

## Directions:

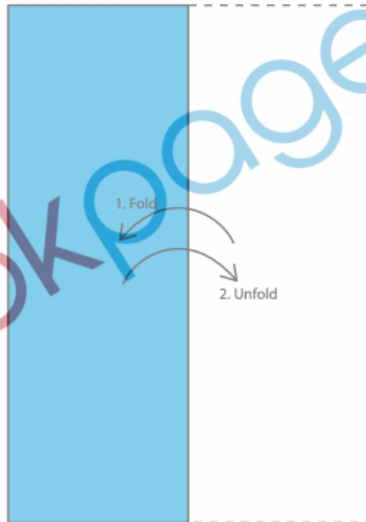
In the book **After the Fall**, Humpty Dumpty loved making and flying paper airplanes. In fact, his paper airplane helped him overcome his fear. Now it's your turn to make a paper airplane and send one of your fears flying!

1. Tell about a fear you have by writing about it on the "Send My Fears Flying" page.
2. Flip your paper over. It will become the back of your paper plane. Decorate the back of your paper and write your name in the top right corner.
3. Then follow the directions below to fold your paper airplane.
4. Last, send your fear flying!

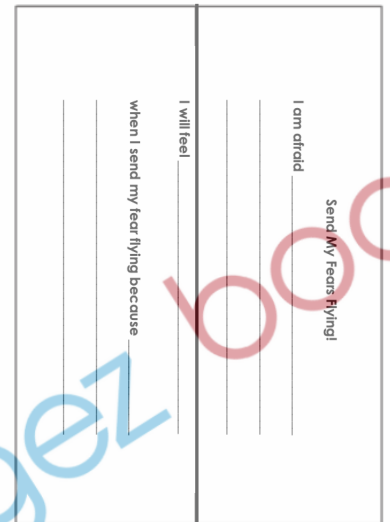
## Paper Airplane Folding Directions:



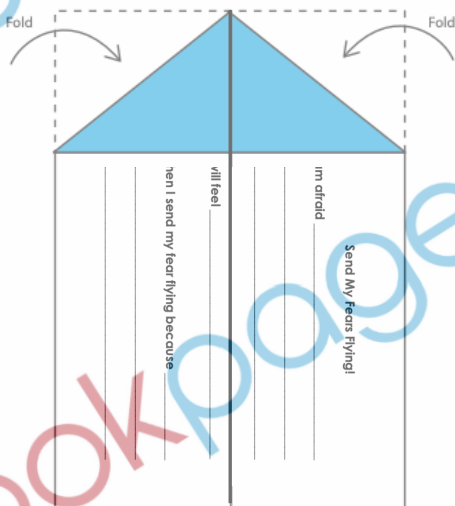
1. Place your paper in front of you as shown above.



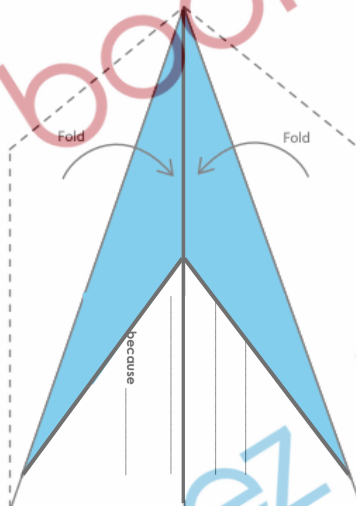
2. Fold your paper lengthwise to make a center crease.



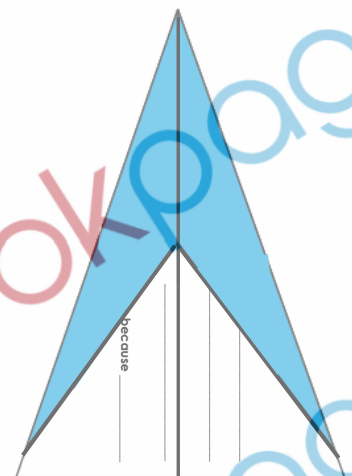
3. Lay your paper flat like this.



4. Fold the top two corners toward the center crease.



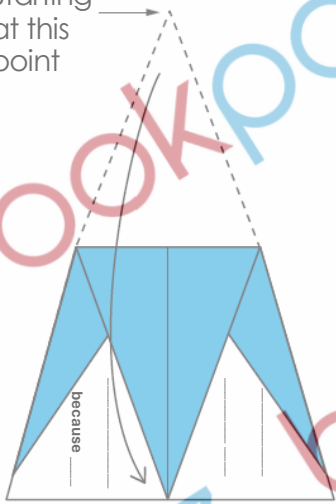
5. Fold the diagonal edges on the right and left side of the center crease.



