

HOW TO MAKE YOUR #SWANIN60SECONDS

a. Get your camera ready.

b. Check out the instructions or just be brave and decide to freestyle!

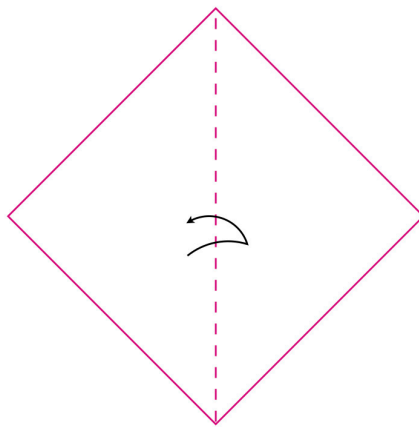
c. Set your timer for 60 seconds.

d. Ready, steady, GO...Make your swan!

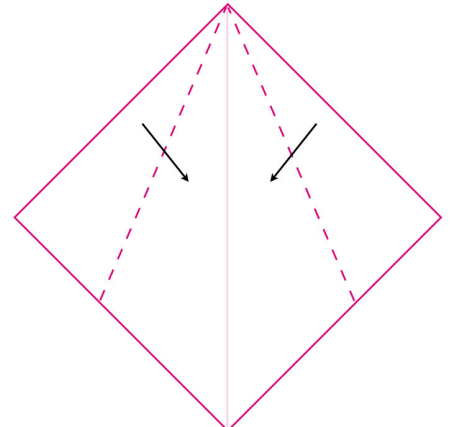
e. Share on your social media with the hashtag and make a donation.

f. Tag six or your friends to challenge them to have a go.

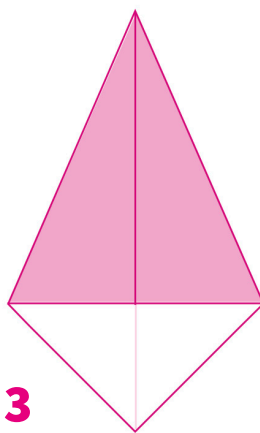
g. Don't forget to add a donate button to your post or include undiagnosed.org.uk/donate.



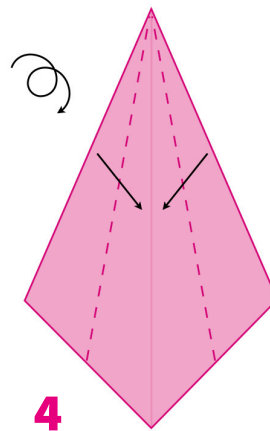
1 Fold in half a square piece of paper



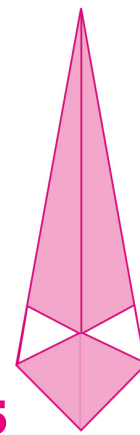
2 Fold it again into a diamond shape



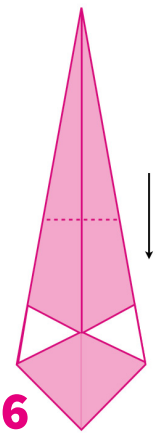
3 Turn it over and fold sides again



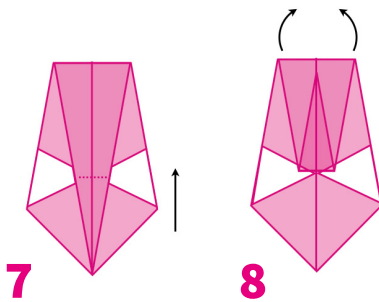
4



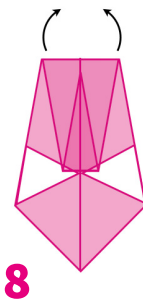
5 Fold the tip down



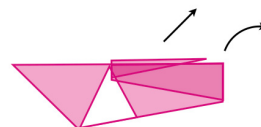
6



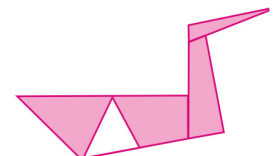
7



8



9 Pull the head and neck up



10 Stop the timer!

Fold back the head - give it a nice long neck!

#SWANIN60SECONDS



Fold here

Inside

Fold here

Inside

Fold here



You can use this template to make your origami swan for your **#swanin60seconds** challenge.

Don't forget to share your videos online with the hashtag **#swanin60seconds**, tag six friends to challenge them.

Please add a donate to SWAN UK button to your posts on Facebook and Instagram or share our website address on Twitter: undiagnosed.org.uk/donate.