





★ **thank you for downloading bod!**

we've made this super easy
 this guide will help you build bod properly
 to ensure bod is fit and healthy
 all you need is scissors glue and 6 minutes *

* based on someone with average cutting skills... don't be too fussy!

instructions

★ **body (2 mins)**

cut around the body shape with a scissors
 start folding all the creases til you get the general body shape
 ignore the shoulder and head section for now
 put some glue on tab a1 and a2 and stick to the inside of the body front

★ **head and shoulders (2 mins)**

fold forward the shoulders over the gap and stick the 'b' tabs inside the body
 best to do b1 and b2 first, then b3 and b4
 fold the head back into an upright position
 fold back the part attached to top of head and the part attached to head (back)
 glue tab c to the top of the back section to secure head
 curve the long section around the head shapes and glue tab d1 d2 and d3
 fold back tab e1 and e3 and glue to shoulders

★ **arms (2 mins)**

cut around the arms
 fold all edges and glue tabs x1 and x2 and then y1 and y2 to make a rectangular shape
 slot the arms into the arm sockets of the bod body the ends of the arms facing upwards
 there you have it! your very own bod friend!