PROJECT #46

FLOAT YOUR BOAT

Ready to float your boat? Here's what you will need:

8 1/2 x 11-inch paper, plain or fancy. Lightweight paper is easiest to fold, but you can experiment with heavier paper. (Construction paper is not recommended because it tears easily.)

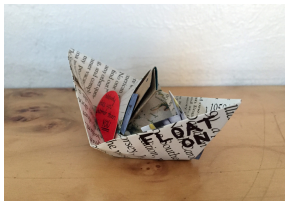
Additional paper for writing notes to tuck inside your boat

Scissors

Markers

Glue or Mod Podge

Your choice of materials for decorating your boat: paints, collaging supplies, stickers, colorful tape, etc.



Now that you've been on the planet a while, you know that troubles never stick around for long. Difficult times come and go…and come again…and go again.

It's a bit like sailing on the sea. There are days when the water is calm, and other days when you find yourself caught up in a storm of worry.

On those days when the water is rough, it's good to have a strong ship and a few tools on board to help you navigate the storm.



Step 1 of 8

Place your piece of paper on a flat, hard surface. This will make the folding much easier.

If you want a smaller boat, you can trim your piece of paper — just be sure to trim it evenly on both sides, using either a ruler or paper cutter. For example, you could trim an inch off the top and side of your sheet of paper so that it measures 7½ x 10 inches…or you could trim off an inch and a half, or two inches, making your sheet 7 x 9½ inches or 6½ x 9 inches.



Step 2 of 8

There are many videos on how to fold a paper boat. Here is one that we like, but you can choose another style boat if you prefer.

To make your boat's edges nice and neat, run your thumbnail or the side of a pencil along each fold.

Sometimes it takes a little practice to make a boat, so don't worry if your first boat isn't quite ready for the sea — just grab another piece of paper and try again.

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Step 3 of 8

Now that your boat is folded, it's time to fancy it up a bit. You can decorate your boat using any materials you'd like — pens, paint, stickers, pictures and words cut from magazines, colorful tapes, etc.

If you happen to have some Mod Podge around, brushing a layer over your boat will give it a nice shine. Mod Podge looks white when you first brush it on, but don't worry, it will dry clear.



Step 4 of 8

When you are finished decorating your boat, it's time to add your cargo. What words of wisdom and encouragement would be helpful to have along on your journey?

First, cut out some small pieces of paper in any shape you want. Then write a few notes to yourself. Here are some ideas:

Reminders to yourself of your strengths, your courage, your ability to get through tough times.

Words of advice to yourself.

Your favorite inspiring quotes or song lyrics.



Step 5 of 8

What else do you want to add to your boat? Here are some ideas:

Magazine clippings that remind you of your calm, strong, joyful self.

Meaningful trinkets. A heart, for example, can remind you to be loving to yourself when you are having a hard time. See what trinkets you can find around your house — or, if you have clay around, you can make your own.

Step 6 of 8

Here's a nice, relaxing exercise to try after you've finished your boat:

First, get into a comfortable position in a chair or on the floor. When you're ready, set a timer for a couple of minutes — or longer, if you'd like.

Now close your eyes, and as you take deep, slow breaths, imagine yourself in a boat, floating on the sea. The sun is out, the water is calm, and it's a beautiful day for sailing. Keep floating along on your peaceful sea until your timer goes off, and when you are feeling ready, open your eyes.

Step 7 of 8

You can also take your boat for a sail on your belly! Just lie down, place your boat on your stomach, and take slow, deep breaths. Let your boat ride the waves as you fill your belly up with air, then exhale all of the air out. Keep repeating this until you feel completely relaxed.

Step 8 of 8

If you enjoyed those exercises, try them again whenever you feel stressed or just want to

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take a calming break.

Want to dock your boat in our online gallery? Just click below to upload a photo.

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