

# Make a Paper Airplane &

“Joy gives us wings! In times of joy our strength is more vital . . .” –‘Abdu’l-Bahá

**W**hen you feel down, what gives you a lift? Like flying a plane through stormy skies, it can be hard to navigate the stress that can cloud your spirit. One way to calm ourselves is by focusing on things that bring us peace and happiness.

With the gentle winds of joy, our strength, health, and ability to think clearly are likely to improve. We’re better able to steer through challenges.

Discover what gives you an invigorating boost each day. Do you like saying prayers or having meaningful talks with friends? How about helping and encouraging your family? Maybe you like creating art or exploring God’s wonders in nature.

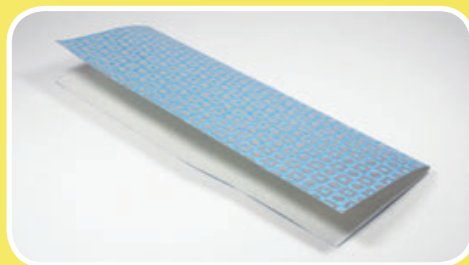
Make your own paper airplane decorated with what helps your spirit soar. Invite friends to make one, too. Have a contest to see which planes fly the farthest. Happy flying!



## You'll Need

- 8 1/2" x 11" (216 mm x 279 mm) sheet of paper
- ruler
- pencil
- markers

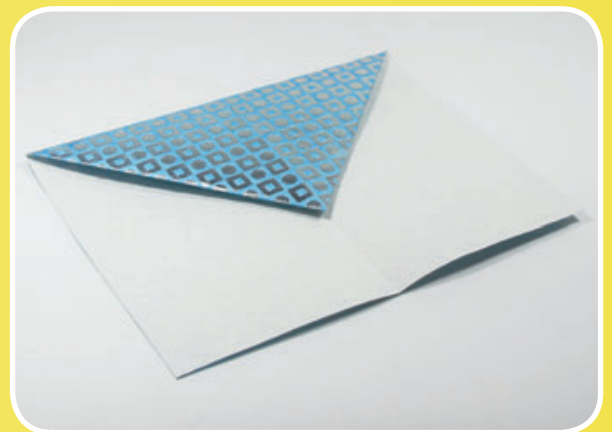
- 1 Fold paper in half so long edges touch. Open paper.



- 2 At one end, fold corners to meet at center line.



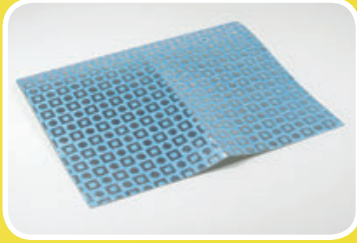
- 3 Fold down triangle portion.



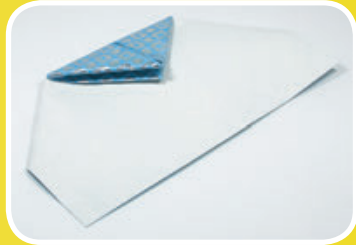


# Fly with Joy

4 Turn paper over. Fold corners again to meet at center line.



5 Turn paper over again. Fold diamond shape so top tip meets bottom tip.



6 Turn paper over again. Form nose of plane by lifting right top flap to open small triangle's pocket, then creasing it so its central crease meets paper's top edge. Repeat with left flap.



7 Draw a pencil line 1/2" (1.3 cm) from each short edge of wings. Fold edges up along lines.



8 Fold plane in half at center line.



9 Fold one wing down so top edge of wing is in line with nose of plane. Turn over and repeat on other wing.



10 Use markers to add joyful designs and words to your plane.

