

## HOW TO CREATE A GYMNAST PAPER CHAIN

### MATERIALS:

- Computer paper (1-2 sheets, depending how long you want your chain to be)
- Tape
- Scissors
- Markers, colored pencils, or crayons

### SHARE YOUR GYMNAST PAPER CHAIN WITH US!

FB: Branch Gymnastics &  
Kids Sport USA  
IG: branchgymnastics

### INSTRUCTIONS:

1. Start by folding your computer paper hot dog style in half, then cut along the fold line.
2. Tape at least two of the cut pieces of paper together to form one long piece of paper.
3. Fold the long piece of paper into an accordion/fan shape. Use the templates below to help you size your folds!
4. Cut out one of the gymnast templates below, and trace the outline onto the front of your folded paper. Make sure that the arms and legs go off the paper on each side.
5. Cut along the gymnast outline of your folded paper (cutting through all the paper).
6. Unfold your gymnasts, and start to decorate their leotards/outfits and their faces with your markers/colored pencils/crayons.
7. Enjoy your paper chain of gymnasts! Hang them up in your room!