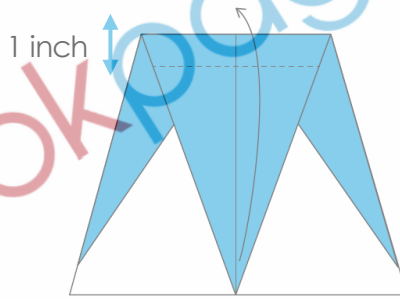
6. Your plane should now look like this.

## Paper Airplane Folding Directions Continued:

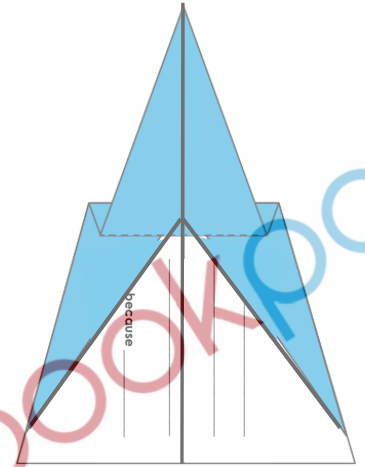
Starting at this point



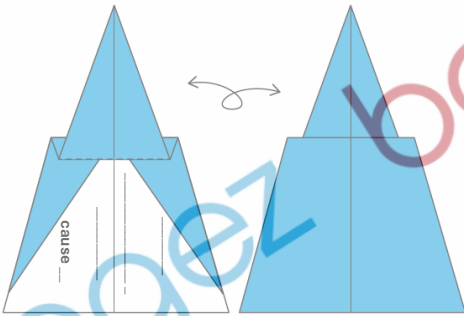
7. Fold the tip towards the bottom, lining it up with the center crease.



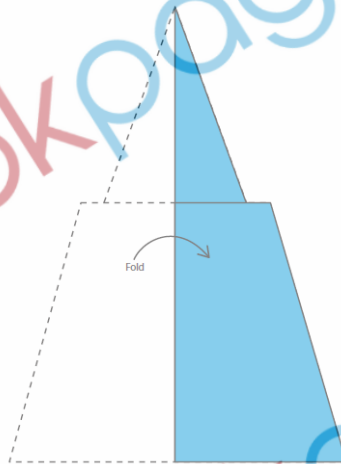
8. Fold the tip up as shown.



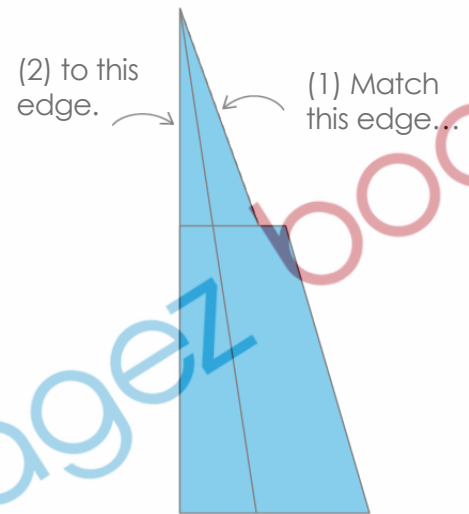
9. Your plane should look like this.



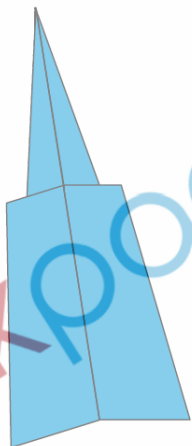
10. Flip your paper plane over.



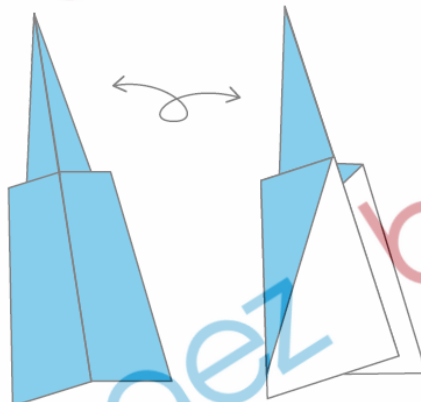
11. Fold your plan in half.



