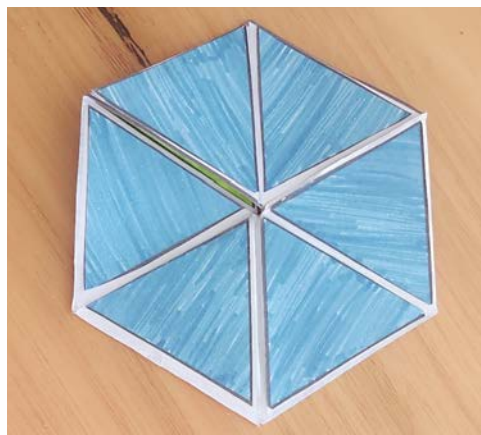
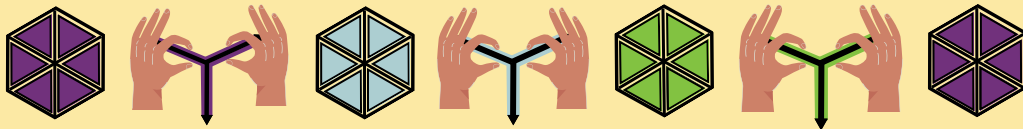


Stage 3

flexagon

Teacher Guide



Flexagon Teacher Guide

Uses and Benefits

Flexagons refocus attention and use repetitive actions to create calm. These flexagons are designed to help children self-regulate whilst keeping their hands busy. They are great to use for calming, grounding and distraction.

Materials and Equipment

Each student needs:

Printed Flexagon template
Printed Colour Centres templates
Scissors
Glue
Pencils/crayons/textas
Ruler

How to make

1. Cut out the template by cutting along the black lines.
2. Score each grey line by opening your scissors and running one of the cutting edges **gently** along the grey lines, using a ruler to guide you.
3. Fold each triangle over and then under, along the grey lines (9 folds in total).
4. Unfold the template back to its original shape.
5. Fold the template onto itself, so that triangles 3 and 4 are face to face. Your template will now resemble a candy cane shape.
6. Fold the template again, so triangles 6 and 7 are back to back (numbers on the outsides). Your template will now resemble a hexagon shape, with triangle 10 sticking out.
7. Fold triangle 1 over the top of triangle 9 and then glue triangle 10 onto the face of triangle 1.
8. Colour each of the 3 "Coloured Centres" templates a different colour.
9. Cut out every triangle from the 3 templates. You will have 18 small triangles in total, 6 of each colour.
10. Glue the 6 small triangles in your first colour onto one side of the Flexagon.
11. Glue the 6 small triangles in your second colour onto the other side of the Flexagon.
12. Hold the Flexagon in 2 hands. Place your index fingers on the top 2 triangles, whilst holding the 2 side triangles between your thumbs and middle fingers.
13. Push the top 2 triangles down until they are touching the triangles that your middle fingers are on.
14. Release your middle fingers. You will now be pinching 2 of the 3 sides of your new shape.
15. Release 1 of your hands that is pinching a side and use that hand to open your Flexagon from its centre. Release your other pinching hand and your flexagon will open to the final white side.
16. Glue the 6 small triangles in your third colour onto the last side of the Flexagon.
17. Turn your Flexagon 1 triangle to either the left or right. Repeat steps 12 to 15 to fidget with your Flexagon.

Templates

- See the templates at the end of this document.
- The first template sheet is one per student. The next 2 sheets are enough for one part of the template, for 2 students.
- You may choose to print the "Coloured Centres" templates onto 3 different colours of paper, instead of students colouring in their own.

Notes

- As you are scoring your paper in step 2 you want to ensure that you aren't damaging the table or surface underneath. Place a book, magazine, cardboard or something solid under your template before scoring your lines.
- Push down GENTLY with your scissors when scoring your lines, so that you don't rip or cut completely through your paper.
- Print off a few spare Flexagon frames as if you push too hard during the scoring process and rip or cut your template, you will run into trouble later on.
- During step 15, if you are unable to open the Flexagon to the next side, turn the Flexagon 1 triangle to either the left or right. Readjust your fingers to the new triangles and repeat steps 12 to 15.

