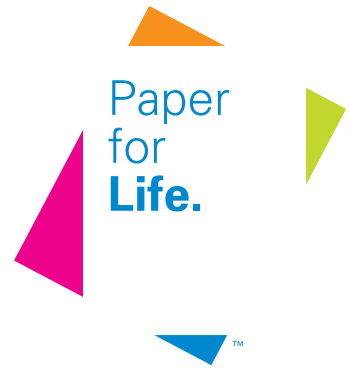


FUN ACTIVITY

# Paper Football

Paper football is easy and fun yet fairly harmless, so you won't need a helmet.

---



# Paper Football

Nothing beats boredom like a good game.

## What You Need

---

- **A Paper Football.**  
Check the next page for instructions.
- **Uprights.**  
The uprights are made by the defender who places his/her fists on the table touching extended forefingers with thumbs raised. Confused? Make an "L" with your thumb and index finger. Make another one with your other hand. Turn your hands so your index fingers are touching. Point your thumbs up. You're making uprights!
- **Game Table**  
A small table acts as the perfect playing field space.

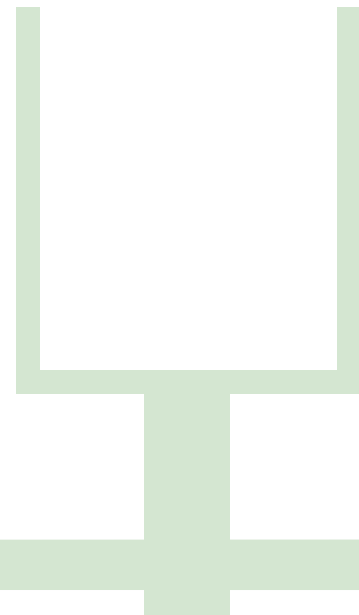
## How to Play

---

The player who has the football has three tries to get it into the end zone at the other end of the table by flicking the football with an index finger.

On the fourth try they can either try one last time for the end zone, or thump it for a field goal.

See who makes it into the end zone the most.



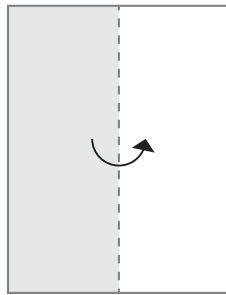
## How to Make a Paper Football

Hammermill® Copy Paper is the perfect paper for folding.



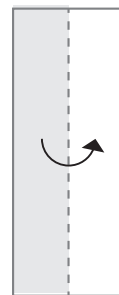
### Step 1

Fold a single sheet of paper lengthwise.



### Step 2

Fold the paper lengthwise again.



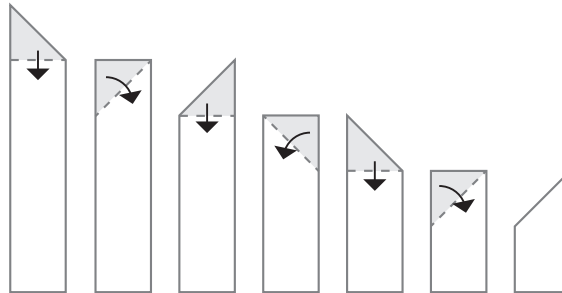
### Step 3

Once more, fold the sheet of paper lengthwise. The shape of the paper should now be a long rectangle.



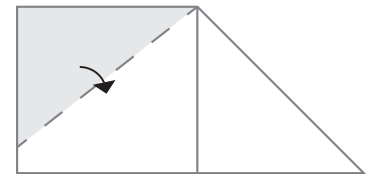
### Step 4

Starting at the top right corner, begin to fold the sheet of paper diagonally, forming a triangle shape.



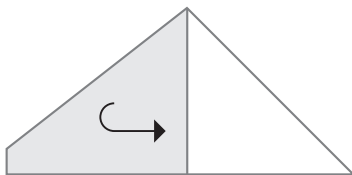
### Step 5

Continue folding the paper diagonally until there is only a small amount of paper left at the sheet's base.



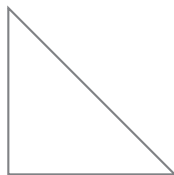
### Step 6

Fold the leftover paper over onto itself.



### Step 7

Finally, tuck the end of the strip into the last fold, to keep your football in its triangular shape.



### Step 8

Now you have a paper football.