagon to make them more defined. Push the edges of the pentagon inward (not the flat part) until you get a puffed up star shape.





I Don't Understand the Instructions

When it comes to paper crafts, it can be hard to follow along with written instructions. Instead, you can try watching a [video tutorial](#) and following along with the steps. It also helps to hold the paper the same way as you see in the pictures or video.

Why We Love This One

Once you get the hang of making one paper star, you'll find yourself making more and more of them! The repetitive motion can calm fiddly hands, and watching your pile of stars grow can feel grounding.