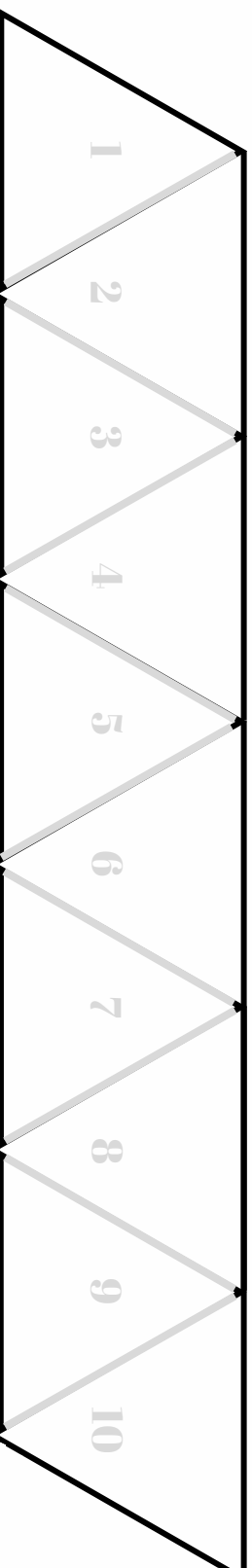
Videos

Flexagon Instructional Video: <https://youtu.be/nvy8DFKawel>

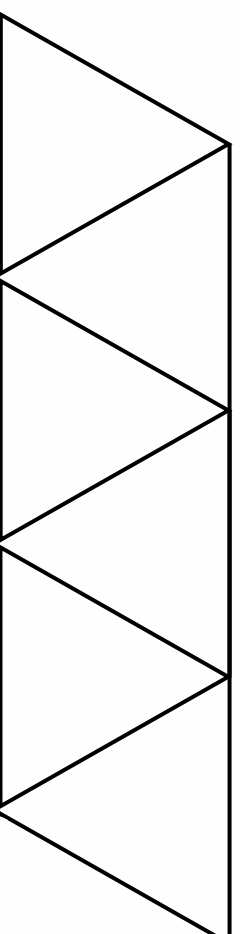
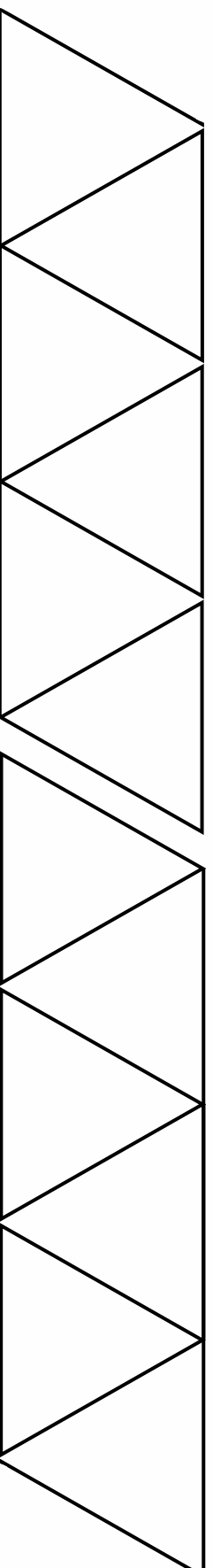
Flexagon Instructional Video Worded: <https://youtu.be/wkFAuUYocSk>

