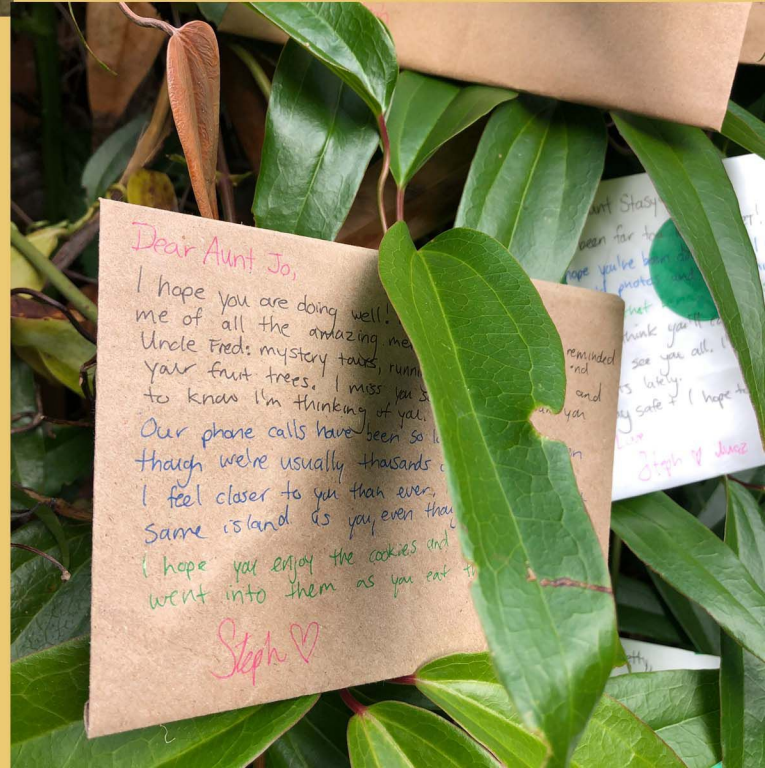




In order to start a conversation with my family about gift-giving outside of the consumerist sense of the word, I wanted the gift to be sentimental. Many older people no longer want for material things. I hope that by giving them an old photo they might not have seen before, I am giving them a nostalgic feeling that will make them recall how much their family cares about them, even when they can't physically be together.

The meditative nature of focusing your intention on your loved ones while learning a new skill in order to present them with an artefact of your love is something that I think is extremely powerful. If the gift is reciprocated, a chain of beautiful memories can be crafted, creating a network of togetherness. By using scrap material, you're giving life and meaning to something that was otherwise going to be disposed of.



Dear Aunt Jo,

I hope you are doing well!  
 me of all the amazing memories  
 Uncle Fred: mystery tours, running  
 your fruit trees, I miss you so much  
 to know I'm thinking of you.  
 Our phone calls have been so lovely  
 though we're usually thousands of miles apart  
 I feel closer to you than ever.  
 Same island as you, even though I  
 I hope you enjoy the cookies and  
 went into them as you eat them.

Steph ♥

# DIY POSTCARDS

## to combat isolation

### step 1

reminisce. find any photos you have with the person you want to reach out to. take this time to marinate in the all the sweet, complex love you have for this person.

### step 2

look at the photo(s) you have selected with intention and let the words you want to say to your loved one come to you.

### step 3

write your message on the back of your photo or create your own origami envelope

### step 3

hand deliver to the door or mailbox of your intended recipient and retreat to the 6ft mark to watch their face at the moment they are reminded that they are loved (alternatively, mail it and get them to send you a photo or video reaction!)

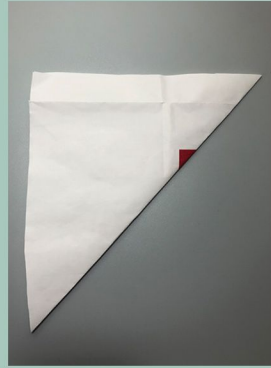


# DIY ORIGAMI ENVELOPE

FOR THIS PROJECT, YOU CAN USE ANY SRAP PAPER PRODUCTS YOU MAY HAVE LAYING AROUND, BUT THE THICKER THE PAPER THE BETTER! YOU NEED TO START WITH A SQUARE OF PAPER (I USED 9"X9" FOR A 4"X6" PHOTO)



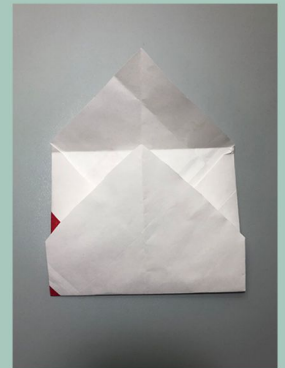
1. FOLD THE PAPER CORNER TO CORNER



2. UNFOLD AND REPEAT ON THE OPPOSITE CORNERS



3. UNFOLD AND FOLD TWO CORNERS UNTIL THEY MEET IN THE CENTRE. THEN FOLD DOWN THE SIDE YOU WANT AS THE TOP FLAP



4. FOLD THE BOTTOM CORNER UP UNTIL IT MEETS THE CREASE FORMED BY THE TOP FLAP



5. UNFOLD AND FOLD THE RIGHT SIDE OF THE BOTTOM FLAP SO THAT IT RUNS ALONG THE CREASE YOU JUST FORMED ACROSS THE BOTTOM



6. REPEAT ON THE LEFT



7. FOLD UP THE TIP OF THE BOTTOM FLAP UNTIL IT TOUCHES THE CREASE ACROSS THE BOTTOM



8. REFOLD THE TWO SIDE FOLDS YOU CREATED IN STEPS 5&6



9. TUCK THE SIDE FOLDS UNDER THE FOLD YOU MADE WITH THE BOTTOM FLAP



10. FOLD THE BOTTOM UP AND TUCK THE CORNER FOLDS MADE IN STEP 3 INTO THE FLAP MADE IN STEP 9



11. ONCE TUCKED, IT SHOULD LOOK LIKE THIS!



12. THE FINISHED RESULT! IF YOU INTEND TO MAIL THE ENVELOPE, YOU MAY WANT TO REINFORCE IT WITH TAPE.