



East Hunsbury
Parish Council

EAST HUNSBURY SENIORS HOW TO MAKE A MOUNTAIN VALLEY FOLD CARD

MATERIALS & TOOLS NEEDED:

White card
3D foam pads

Patterned paper
Ruler

Die cuts
Scissors

Gems
Pencil

Scorer or the back of a butter knife

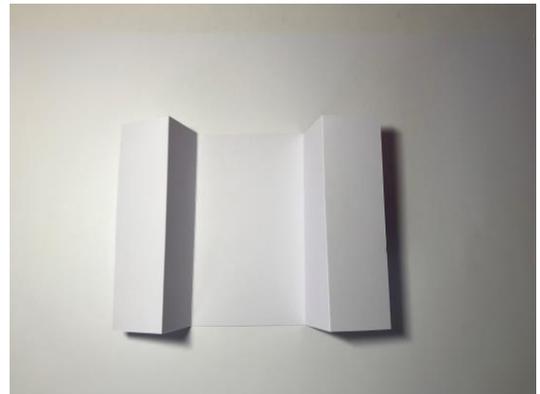
Double sided tape or glue stick as wet glue will make your card warp.



1. Cut white card to 14 cm x 24 cm, score down from the long side at 4cm, 8cm, 16cm and 20cm.

If you do not have a score board mark the measurements at the top and bottom of the card and use a ruler as a guide to keep scored line straight.

2. Mountain fold the outer score lines and valley fold the inner ones.



3. Trim 4 pieces of patterned paper to 3.5cm x 13.5cm and one piece of patterned paper to 13.5cm x 7,5cm.

For the supporting bar cut white card to 15.9cm x 4cm and patterned paper to 15.5cm x 3.5cm.

4. Stick the patterned panels on the white card as in the photo. For the supporting bar apply the patterned paper to the white card using 3D foam pads.



5. Mark the back of the supporting bar 4cm in at each end, place double sided tape on back of the supporting bar within the 4cm marks.

6. Lay the card down right side up and starting on the left side with the mountain valley fold pressed down and the right side extended, apply the supporting bar to the card about 2 cm up from the bottom edge of the card.



7. Now for the fun part, decorate your card as desired

8. Your card will fold flat to fit in an envelope.

Have fun!

Linda Ferrier

