

# Creative Break

## Wellness Zine Folding Steps

1. Fold your sheet of paper in half lengthwise (like a hot dog).
2. Unfold, then fold it widthwise (like a hamburger).
3. Fold it in half again to make quarters.
4. Unfold completely – you should now see 8 equal rectangles.
5. Fold the paper in half widthwise again.
6. Cut along the center crease from the folded edge to the halfway point.
7. Unfold.
8. Hold the paper at each end and gently push the cut section open so it forms a diamond.
9. Keep pushing until the paper folds into a booklet shape.
10. Flatten the folds to create your finished zine.

