



3 WAYS to hold a napkin during a NAPKIN TOSS

## Manual for a Napkin Toss!

1. Purchase and stream/download the song **Love is in the Air** sung by John Paul Young. You might want to organize a Zoom napkin toss event with your friends but a solo napkin toss will feel good too!
2. Unfold at least two napkins (No napkins? Paper towels, tissues, or toilet paper will also do!). More napkins will provide an optimal effect.
3. Get ready to Zoom with your friends, or not. Press play! Turn on the song!
4. Take one napkin in each hand, using your fingers to hold the napkins from a corner point, letting the napkins hang. You can also grab a cluster of napkins squishing them in the center with your hands. See reverse for illustrations.
5. Start waving the napkins in the air above your head! Dance if you like! This may naturally occur. Put some sway into it. Use your hips. Smile!
6. At around 1:16 minutes into the song yell out “**4, 3, 2, 1, Love is in the Air!**” And then release your napkins throwing them up into the air. At this point you can quickly pick up or catch your napkins for another mini toss. When the pandemic is over picture doing this in a room full of people, at a party, and seeing all these napkins float in the air!
7. Now it's time to think about the environment. Shortly after the lyrics “oh, oh, oh, oh” yell out “recycle, recycle, recycle, recycle...” (6-10 times) and bend down and pick up your napkins, resume waving them in the air.
8. Repeat for another two tosses for the remainder of the song.
9. Yay you did it! Legend has it this feel good activity originated in a gay bar on Bourbon St. in New Orleans. Please spread the love and the word about the napkin toss! **#napkintoss #loveisintheair**