

FLEXAGON for IDENTITY

A flexagon is a folded paper polygon that can be endlessly turned to reveal its different sides and patterns. It represents the revealing of different faces to see new sides of ourselves.

This wonderful, creative exercise is an outlet to identify your values, traits and what makes you uniquely you.

I invite you to take a moment to think about the parts of yourself that you allow people to see and those parts that you tend to keep to yourself. Think about your unique traits and passions that you can represent with lines and colour on the flexagon.

All you have to do is print out the template and gather some art supplies like pencils, crayons or markers, scissors and glue.

Now find a quiet place and spend one or two minutes just focusing on your breath. Close your eyes and feel the inhale and exhale of your breath into and out of your body.

There are 4 different vertical diamond shapes (A, B, C, D). With your pencils or markers draw different designs on each section of the template that represent a part of who you are.

Be guided by your intuition and just allow the designs to emerge without judgment.

When you have finished your designs cut out the template. Do not cut through your template. Only cut around the border

Fold along all dashed lines and unfold.

Fold along diagonal lines and unfold

Gently fold the paper to match dot to dot, forming a tube.

Add glue to the tabs marked GLUE and press together.

Add glue on end tabs and tuck into the end of the tube: Press to seal.

When the glue has dried, spend time turning the flexagon and ask yourself these questions:

- What did it feel like to create your designs?
- What did you like or not like about it?
- How did the process make you feel calmer?
- What does your artwork tell you about yourself?

