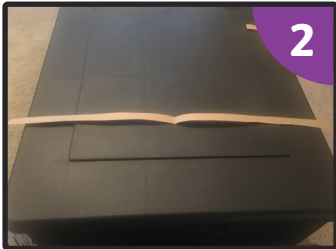# Palm Cross

You will need:

- A palm

1

Fold your palm in half horizontally to find the centre.

2

Lie your palm flat on the table horizontally in front of you.

3

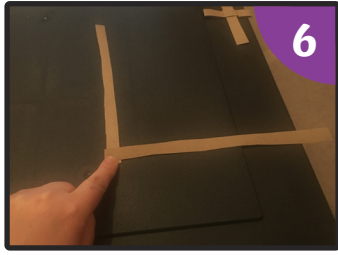Fold the right-hand end of the palm straight up at the centre fold to form a right angle.

4

Fold the same top strip back down over the back of the cross.

5

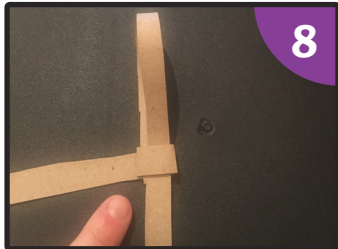Then fold back up and over again (to make a square on the back).

Palm Cross

6 Fold the left strip over the centre to the right.

7 Then fold this strip away from you and pull through the square on the back (all the way through).
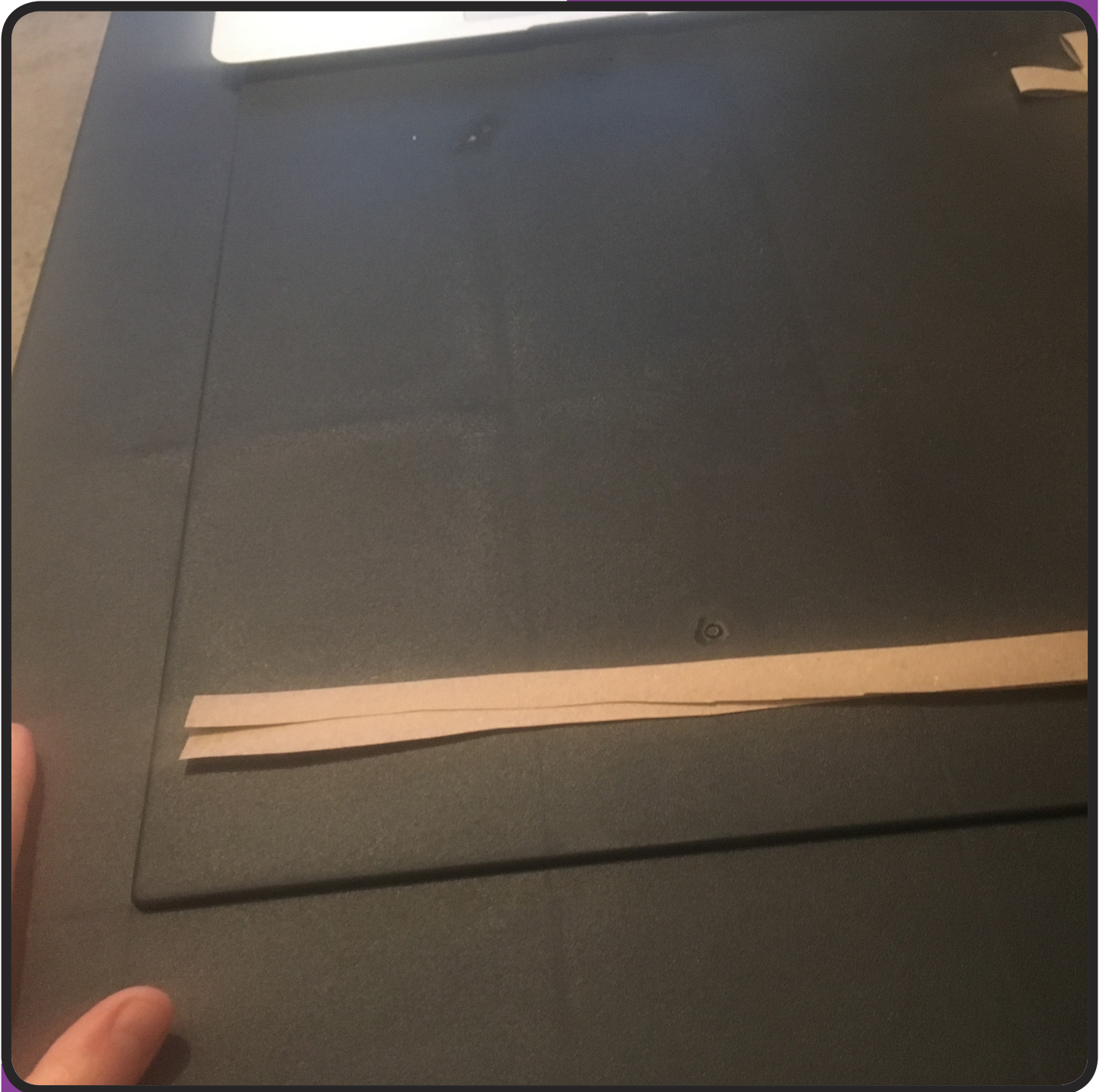
8 Bend the top strip forward and down, pulling the end through the centre square to create a 3cm shaft (at the top of the cross).

