



# Loop



## ACTIVITY GUIDE

*Increase Your Peace*  
Week 2: When Your Heart Breaks

### Impossible Challenge

A fun way to remind students to rethink what's impossible.

### Activity Objective

Cut a hole in a single sheet of paper big enough to fit your head and shoulders through.

### You'll Need

- Sheet of paper (1 per student)
- Paper Challenge activity sheet (1 per student)
- Scissors (1 set per group)

## Instructions

**Say:** We saw a lot of “impossible” challenges in The Loop Show today. Now, you’re going to do an impossible challenge of your own!

1. **Give** each student a sheet of paper and a pair of scissors.
2. **Instruct** them to cut a hole in the paper that’s big enough to put their head and shoulders through— maybe even their whole body!
3. Give them **one minute** to try to cut the hole large enough.
4. Some students may actually know the trick, and that’s okay!
5. After about 30 seconds, **stop** students. Celebrate if any students actually were able to cut the hole.

**Say:** Okay, that was a tough one! But there is a way to do it. Try this!

6. **Give** each student a Paper Challenge activity sheet and walk them through these steps to create the hole big enough to fit their head and shoulders through.
  - **Fold** paper the long way, along the long black line, with lines facing out.
  - **Cut along the black lines**, turning paper as you go, or by cutting all the black lines on one side, then turning the paper and cutting all the black lines on the other side of the paper.
  - **Carefully unfold** the paper.
  - **Cut** the long black line in the middle of the paper.
  - **Do not cut** the paper where the red **Xs** are.
  - **Stretch** out the paper. It should now have a large hole in it, big enough for students to put their head and shoulders through.

