

TEEN WELLNESS KITS

MINDFUL ORIGAMI

These Teen Wellness Kits are filled with creative and wellness activities for teens. Origami is the ancient Japanese art of folding sheets of paper to create beautiful and useful objects. It's been shown to improve memory, concentration, and hand-eye coordination.

It can also be a relaxing, creative, and mindful activity. The process of folding can lead to a state of flow and being fully present in the moment. The more you practise, the easier this is to achieve.

MATERIALS TO FIND AT HOME:

- Your own paper, in any size or pattern you like. Any paper cut into a square will work for origami but glossy magazine pages and wrapping paper work especially well. For lucky stars, a ratio of about 1:13 (1 cm wide and 13 cm long) works best, but feel free to experiment.

ACTIVITY INSTRUCTIONS:

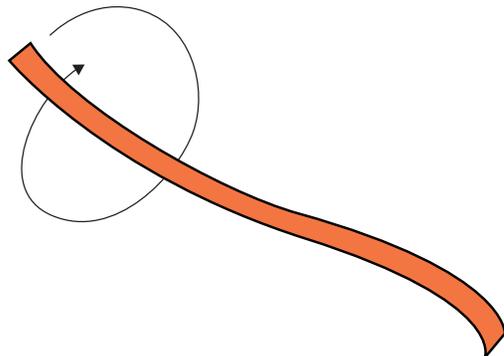
1. Beginners should start with the basic models included in this kit. If you are more experienced, use the wellness tips below as you fold any model you like.
2. The key to good origami is to take your time. Rushing leads to sloppy folds, failed models, and frustration. Go slowly, line your folds up carefully, and use your fingernails to make good creases before moving on to the next step. Practise basic folds until you're comfortable and start with simple models before moving to more complex ones. Be patient with yourself as you learn new things.
3. Origami diagrams can be confusing. If you get stuck, try searching for the same model online for different instructions or a video you can follow along with.
4. As you practise origami, you will naturally find yourself concentrating on the models. If possible, sit somewhere quiet and avoid distractions. Breathe deeply and take a few minutes to really focus on what you're doing. What do you see, hear, and feel?
 - a. **Look:** Notice the details of the paper. What colours can you see? Are there patterns running through it? Are there shadows or patterns from the light falling on it? What shape is it taking as you do each step?

- b. **Hearing:** Can you hear the paper rustling as you fold it? Does it sound different when you crease it?
 - c. **Touch:** As you're touching your paper, notice whether it's smooth or textured. How heavy is the paper? Is it easy to fold or does it resist being creased?
5. Folding lucky stars is a great mindfulness activity, but you can also use them to support one of these other wellness practices:
 - a. **Connection:** Before you start making each star, think of a friend or family member. Write one thing you love about them on the white side of the paper, then fold it up. Once you're done, give them the stars. It's up to you whether you tell them about the hidden messages.
 - b. **Gratitude:** For each star, write or think about one thing in your life that you're grateful for. Put them in a jar where you will see them often and unfold one when you need a reminder.
 - c. **Optimism:** Lucky stars are also called wishing stars. Use each one to make a hopeful wish for the future, for yourself, or someone else.

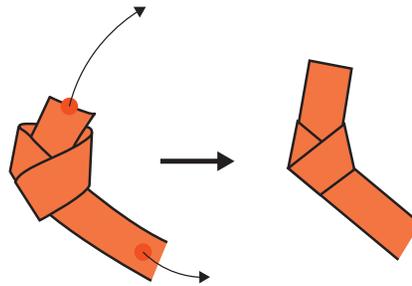
LEARN AND DO MORE:

- Visit calgarylibrary.ca/origami for staff recommended titles.
- For more ideas, check out:
 - Seven Simple Grounding Techniques for Calming Down Quickly at calgarylibrary.ca/grounding
 - Five Ways Origami Boosts Mindfulness at calgarylibrary.ca/psychology
 - The Orizuru, or paper crane, is a symbol of peace. Look up the story of Sadako Sasaki to find out why. Japanese tradition says that folding 1,000 paper cranes lets you make one special wish come true.

