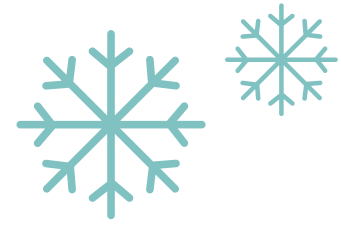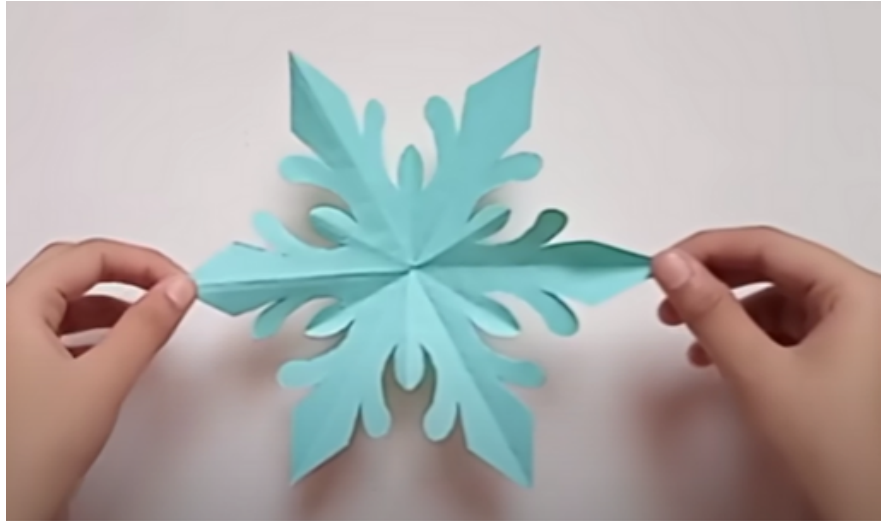# MAKING A PAPER SNOWFLAKE TUTORIAL

An easy step-by-step video tutorial for beginners

Why is crafting good for self-care and mental health?

Crafting can help relieve stress by getting your mind off of things and can be a great way to express your emotions.

Check out the step by step video here:

https://www.youtube.com/watch?v=UtfGGFLvrtw

Instructions:

Click the link above the photo and follow the tutorial to make the paper snowflake.

Materials:

- paper
- scissors
- pen or pencil

Feel free to decorate your snowflake however you'd like or write one thing you are grateful for on each branches.