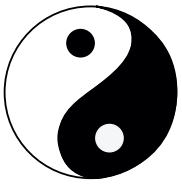
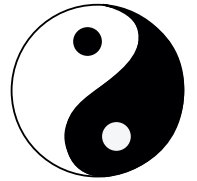


Peace and Harmony Fidget Spinner



The Yin and Yang symbols represent peace, harmony, and balance. Fidget spinners also build peace and calm when used—what a great combination!



Follow the instructions below to create your very own Peace and Harmony Fidget Spinner.

Materials:

- Cardboard
- Pencil
- Markers or crayons
- Scissors
- Ruler
- Toothpick
- Two pennies
- Hot glue sticks and glue gun



Directions:

1. Cut out two 5" x 2" pieces of cardboard.
2. Use a ruler to find the center of your cardboard pieces.
3. Color or design each piece of cardboard with markers or crayons.
4. Use your toothpick to create a hole in the center of each piece of cardboard.
5. Cut rounded edges at the end of each cardboard.
6. Glue a penny on each end of one piece of cardboard.
7. Glue the second cardboard piece on top of the pennies of the first cardboard piece.
8. Cut out the Yin and Yang symbols above. The Yin Yang is a Chinese symbol that represents balance and harmony. You can also add your own decorations that you associate with peace and harmony.
9. Trace and cut out two cardboard circles with the same measurements as the Yin and Yang symbols.
10. Glue the symbols onto each cardboard piece.
11. Place the toothpick through the center of both strips of cardboard.
12. Press the cardboard symbols over the toothpicks on each side.
13. Place a few drops of glue where the toothpick meets the cardboard on each side.
14. Cut the end of each toothpick close to the cardboard.
15. Hold your fingers on the Yin and Yang symbols and spin away!