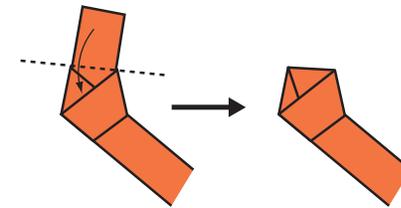
Origami Lucky Star Instructions



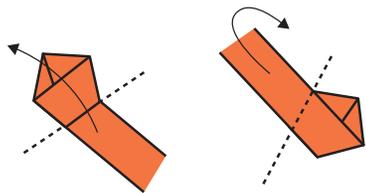
1. Tie a "knot" in the end of your paper.



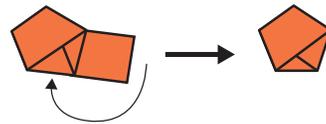
2. Pull gently to tighten, then flatten.



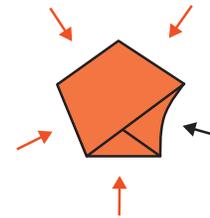
3. Fold the end of the strip down and tuck it into the knot. You can cut a bit of it off if it is too long.



4. Now wrap the other end of the strip around and around this pentagon you have formed, creasing gently as you go.



5. Keep wrapping until you get to the end of the strip. Tuck the last bit of the strip into the pouch. You should be left with a cute little pentagon.



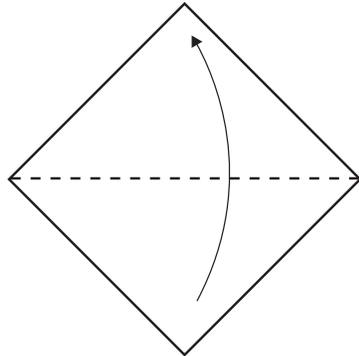
6. Now to make this little pentagon into a star, very gently and slowly use your fingernail to press on the centre of each of its edges. The star should puff out.



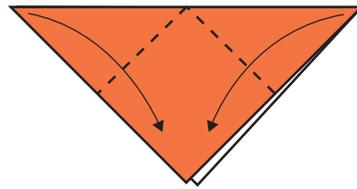
And you should have a lovely little lucky star! It may take some practise to get the star to puff out perfectly, but stick with it... you'll get it!

If you are having a lot of trouble, try different papers, or try wrapping the strip of paper around without creasing it too much. This helps a bit!

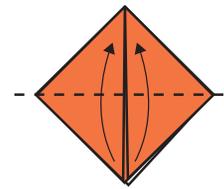
Origami Samurai Hat Instructions



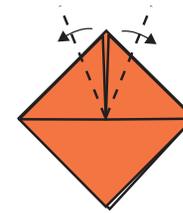
1. Start with paper white side up. Fold in half downwards.



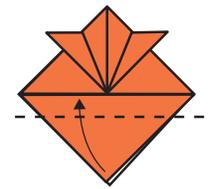
2. Fold outer corners in to the centre.



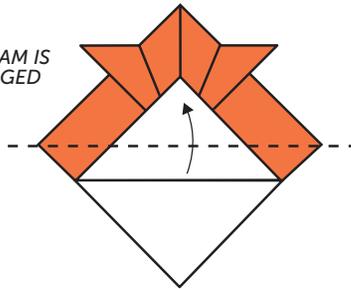
3. Fold top layer only upwards in half.



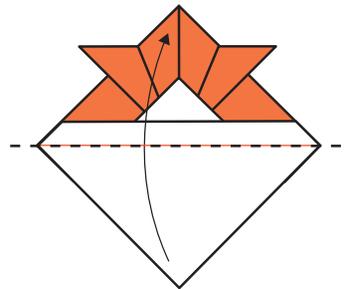
4. Fold top layers outwards along creases shown.



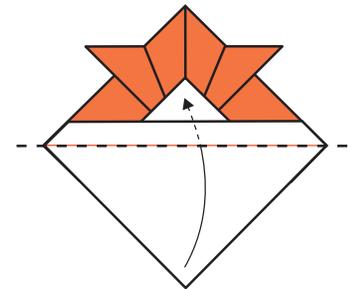
5. Fold top layer only upwards along the crease shown.