9 Fold the left-hand strip backwards and put through the square on the back to form the left cross bar.
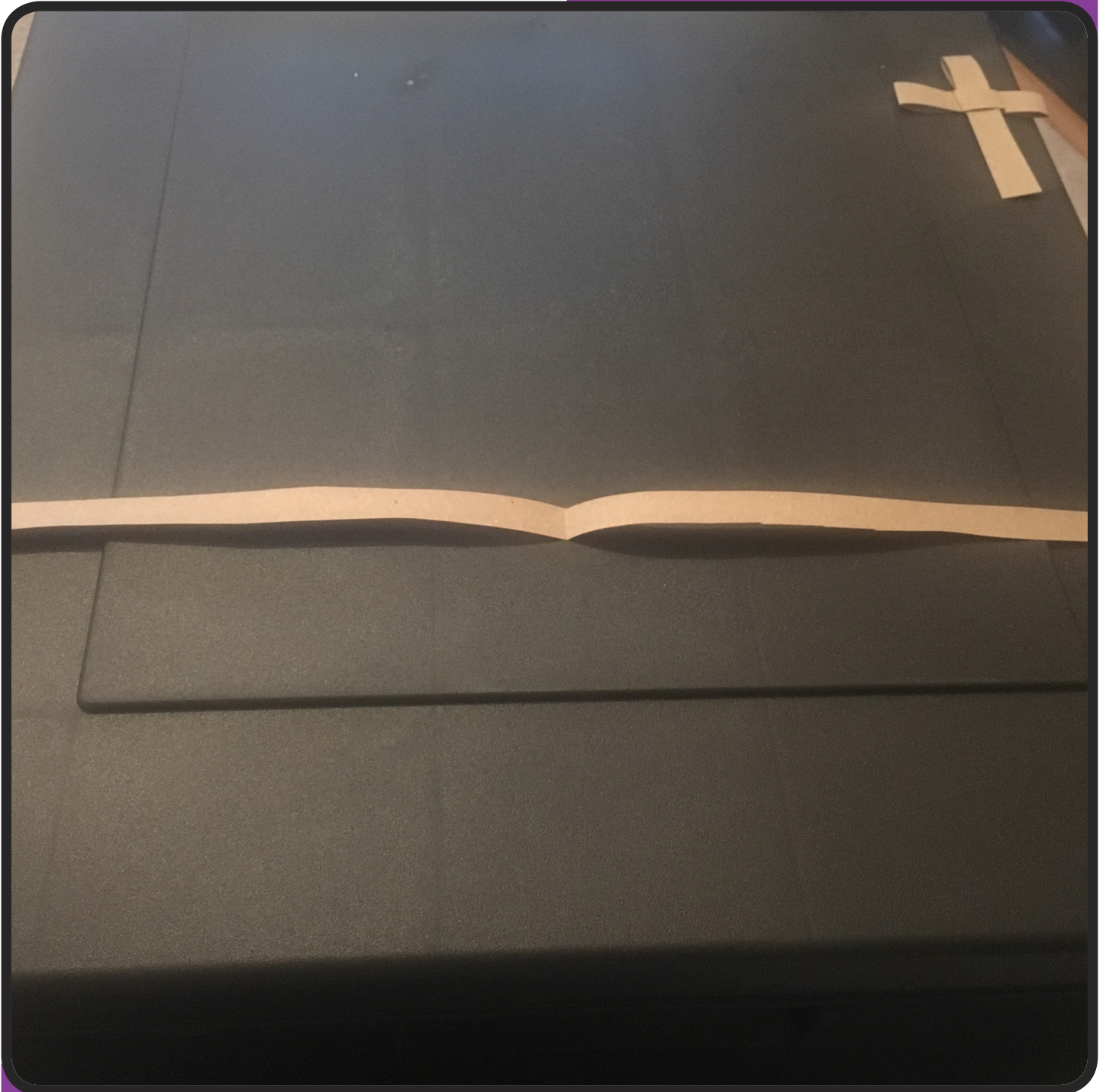
10 Fold the right-hand strip back pulling through the back square to form right crossbar.