Fidgeting With Your Flexagon: <https://youtu.be/ijzK8s9PUMA>

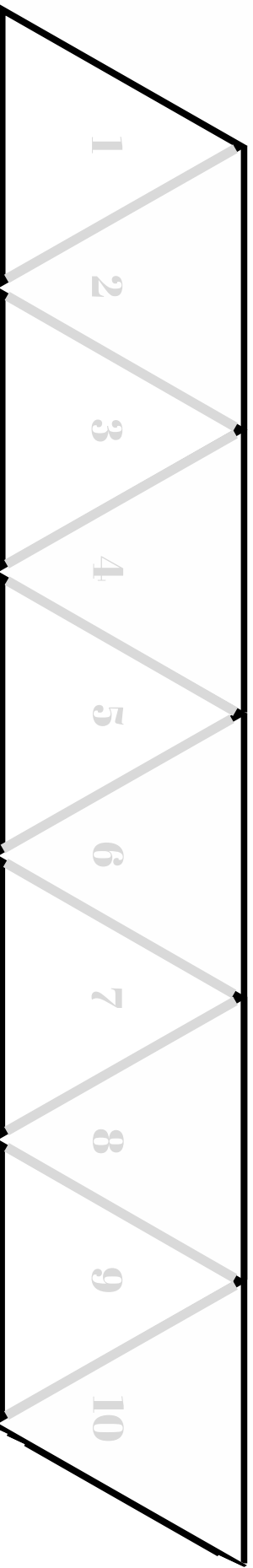
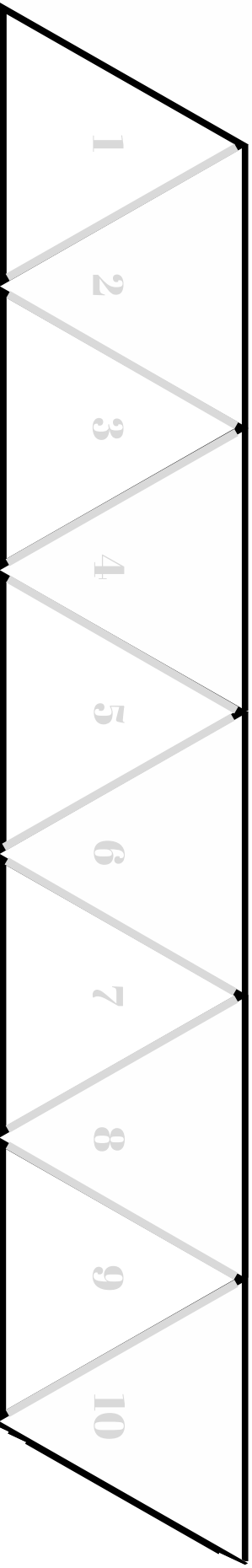
Flexagon Frame