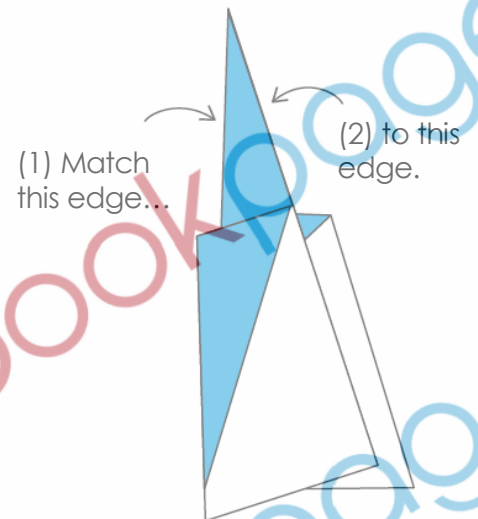
12. Fold the first wing by lining up the edges.



13. Your plan should now look like this.

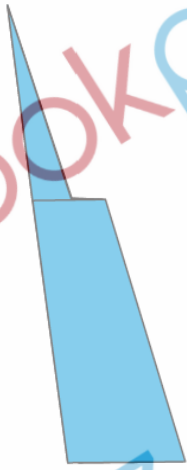


14. Flip your paper plane over.



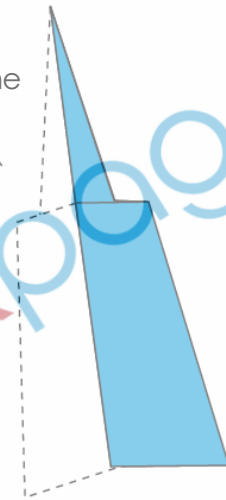
15. Fold the second wing by lining up the edges.

## Paper Airplane Folding Directions Continued:



16. Now your plane should look like this.

Unfold the wings

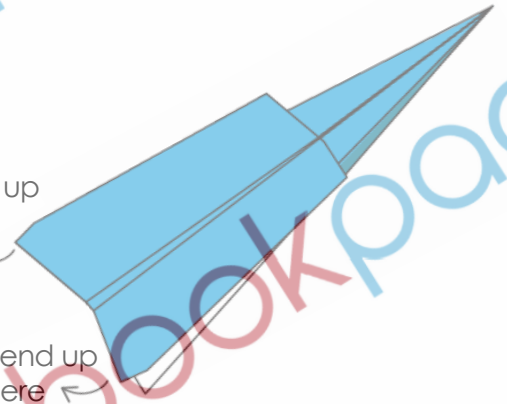


17. Unfold the wings to the shape of the plane looks like this from the top view.

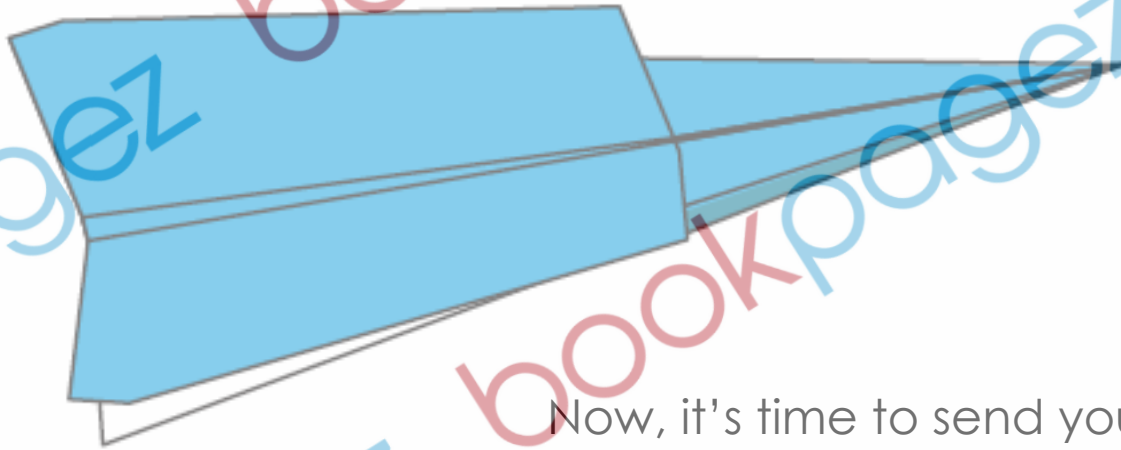
Bend up here



Bend up here



18. Finally, bend the end of the wings up a bit.



Now, it's time to send your fear flying! Go fly your plane.

**Send My Fears Flying!**

**I am afraid**

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**I will feel**

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**when I send my fear flying because**

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