Paper chain

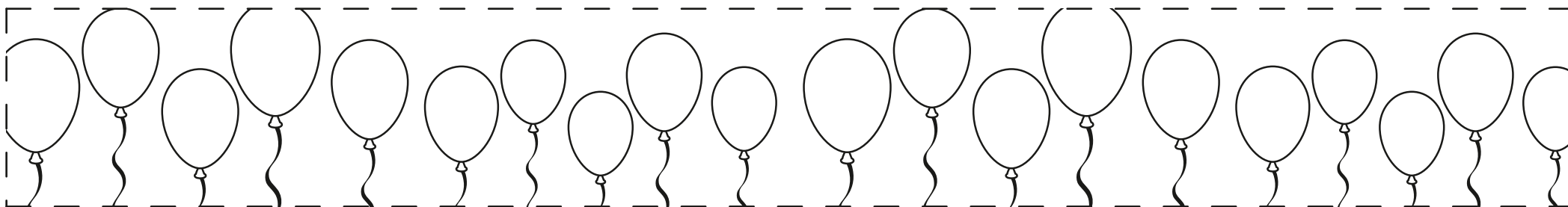**To create your paper chain, simply follow these instructions:**

1. Cut out the strips of paper below
2. Using your first strip, create a loop and seal at the ends using glue, Sellotape or staples
3. Thread the next strip of paper through the loop and seal the ends to create another loop

4. Repeat until you have a chain
5. Hang it up and enjoy!
6. Your pack contains 6 sheets, but you can always head to the colleague website to print more sheets if you wish to make a longer chain

Working in partnership with:

CO OP
It's what we do

mind

SAMH
for Scotland's mental health

inspire
wellbeing, ability, recovery

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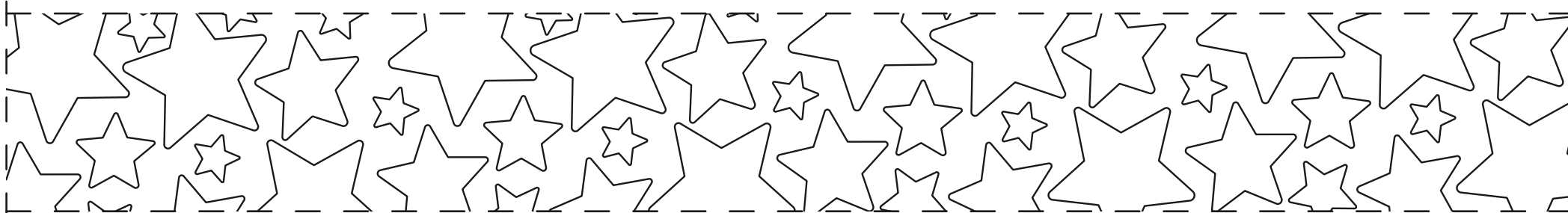
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There are lots of different ways to use our new paper chain. Involve your whole community and fundraise by asking colleagues, customers or clients for a donation to add a link to your paper chain.

Get creative! There's space to write a personal message on the back of some of the chains, or colour in a pattern on others.

You could also take a mindful moment with your team. Spend a few minutes making paper chains and have a chat about your mental wellbeing.

Write your message here ✏️

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