Step 1

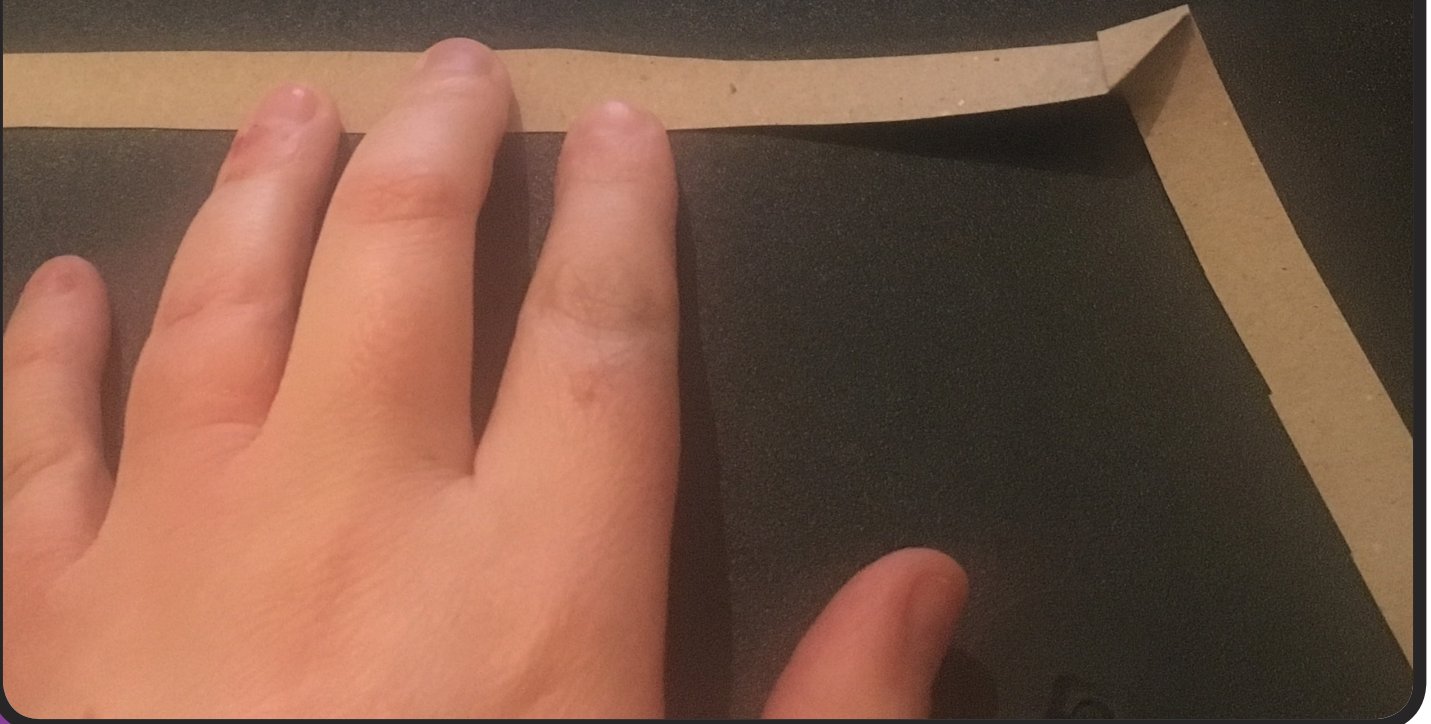Fold your palm in half horizontally to find the centre.