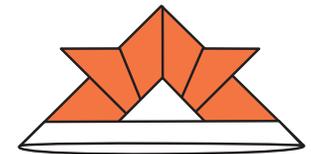
6. Fold same top layer upwards again.



7. Fold the bottom layer upwards to crease, and open again.

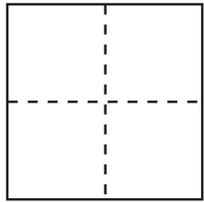


8. Tuck this layer into the inside of hat.

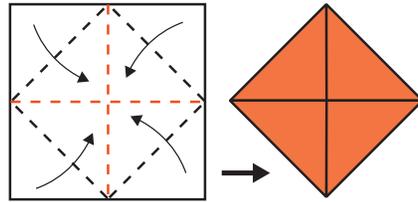


Finished Samurai Hat.

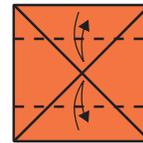
Origami Box Instructions



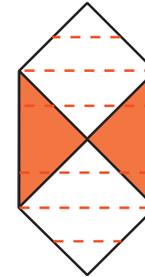
1. Start with a square piece of paper, white side up. Fold the paper in half horizontally and then vertically, so the creases look like this.



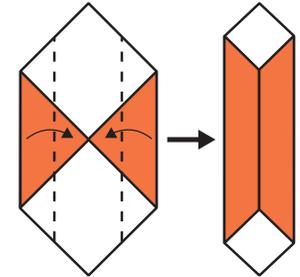
2. Fold the four corners of the paper toward the center point.



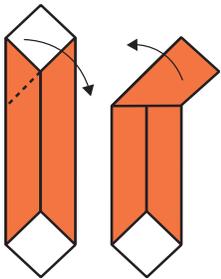
3. Fold the top and bottom of this square into the center and open out again to create these creases.



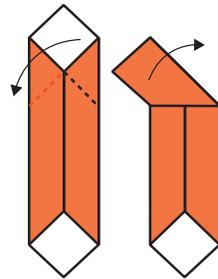
4. Open out the top and bottom triangle flaps.



5. Fold the sides of the model into the centre, creating well.



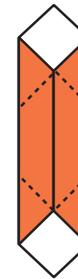
6. Fold down top corner of model and then open out again.



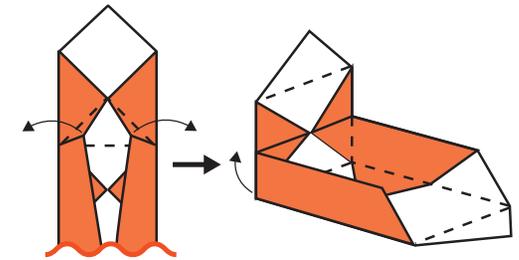
7. Fold down model in the other direction.



You should now have two new diagonal creases like this.

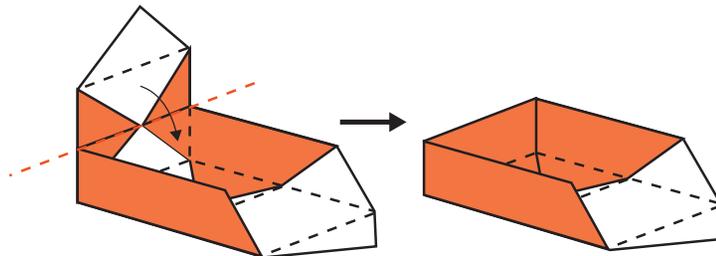


8. Repeat step 6 & 7 at the other end of the model, so you have the new creases at both ends, as shown.



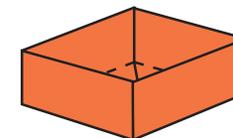
9. At one end of the model, open out model along the creases you just made. This will raise the top portion of the model vertically.

