**Transformation.**

*As in the art of origami, transformation can bring frustration. But it's important to not give up.*

1. With paper positioned as a diamond, fold top to bottom corner making a triangle. Unfold and repeat left to right corner. This creases the paper corner to corner with a ″+″ fold.

2. Turn the paper over and fold it edge to edge to make a rectangle. Unfold and repeat the other direction. Unfold. This creases the paper with an ″x″ fold superimposed upon the ″+″ made in step 1.

3. Bring the top of the paper down toward the bottom while pushing the sides inward. This will naturally fold into a diamond shape with two left flaps and two right flaps as shown in 4.

4. Raise one flap towards you. 4a Pry open the layers, and squash down evenly as shown in 4b Flip and repeat. Open and squash the other 2 flaps until it looks like 5.

5. Flip one flap to the side, as in 5a, so that the model looks like 5b, like an upside-down kite with no under-layers showing.

6. Fold the bottom of the upside-down kite up to look like 6a.

7. Turn the flaps to the other all-white side and fold the bottom of the kite up. Continue folding up the bottom of the kite two more times. When finished it should look like 7.

8. Fold all layers to the right so it looks like a right angle triangle as in 8a. The paper gets very thick so try your best.

9. Fold the top of the triangle to the right to look like. This becomes the stem of the flower. The distance does not matter much, but a good landmark is the place where the smaller triangle is visible. 9b Reverse fold to crease the paper ″stem″ in the other direction.

10. Hold the paper stem of the flower firmly. Don’t open the petals yet, but start spreading apart the flaps that will become the flower petals.

11. Keep working and fanning out the petals until you can eventually bring the two outside flaps to meet and their mountain-fold will gently pop into place to become a valley-fold.

12. Use your fingers and pry open the flap layers so they look like petals. Bend back the petal a little so it keeps its shape. Enjoy your finished sunflower.