Step 2

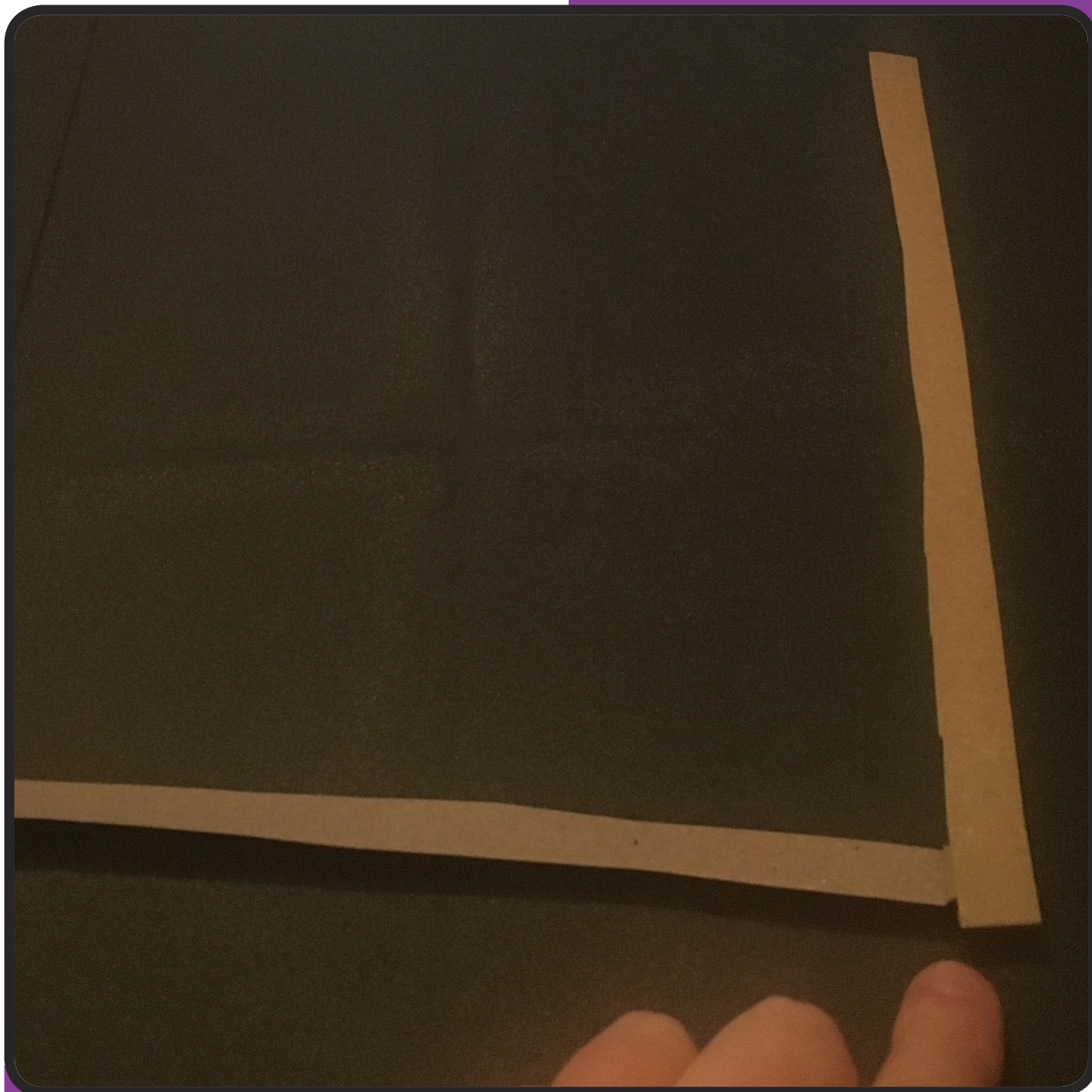Lie your palm flat on the table horizontally in front of you.

