

# Make a Pinwheel

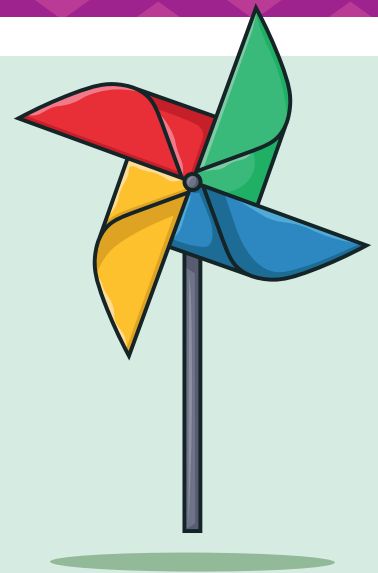
## You will need:

- A square sheet of paper\*
- Scissors
- Glue stick
- Thumb tacks
- A paper straw
- Coloured markers for decorating (optional)

\* For this activity, you can experiment with different sized and types of paper squares. Just make sure it is not too small, as otherwise it might be difficult to work with.

## Instructions:

1. If you wish to decorate your pinwheel, do this first and draw pictures or patterns on your square paper using the coloured markers.
2. When you are ready to make your pinwheel, fold your square paper diagonally one way and open this up. Fold it diagonally the other way and open this up so that your paper has fold marks that make an X.
3. Find the centre of your paper, where the folds intersect in the middle of your X. Using a pair of scissors, carefully cut along the folded lines starting from the outside of the X towards the centre. Do not cut all the way to the centre and stop cutting when you get to approximately 5cm away from the centre mark.
4. Use glue to fold every second corner down to the centre to make the pinwheel shape. You may need to hold it in place for around 30 seconds for the glue to dry.
5. Very carefully, poke your thumb tack through the centre of the pinwheel. Then attach this carefully to your paper straw. Now you have a pinwheel!
6. Experiment with blowing your pinwheel from different angles to get it spinning around. Practise deeply inhaling and using the exhale to control the speed of the pinwheel: slow, medium, fast. How does each way make you feel?



## Safety Tip!

Thumb tacks can be sharp, so ask an adult to help you poke the thumb tack through the pinwheel and paper straw.

## Fight, Flight or Freeze

Our bodies can go into a fight, flight or freeze response because of a special part in our brain called the amygdala. It is like an alarm in your brain and is always checking in to make sure you are safe. If you get worried, stressed or scared, the amygdala turns on the alarm and it might be hard for your brain to think clearly.

Sometimes the amygdala is helpful as it can protect us from danger. However, at other times the fight, flight or freeze response might stop us from doing the things we want to do, or prevent us from making good decisions. This is where breathing techniques can help. When we take deep breaths, our body relaxes and our brain goes quiet. Using our breath is a great calming tool to help our brain when the amygdala takes over.

At Telethon Kids, we have teams of scientists dedicated towards researching about the mental health of children and young people, to make sure that all children grow up happy and healthy.

