DESIGNER MURAL





Post-it® Super Sticky Notes, Bora Bora Colour Collection $76\,x\,76mm, 90\,sheets$



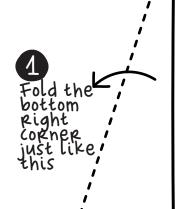
Post-it® Super Sticky Notes, Marrakech Colour Collection $76\,x\,76mm, 90\,sheets$



Choose the colours for your great escape. You can choose as many colours as you want. But monochrome is nicest...

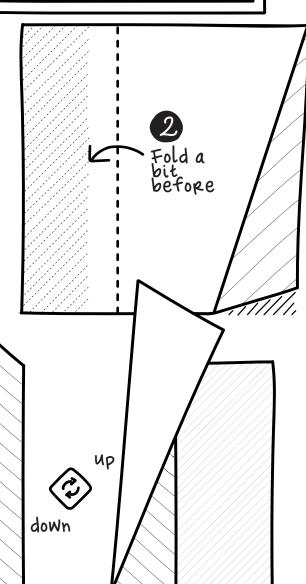
DO A LITTLE WARM UP

Rub your hands (totally useless) and start with two folds per Post-it® Note.



3 MOVE IT 1/1/1

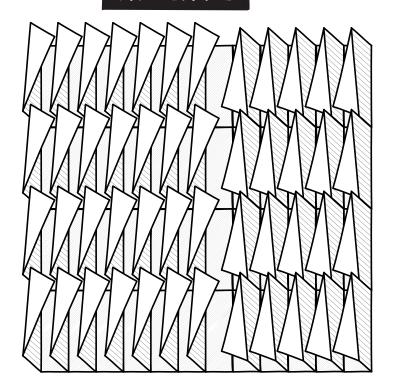
Two different ways to move your Post-it® Notes. Head up or head down. You can add some music and dance a bit. But just a bit please!

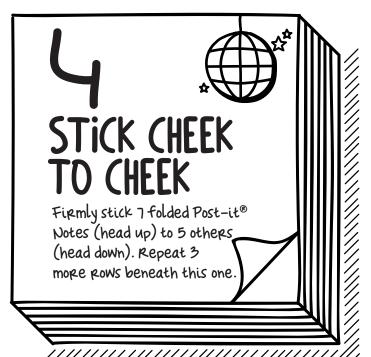


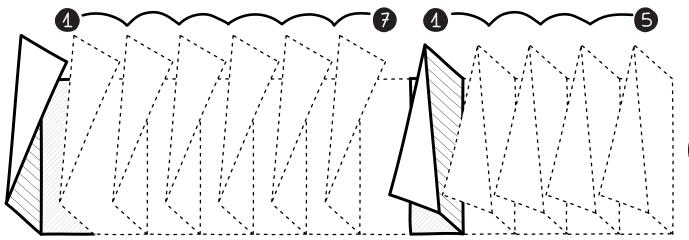
Find more Genius Packs here: www.post-it.co.uk/genius-pacl

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PATTERN 1



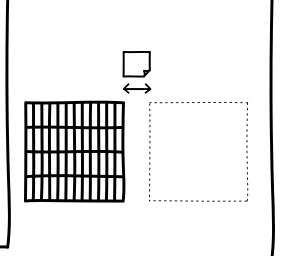




x3

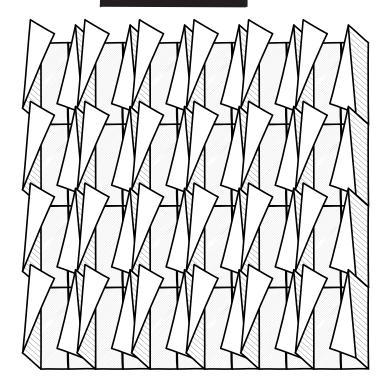
5 INHALE BEFORE THE NEXT ONE

Remember to space out each of your awesome creations with a non folded Post-it® Note.



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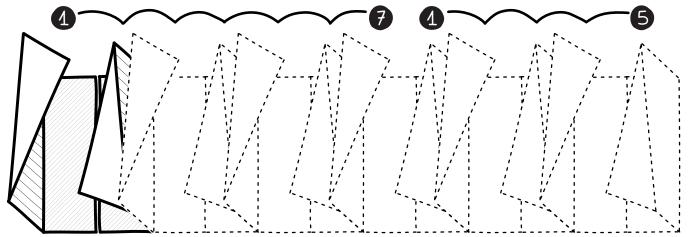
PATTERN 2





Stick one "up" then one "down" 12 times.
Repeat 3 more times,
until you feel dizzy!



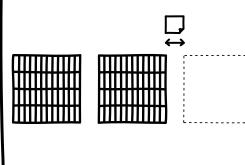


x3

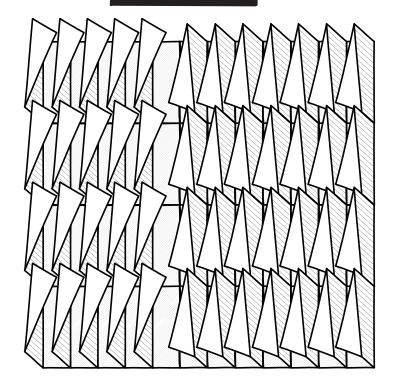
7 TAKE YOUR BREATH AWAY

Watch in slow motion as your awesome creation... ready for the next pattern?



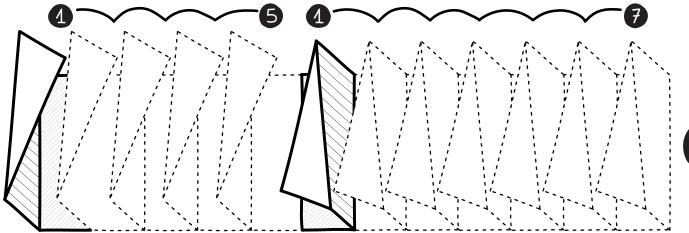


PATTERN 3



FINISH WITH CRUNCHES

Stick 5 "ups" then 7 "downs".
Repeat 3 more times.
Almost done!



BE THE BEST DESIGNER EVER



Liberate your inner artist at last and show off to your friends!

x3