

ORIGAMI FLOWER

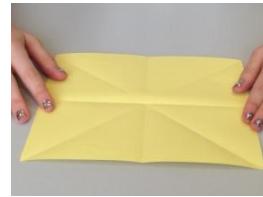
Easy

AMNESTY
INTERNATIONAL

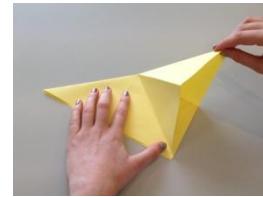
Alfreda is a single mother who was grabbed from an internet cafe in the Philippines and brutally tortured by police. Join activists from all around Australia, making solidarity origami and writing messages of support for Alfreda to show her she is not alone and we are standing with her in her fight for justice.



You will need one square piece of paper.



Fold diagonally each way and in half each way. When opened up it should look like this.



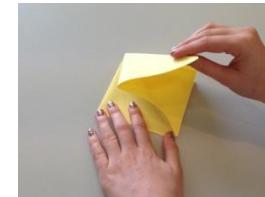
Fold into a triangle using a diagonal crease. Then place fingers on left side, open right point and push towards the center fold.



You should see a square naturally form using the creases you've made. Push down and crease.



Flip over. Place fingers on the left side of the square and pull the other point of the triangle towards the centre fold.



It will also naturally form a square. Crease again.



You will have a square.

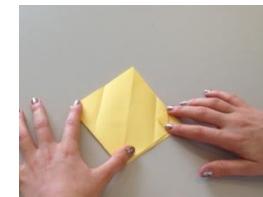
Confused by this part? Check out the video.



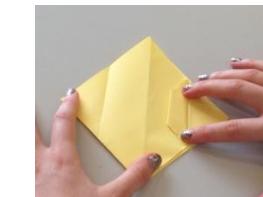
Next, fold the left flap into the centre fold. Repeat on the right side.



Flip over and repeat on the back side.



Open these folds on both sides. Now fold the right point into the crease you've just made.



Then refold this crease so the point is tucked under.



Repeat this step on the other three sides.



Turn the flower so the opened flaps are facing the top. Fold the bottom right side of the flower into the centre fold. It should look like this.



Repeat on the other three sides.



Pinch the bottom of your flower and pull the four petals apart at the top.



Your finished flower should look like this. All that's left to do is fill out Alfreda's solidarity card and attach it to your flower with a staple or piece of string.

Stuck?

Check out this simple video on your smart phone.

Go to: bit.ly/alfreda1