



## Help Create a Paper Butterfly for A Caregiver's Butterfly Garden!

As a direct care worker, your hands bring comfort, your heart brings hope—and now, your creativity can help uplift others too. By making a butterfly, you're adding your voice to a statewide art exhibit that honors the compassion, resilience, and impact of direct care workers.

Each butterfly is a symbol of transformation, healing, and the beauty you bring to the lives of those you serve. Join us in creating something powerful, together.



### What You'll Need:

- 2 square pieces of painted paper (one **larger**, one **smaller**)
- 2 cable ties (zip ties)
- One felt tip marker



### How to Fold Your Paper Butterfly:

#### 1. Choose Your Papers

Pick two square pieces of painted paper—one larger and one smaller, each with a unique design or color.

#### 2. Take a Mental Health Moment

Use the black, felt tip marker to write on your paper. Some suggestions to write are: What makes you love what you do? What do you wish would change? A prayer. A motto. A motivational quote. What challenges you? What inspires you? Use this time to release your personality, your wishes, and your stresses. Whatever you write will be anonymous unless you choose to share. You'll see in the steps below, that the papers get folded and the message will then be hidden... to become something beautiful, and part of a kaleidoscope of butterflies in this state-wide effort to honor, advocate for, and promote direct care workers.

#### 3. Fold into Triangles

Fold each square diagonally into a triangle, then unfold. This fold line will serve as your guide.

#### 4. Make Accordion Folds

Starting at one corner along the fold line, make small accordion folds about ¼ inch deep across the paper. Do this for **both pieces**.

#### 5. Mark the Center

Fold each accordion-folded paper in half to mark the middle point.

#### 6. Layer the Wings

Stack the two folded papers together at their center points, with the **larger one on top**.

#### 7. Secure with Cable Ties

Wrap one cable tie around the center of both papers to hold them together. Do the same with the second one. Tighten both to create the butterfly's **body and feelers**.

#### 8. Fluff and Finish

Gently spread out the wings on both sides to give your butterfly shape and volume.

**NOTE TO ORGANIZER:** If you ordered your kits via webform, you've received a box to return your butterflies. Please gather all butterflies and place them in the provided box to ship back to IMPART Alliance by the deadline provided to you. Otherwise, please work with your contact from IMPART Alliance to return the butterflies to them by the date discussed. 🧡 **Thank you for contributing your creativity to the Butterfly Garden!**