



6 

Post-it® Super Sticky notatblokk
Bora Bora-fargesamling 6 blokker
76 mm x 76 mm

6 

Post-it® Super Sticky notatblokker
Marrakesh-fargekolleksjon 6 blokker
76 mm x 76 mm

1

COLOUR IS THE NEW BLACK

Velg farger for den store øvelsen.
Du kan velge så mange farger du
vil. Men det er best å satse
monokromt ...

2

VARM OPP

Gni hendene sammen (har
ingen spesiell effekt) og
begynn med to brett per
Post-it® Note.

limet

1

Brett
nedre
høyre
hjørne
stik.

2

Brett
litt for
limet.

3 MOVE IT MOVE IT

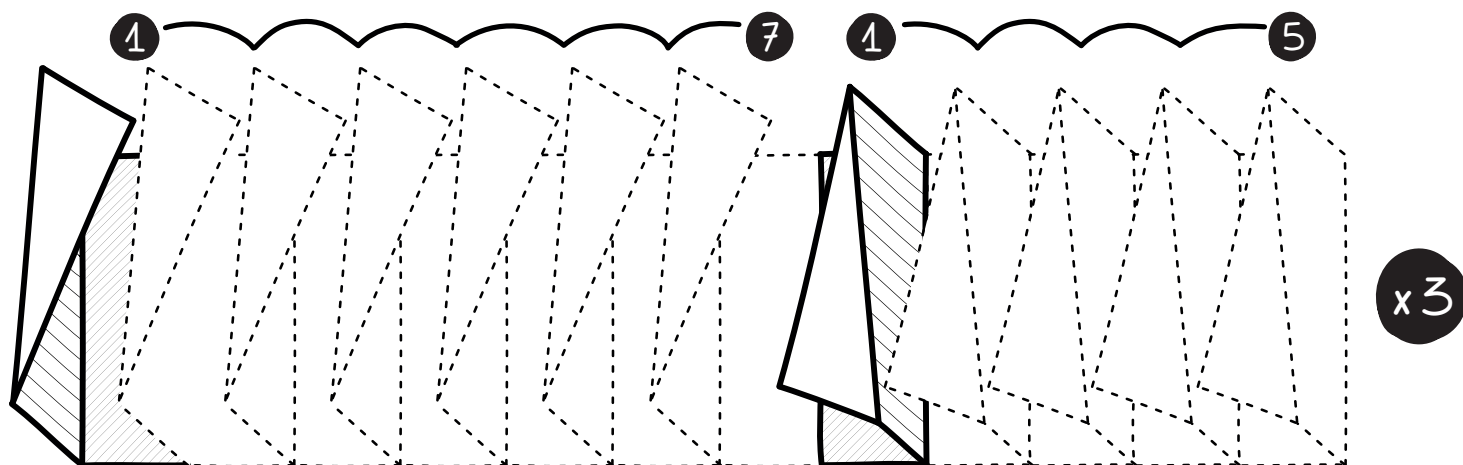
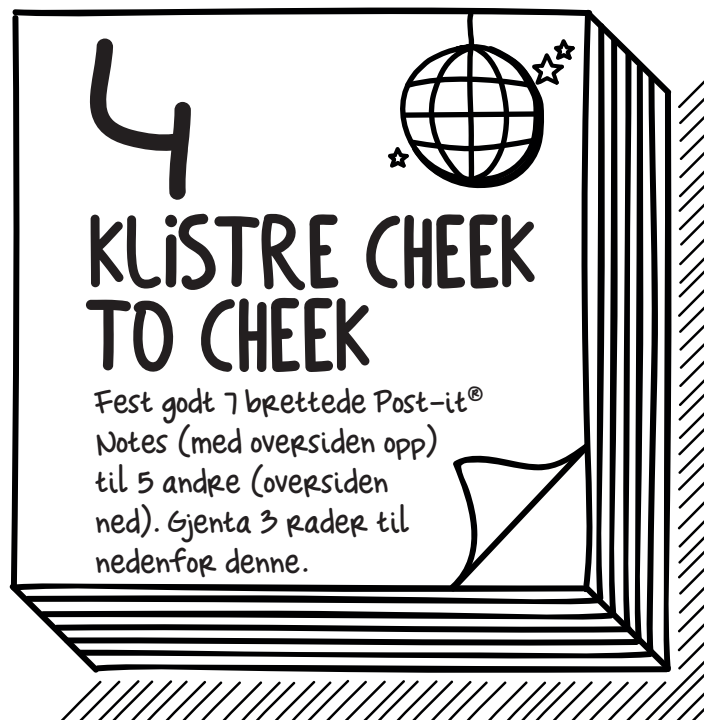
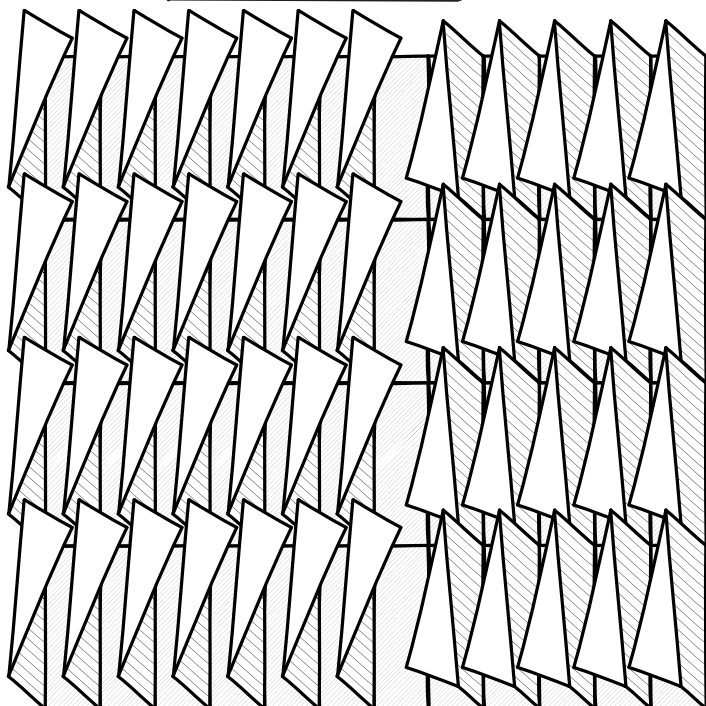
Her er to ulike måter å
flytte Post-it® Notes
på. Gå oppover eller
nedover. Du kan legge
på musikk og danse
litt. Men ikke
overdriv!

