~Jar of Positivity~

1. Please obtain materials from the Volunteer events (you can use your own materials as well)

2. Write down or print out messages on the paper strip
   Ex. Encouraging quote, Positive messages, Drawing, etc

3. Please return the stars /rolls through volunteer event or by filling out the drop off form

4. Log your hours (By doing a comment/suggestion bubble over the cell!; If you do not know how to comment, please search it up or email us via our website!)

Rolls to elderly: paper rolls, as they might have difficulties in opening star origami; you can use any string to tie them up

Fold the paper into stars if it for others



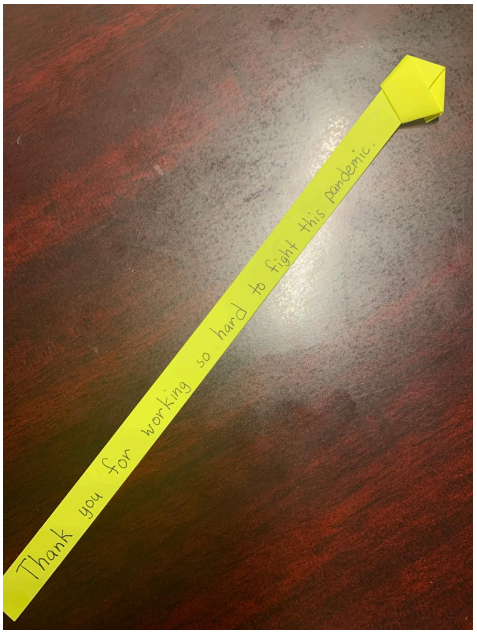
Rolls to others(doctors/nurses/etc…) :
Star origami



Link to star folding tutorial:
https://www.youtube.com/watch?v=8SG6e7blVS8

You can slow down the video if it is going to fast to follow
(Go to the playback settings and try 0.5)
The tutorial ***starts at 0:38*** and I will provide more images **BELOW**

For more details regarding the star bits...



1) When you get to this part of the video, you can begin to write on the longer end of the flap!

- It will be easier for the recipient to be able to read your message when they unfold the star :)
- *If you are having trouble on this part, try laying the paper the exact same way as the picture and comparing yours*
- *NOTE:* If your strip does not look as long as mine don't fret.

	2) You should be folding that long strip to the *top right* of the pentagon like the picture. ● After that, it's smooth sailing from their as you follow the rest of the steps mentioned in the video *You should definitely practice with some pieces in order to get the hang of it* (***For practice:*** Try cutting your own strips of printer paper to the sizes mentioned in the video and practicing with that)
	**Waalah~** The pinching part definitely needs practice, but the way the video does it will produce a more rounded and plump star! *Practice makes perfect, so please try not to get frustrated on your first few tries! Nothing is impossible when you do it consistently~*

	**What it would look like to the recipient…** They would have to look for the loose flap that you folded into the star. Then they would unfold it and open it up to…
	**…A nice heart-warming message!** These messages are to be addressed to nurses/doctors/etc… for the time being until mentioned otherwise! (We will be donating to elderly homes when the pandemic starts to calm down)

“Thank you for working so hard to fight this pandemic!”

HOUR CONVERSIONS

2mask = 1hr

5 cards=1hr

10 origami pieces = 1hr

20 paper stars = 1hr