

Additional Instructions for the Paper Spring crafts in the video

Paper Jumping Shoe

1. Make four paper springs the same size.
2. On a piece of recycled cardboard, create a sole-shape approximately 11cm x 26 cm. Cut out. This is the base sole. There will another sole for the shoe itself.
3. If you wish to cover the cardboard with other paper, use the cardboard as a template, trace around it on the paper and cut out. Glue paper to the cardboard.
4. To create the sole of the Jumping Shoe, pick a piece of paper and trace around the cardboard. Trim about 1 cm around the edges and set aside.
5. Glue two springs 7cm from the front of the sole and two springs 7cm from the back of the sole.
6. Cut three strips of paper for the sandal strap: 16cm for the toe strap; 20cm for the arch strap; 23cm for the ankle strap.
7. Fold under 1cm on each end of the toe strap. Glue approximately 7cm from the front of the sole.
8. Fold under 1 cm on each end of the arch strap. Glue approximately 9cm from the back of the sole.
9. Glue each end of the ankle strap to the arch strap, approximately 2cm from the sole.
10. Put glue on the top of each paper spring. Position the sole with sandal straps on top of the paper springs. Carefully press the upper sole where the springs meet it to ensure the glue is sticking.

Newsprint Paper Spring Snake

1. Cut 10 strips of newsprint 40 cm x 2cm. Create paper spring, attaching new strips as needed.
2. Cut face, make eyes and glue tongue. Glue finished face to paper spring.

Magazine Paper Spring Garden

1. Use cardboard or paper plate for the garden base.
2. Create paper springs using strips of varying widths. For example use 1cm wide strips for a centipede; add face. Use short 3cm strips to make pedestals for ladybugs or other creatures. Use 2cm strips to make stems for flowers.

Origami Paper Slinky

1. Cut strips of origami paper, making economical use depending on the size of the paper. For example, for 15cm square paper, make 5 strips of 3cm. Create paper spring, glueing new strips and changing colours as desired. Check length as you go, and stop adding pieces when the slinky is functional.