Step 3

Fold the right-hand end of the palm straight up at the centre fold to form a right angle.
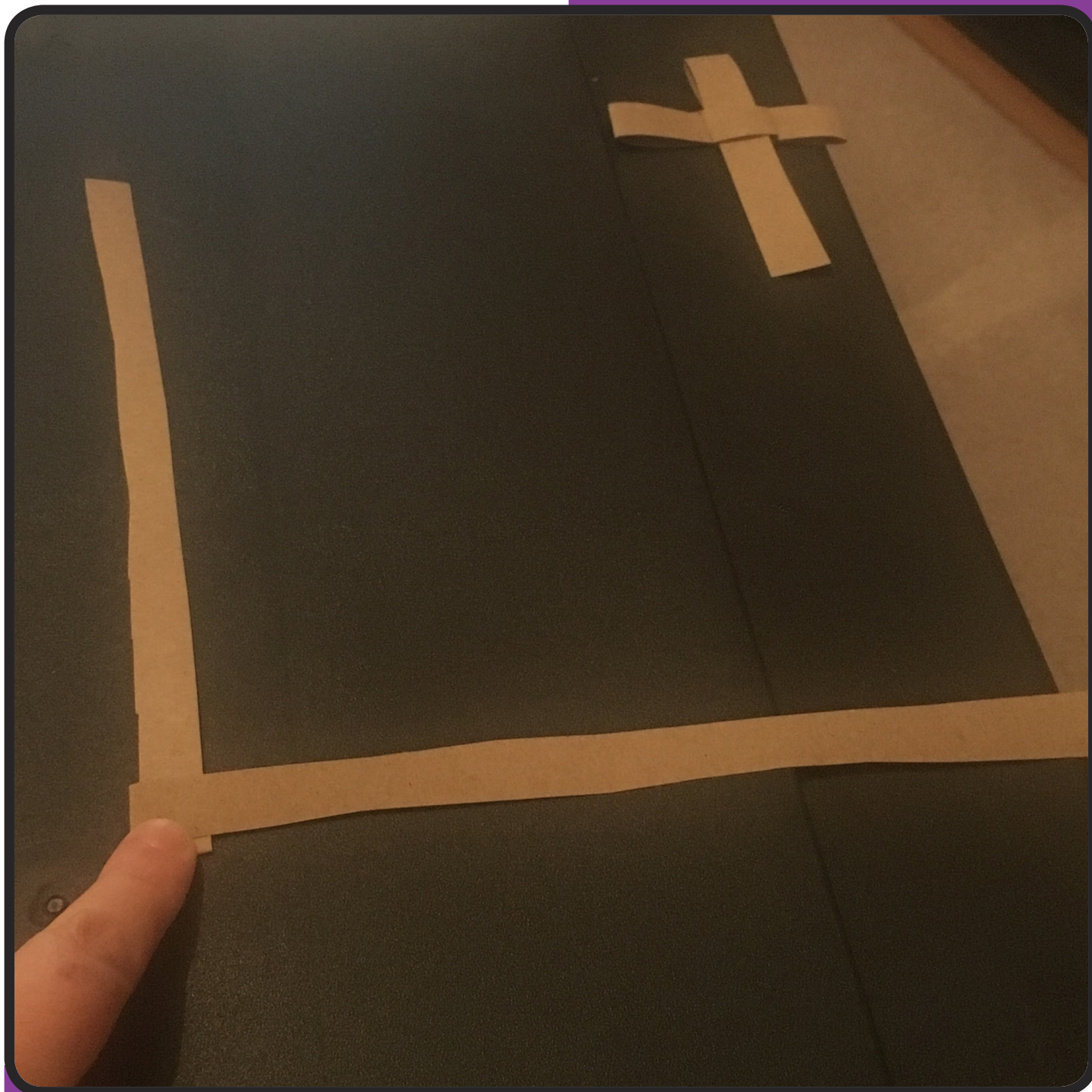
Step 4

Fold the same top strip back down over the back of the cross.