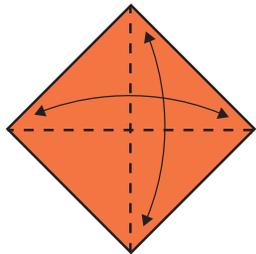
10. Fold top of model over into the box. It's taking shape!



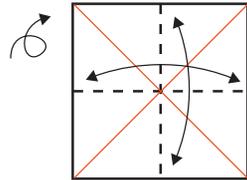
11. Repeat Step 9 and 10 at the other end of the box... and it's finished!

To make a lid, just make another box, but start with a slightly bigger piece of paper.

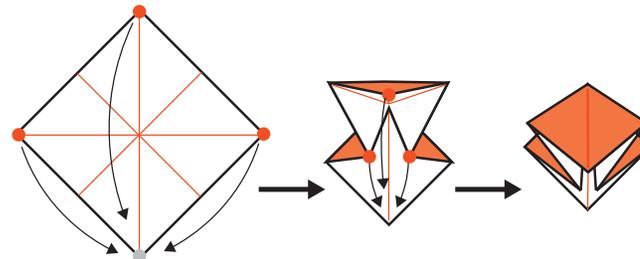




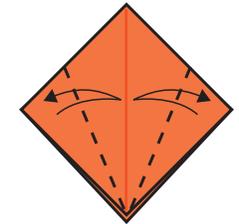
1. Start with a square piece of paper, coloured side up. Fold in half and open. Then fold in half the other way.



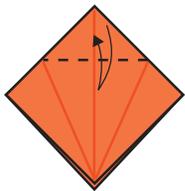
2. Turn the paper over to the white side. Fold the paper in half, crease well and open, and then fold again in the other direction.



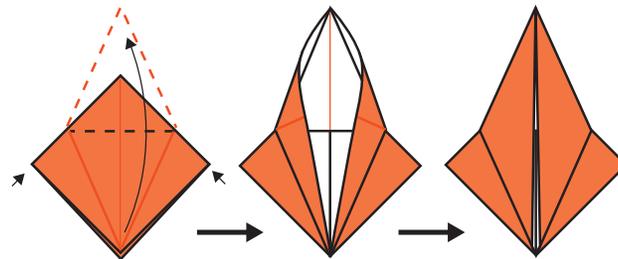
3. Using the creases you have made, bring the top three corners of the model down to the bottom corner. Flatten model.



4. Fold top triangular flaps into the centre and unfold.



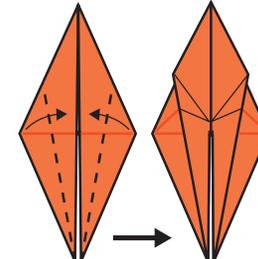
5. Fold top of model downwards, crease well and unfold.



6. Open the uppermost flap of the model, bringing it upwards and pressing the sides of the model inwards at the same time. Flatten down, creasing well.



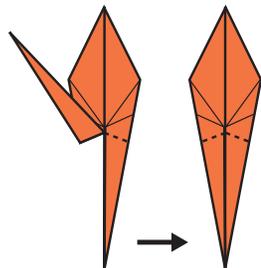
7. Turn model over and repeat Steps 4-6 on the other side.



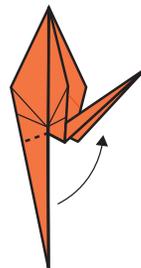
8. Fold top flaps into the centre.



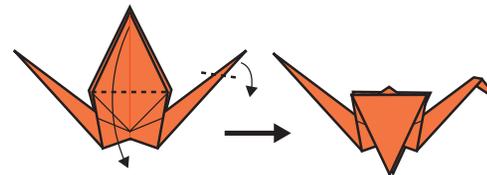
9. Repeat on other side.



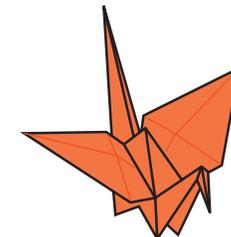
10. Fold both 'legs' of model up, crease very well, then unfold.



11. Inside Reverse Fold the "legs" along the creases you just made.



12. Inside Reverse Fold one side to make a head, then fold down the wings.



Finished Crane