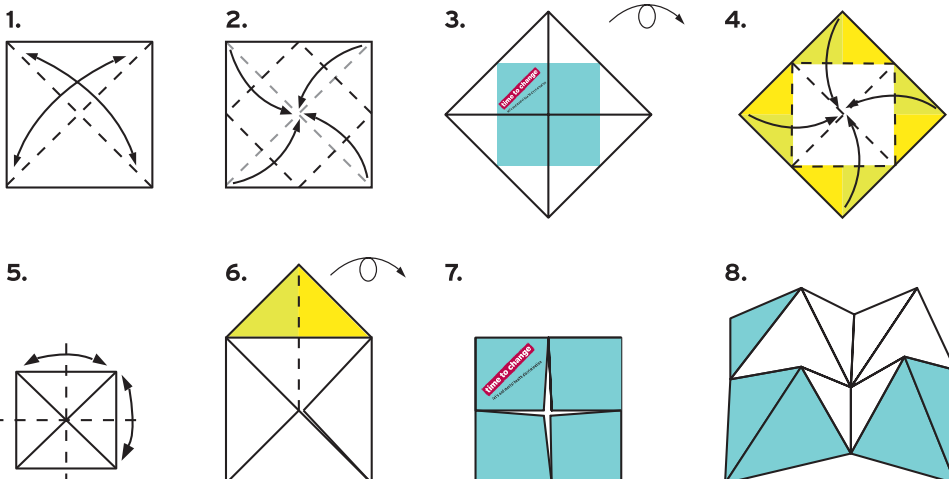


## Folding Instructions



## How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a purple number and open alternately that amount of times
- Pick your final number, open flap and start your conversation
- Make sure you log your chat on the interactive map on [time-to-change.org.uk](http://time-to-change.org.uk)