Step 5

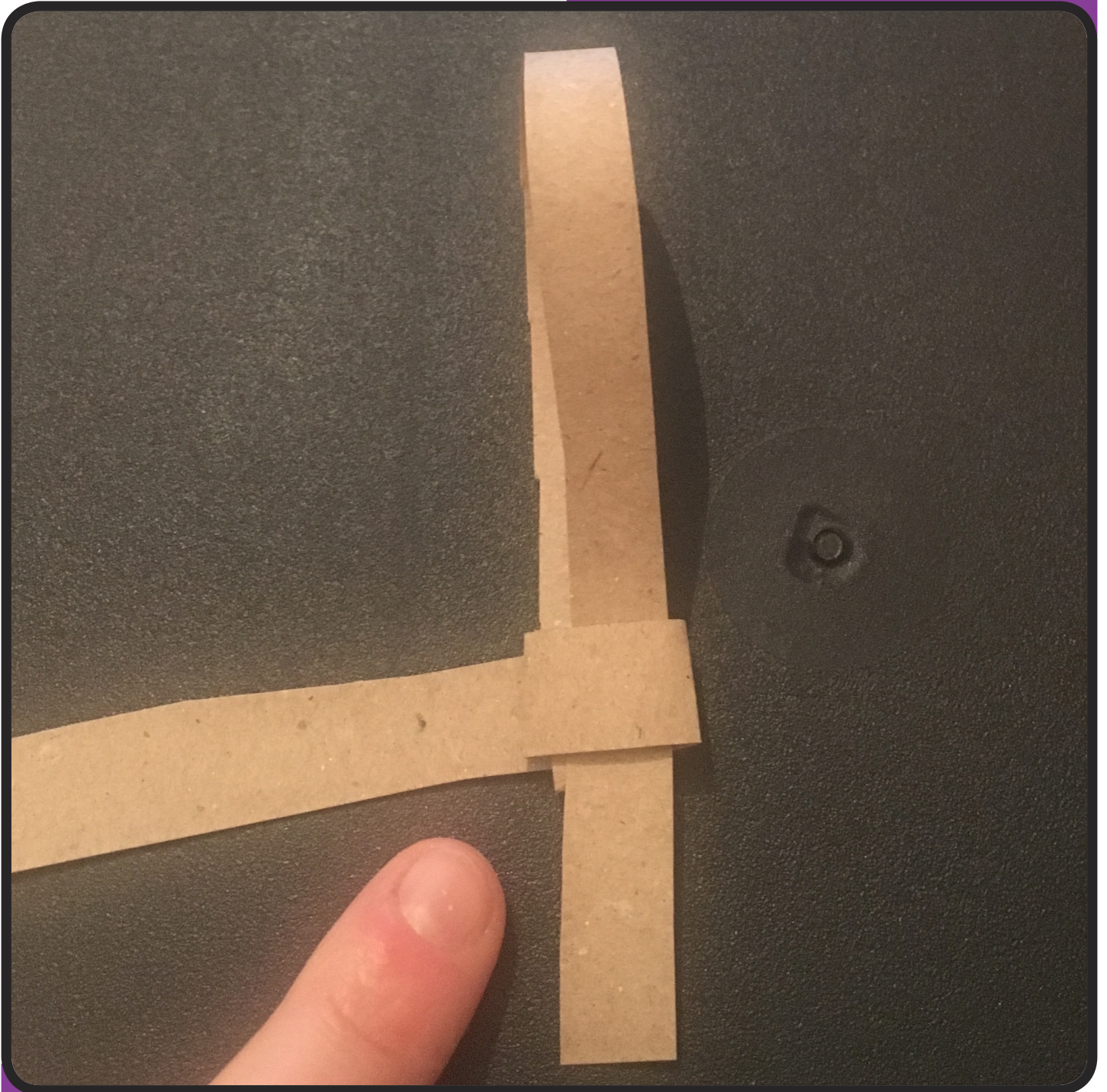Then fold back up and over again (to make a square on the back).