overside



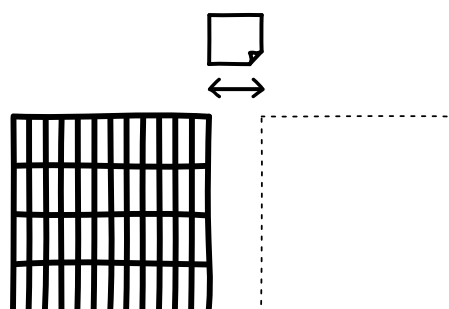
underside

PATTERN 1

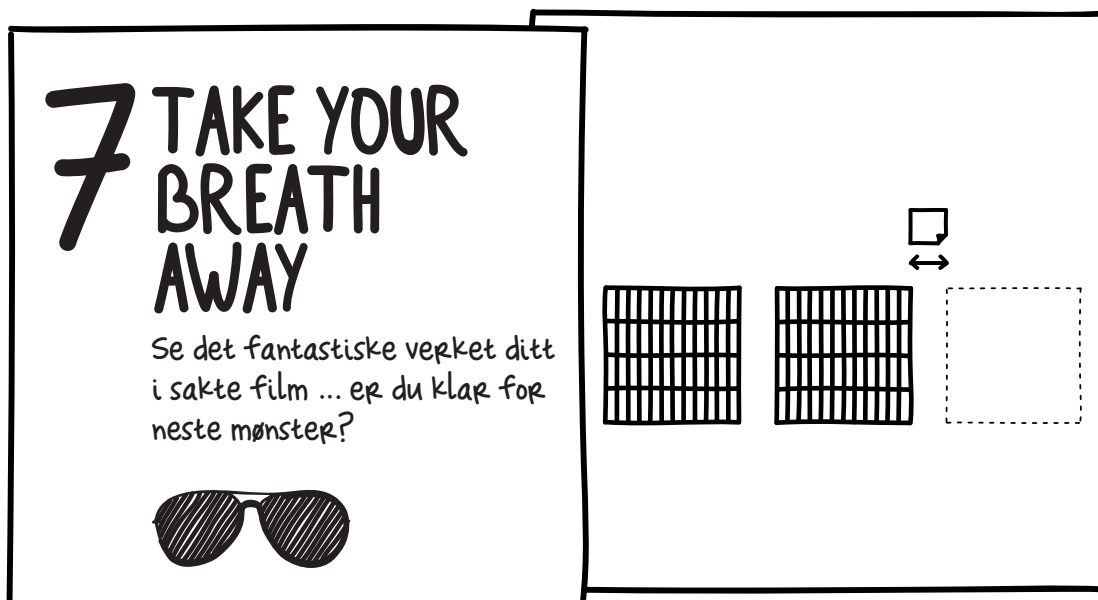
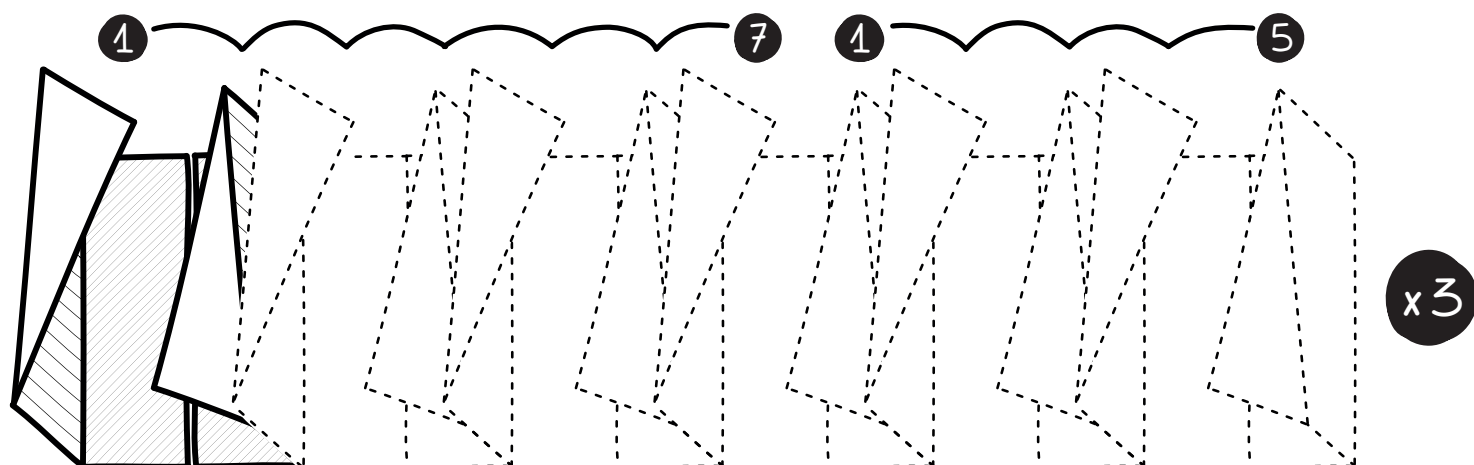
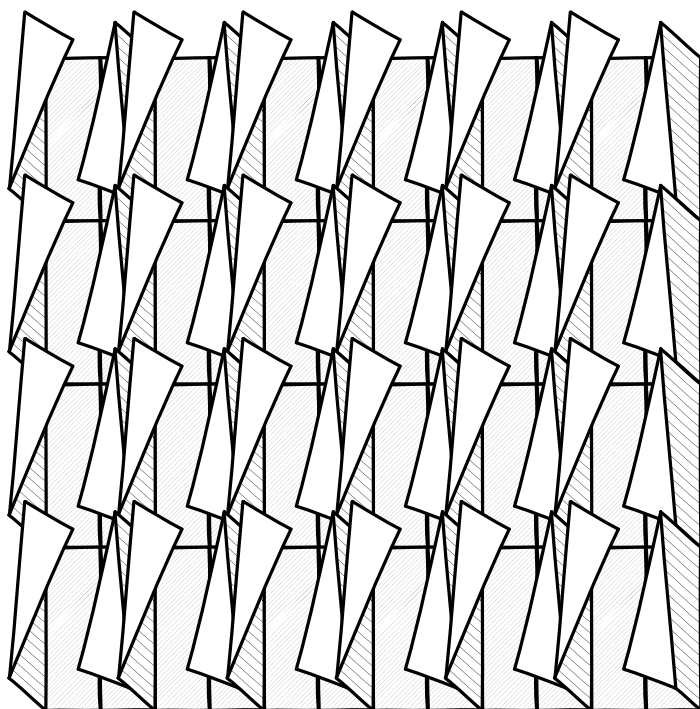


