fold in half. and then in half 3 more times foil 3. Now you will have a long thin strip. about 24 inches long this time fold in half down the middle to create an extra thick 12 inch strip 5. Using your drawing as a guide bend your foil Now your going to take until it takes your extra thick strip and the shape. Cut off fold it in half lengthwise any extra and staple one final time. shut the two ends