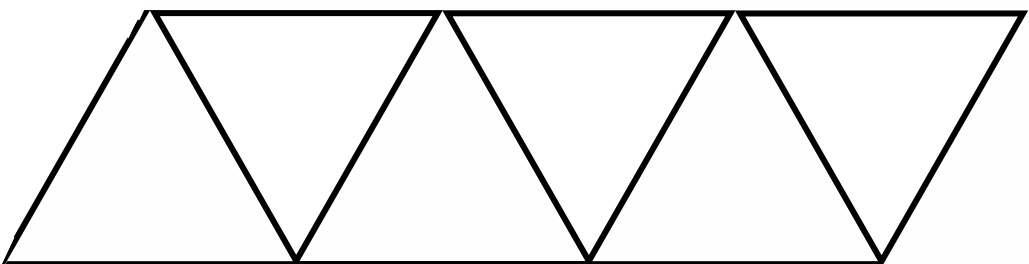
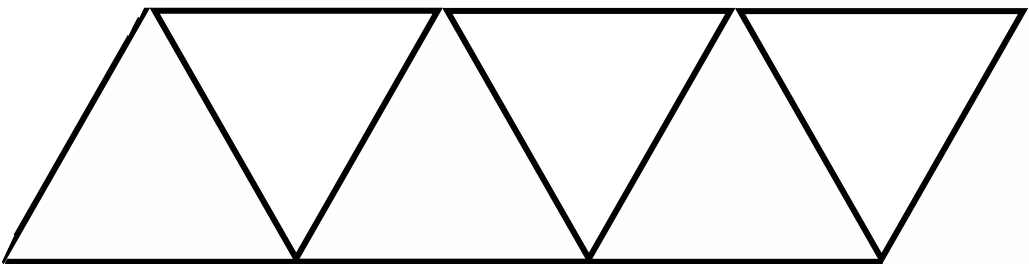
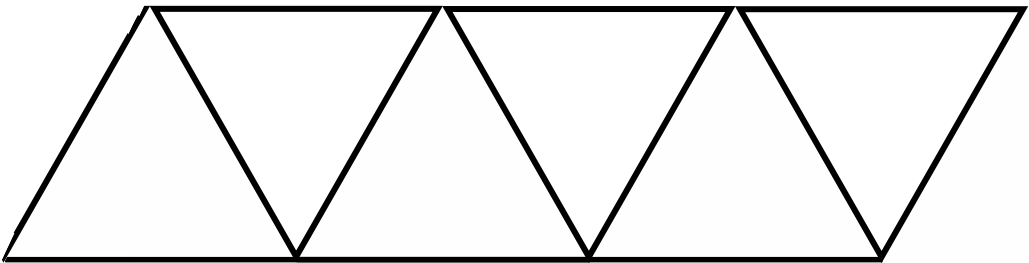
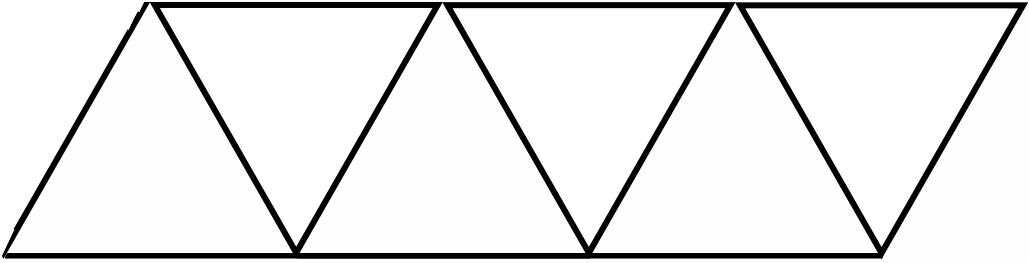
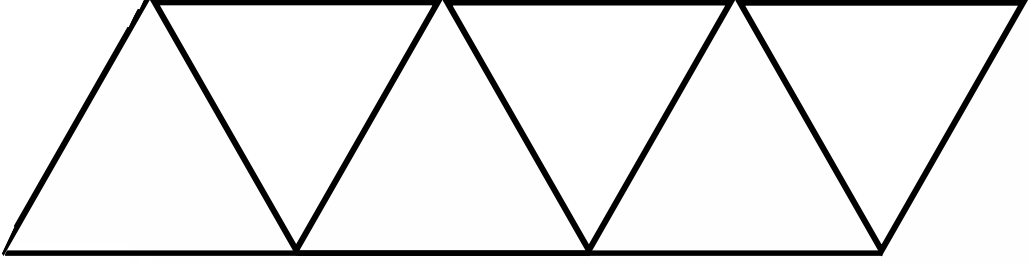
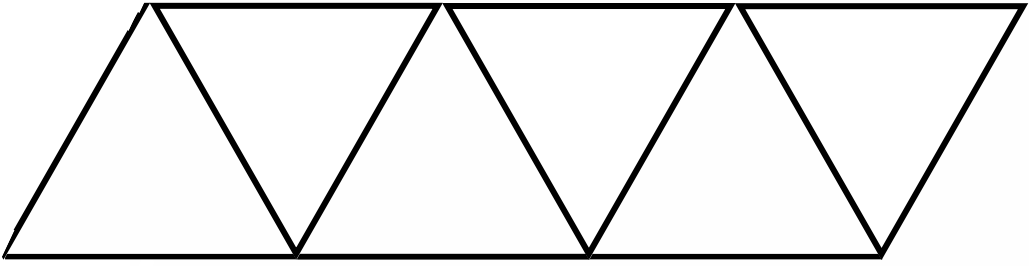


Coloured Centres



Flexagon Frames





Coloured Centres