5 PUST GODT INN FØR NESTE

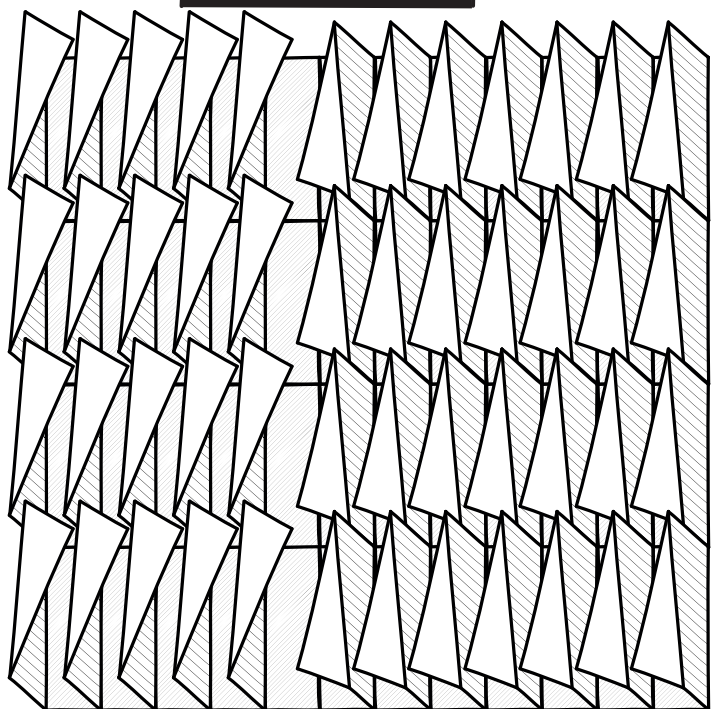
Bruk en Post-it® Note som ikke er brettet for en siste finish på de fantastiske verkene dine.



PATTERN 2



PATTERN 3



8



GJØR DET FERDIG MED SIT-UPS

Fest 5 "oversider" så 7
"undersider". Gjenta 3
ganger. Snart ferdig!

