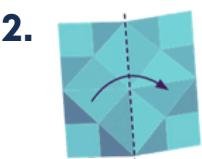
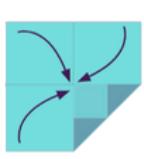




Place the printed side facing you on a table.



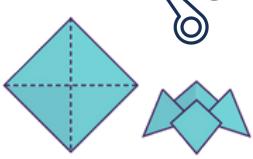
Fold the sheet in half, in both directions, to find the middle.



Lay the sheet flat, turn it over, and fold the four corners towards the center to obtain a smaller square.



Turn the sheet over and fold the four corners towards the center again, to obtain an even smaller square.



Turn the sheet over and lift the four pockets to insert your fingers.