Step 6

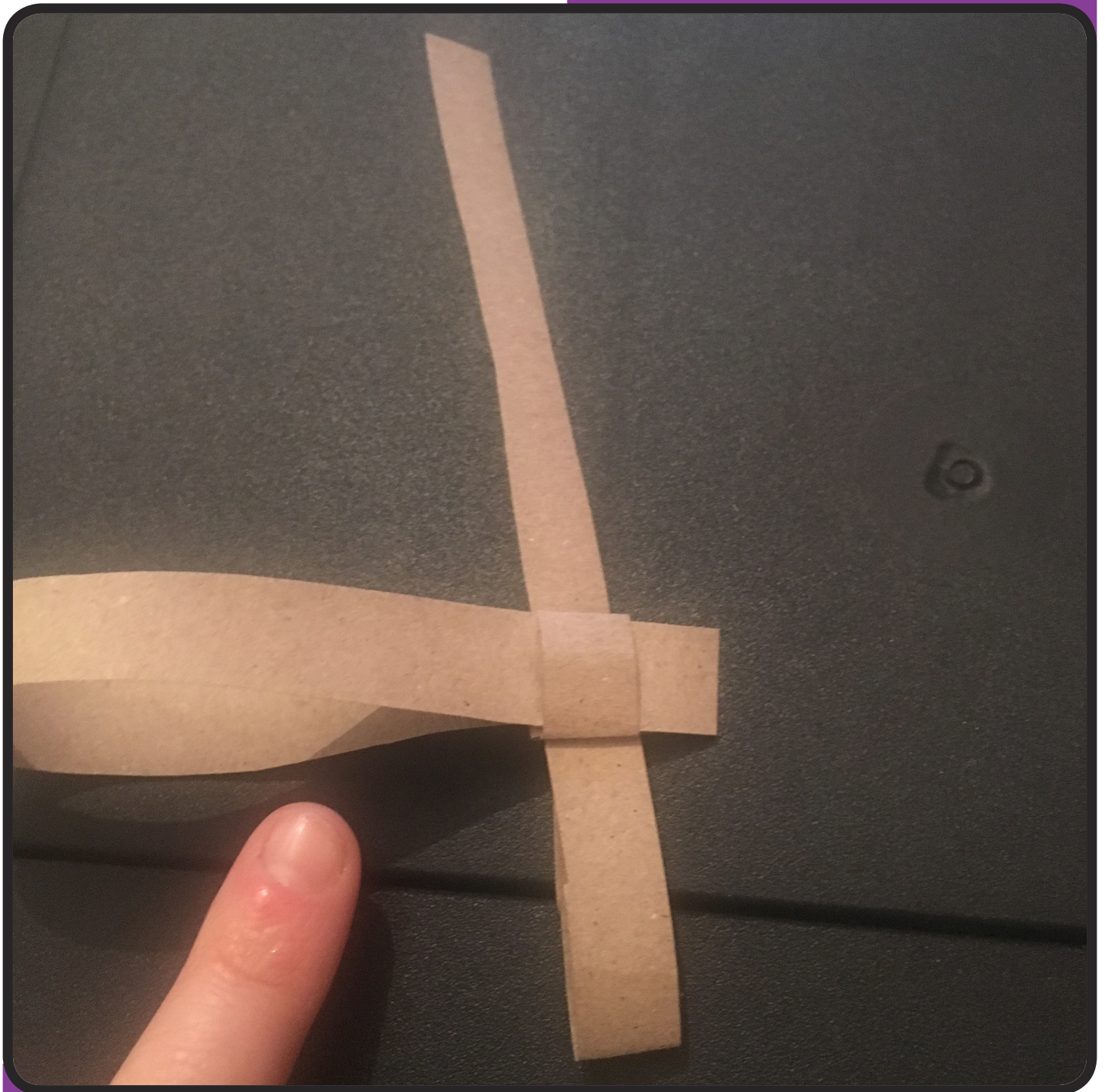Fold the left strip over the centre to the right.

Step 7

Then fold this strip away from you and pull through the square on the back (all the way through).

Step 8

Bend the top strip forward and down, pulling the end through the centre square to create a 3cm shaft (at the top of the cross).

Step 9

Fold the left-hand strip backwards and put through the square on the back to form the left cross bar.

Step 10

Fold the right-hand strip back pulling through the back square to form right crossbar.