

D.I.Y Feel Good Bunting



Mentally Healthy WA

You will need:

- Colour printer
- Scissors
- Sticky tape
- Cotton twine (or string, ribbon etc.)

Instructions:

1. Download the template available at actbelongcommit.org.au/resources
2. Print (A4, single-sided, in colour) as many copies as you need of the 8 page document to create your desired length.
3. Cut along the outline of each template.
4. Fold each template at the dotted line where it says 'fold'.
5. Tape the string to the back of the print out so that the string nestles into the interior fold. The fold will cover the string.
6. Tape the fold down tightly at the back of the print out.
7. Repeat the process as many times as you want until the bunting is as long as you like!
8. Tie either end of the string to a wall, door way, hall etc. and feel good!

#ActBelongCommit

FOLD

ACT
Do
something



FOLD



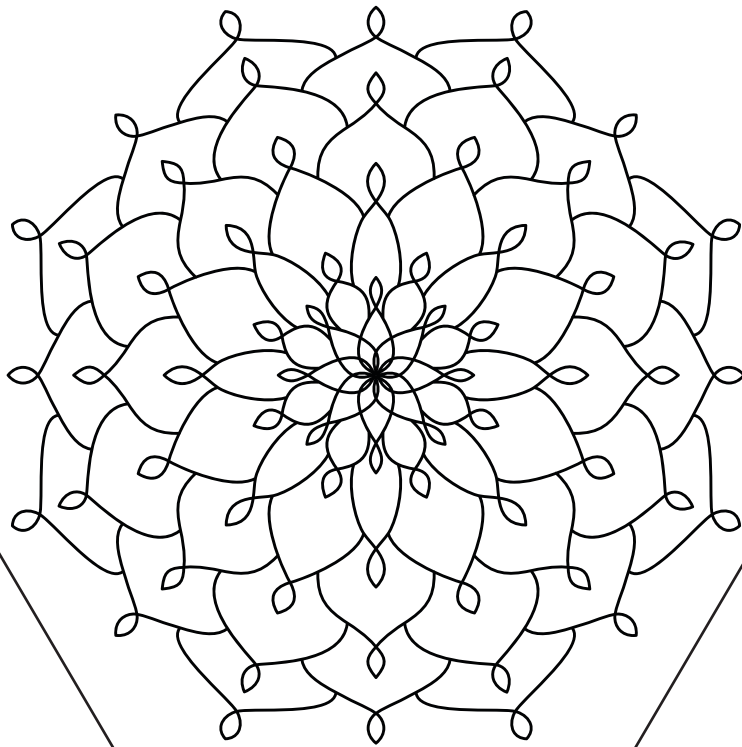
FOLD

BELONG

**Do something
with
someone**



FOLD



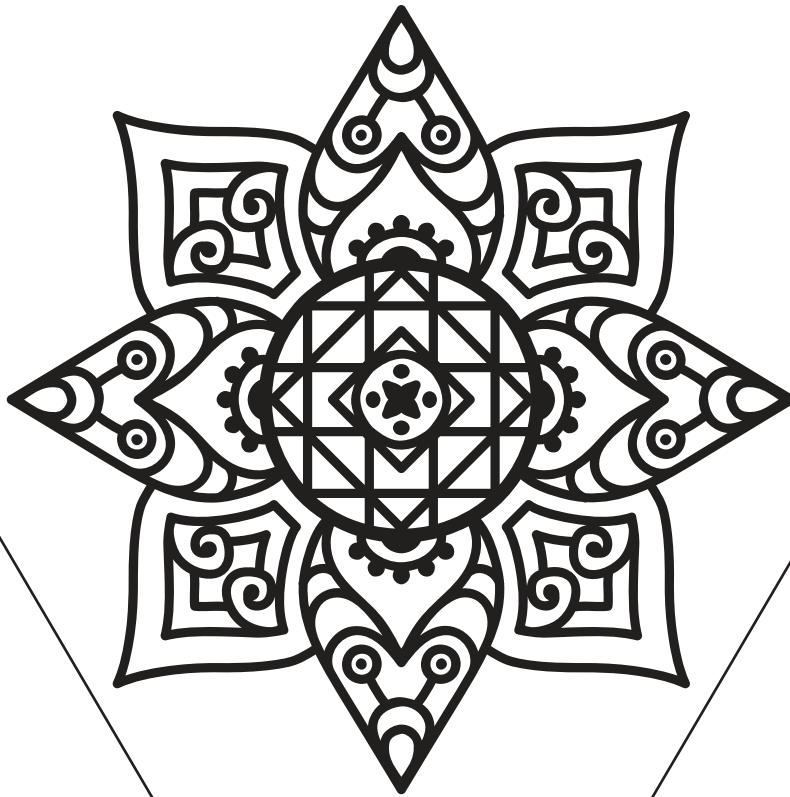
FOLD

COMMIT

Do something
meaningful



FOLD



FOLD

**Being
mentally healthy
feels good!**



FOLD

