

Paper folding game

Is spending time online or gaming disrupting your school work? Do you find it hard to concentrate? Are you having trouble sleeping at night? Play folding game and think about the ways in which media use can be good or bad for your mental wellbeing.

More information

→ mll.fi/en/about-mll/media-education

Subscribe to MLL's newsletter on media education (finnish)

→ mll.fi/ruutujenlumo

Use scissors to cut along the line. Dashed lines help with folding.



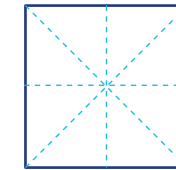
	<p>What kind of messages can make you feel bad? How about good?</p>	<p>How many times you check your phone during the day?</p>	
<p>Tolerating boredom</p> <p>Why is it hard to not spend time on your phone?</p>	<p>Send a nice message to your friend.</p> <p>Share your own tip.</p>	<p>What all can be interrupted by looking at the phone?</p> <p>Recommend something fun related to media.</p>	<p>Favourite media</p> <p>What things related to media can bring you joy and put you in a good mood?</p>
<p>Your phone can interfere with your concentration or your ability to be present.</p> <p>Concentration</p>	<p>Focus exercise: Take five deep breaths.</p> <p>Explore how you feel after gaming.</p>	<p>Try leaving your phone in another room overnight.</p> <p>Share your own tip.</p>	<p>How much sleep do you need per night?</p> <p>Sleep</p>
	<p>How can you know if you spend the proper amount of time to play digital games?</p>	<p>Delete one thing you don't need on your phone. What would it be?</p>	

Play **folding game** with your friends or family

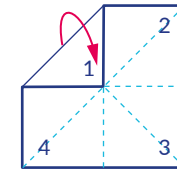
Follow the instructions to cut out and fold the game.

Use your thumbs and index fingers to move the flea based on the selected image or word. Inside each flap of the game is a question and a tip.

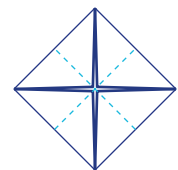
You can also make your own paper folding game and come up with questions and activities related to media use.



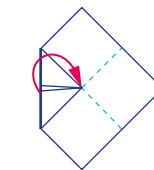
Use scissors to cut along the line on the reverse side.



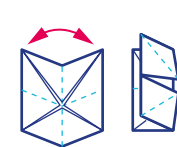
Fold corners 1-4 into the centre. Cut out a square along the solid line.



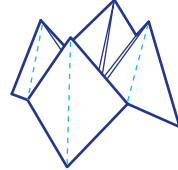
Turn the sheet of paper over with this side facing the table.



Fold the corners into the centre.



Create vertical and horizontal creases in the middle.



Insert your fingers into the "pockets" and start playing.