



DID YOU KNOW?
Washi tape, a crafting material that originated in Japan, is made of rice paper.

Decorate notebooks with colorful tape

What you need

- Washi tape in assorted colors and sizes
- Solid-colored notebooks or journals
- Scissors
- Black permanent marker (optional)

Instructions

1. To make stripes: Cut pieces of tape that are a little longer than the notebook. Stick them to the front, folding the extra over the cover.
2. To make a burger: Cut a piece of yellow tape that's a few inches long to make the top of the bun. Place it on your notebook. Next, add slightly smaller strips of washi tape for other items on your burger,

like pickles, lettuce, tomato, and meat. Snip tiny rectangles to make sesame seeds for the top bun. Spell out your name in tape letters, too.

3. To make flowers: For tulips, overlap short pieces of tape to form V shapes. Make daisies by criss-crossing 3 or 4 pieces of tape. Add long strips of green tape for stems and diamond-shaped green pieces for the leaves.

4. To make a dog design: Place one long strip of tape on the notebook for the animal's body. Add 2 thinner pieces, overlapping at an angle, to make the snout. Add a small square for the head. Cut thin pieces of tape to make the tail and legs, then cut a rectangle with one slanted edge for the ear. Cut small black squares for the nose and eye, or use a marker to draw on those details.



LIFE HACK

FEEL LESS AWKWARD

Most people have moments when they feel uncomfortable in social situations. There are a few strategies you can try to help you feel less awkward. First, it may seem silly, but it can help to rehearse speaking in front of a mirror, smiling, and saying "hi." Practice saying hi to other kids on the school bus or in the hallway. Be proud of your efforts to engage, even if you don't always get a response. You may also find you'll feel more naturally at ease among people who enjoy the same things you do. Check out an after-school club or a recreational sports team as a low-pressure way to gain confidence. You can also talk to a school counselor or a trusted adult about how you feel.



Start with a simple "hi!"