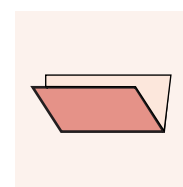




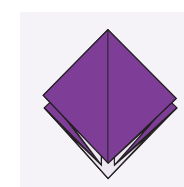
Get started with
origami

Contents

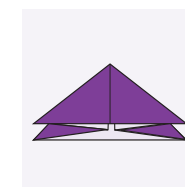
What is origami?	3	Origami workshops	7
Brief history	3	Our story	8
Origami paper	4	Who are we?	9-10
Why origami?	5	Is origami for me?	11
Origami benefits	6	What can you make?	12



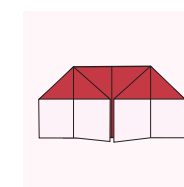
Origami symbols **13**



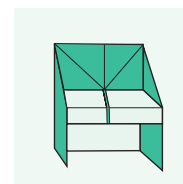
Preliminary base **14**



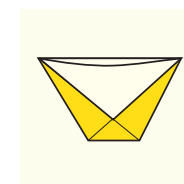
Waterbomb base **15**



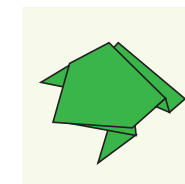
House **16**



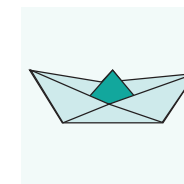
Organ **17**



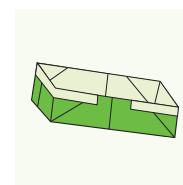
Drinking cup **18**



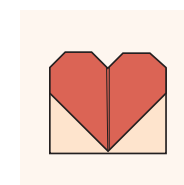
Jumping frog **19**



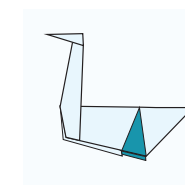
Boat **20**



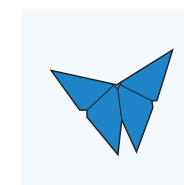
Box **22**



Heart bookmark **23**



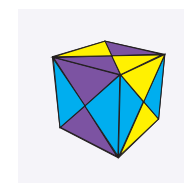
Swan **24**



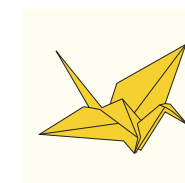
Butterfly **26**



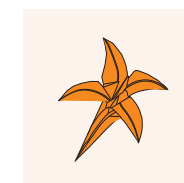
Tulip **27**



Sonobe unit **30**



Peace crane **32**



Lily **34**

**We hope this booklet
inspires you on your own
origami journey.**

For enquiries, do get in touch. We can create bespoke workshops for organisations, groups, schools and companies to promote team-building and encourage wellbeing.

We also run public events to engage and inspire people of all ages. Participants can create work to take home, or contribute towards installations.

Our work is suitable for social prescription to help foster a sense of community, to overcome loneliness and boredom. We have worked in a wide range of settings from working with vulnerable groups in hospitals, to festivals and corporate events.

We welcome collaborations in the North West including Liverpool and Manchester, as well as the South East in Oxford, Reading, Slough, Birmingham, Bristol and London.

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What is origami?

From the Japanese words, 'ori', meaning 'to fold', and 'kami', meaning 'paper' – origami is a traditional Japanese art form. It uses the technique of folding paper, to create an almost infinite variety of decorative and representational forms. From lucky peace cranes, to boats, butterflies and boxes – everyone can become an artist, with a little bit of paper folding practice.

Brief history

The art of origami arose in Japan in the 7th century. Modern origami – the likes of which, you will find in this booklet – owes a great deal to the pioneering efforts of Akira Yoshizawa, the Japanese origamist, who is credited with transforming origami from a craft, into an artform.

During the 1950s, Yoshizawa's paper folding diagrams and various new artforms caught the attention of American origamist, Samuel L Randlett, and British magician and author, Robert Harbin. The two created the Yoshizawa-Randlett system – a standardised diagramming system used to describe the folds of origami models. This system of diagramming is still used by origami artists throughout the world, today. It is this system of diagramming that we have included throughout this booklet.

Since its humble beginnings thousands of years ago, origami has grown to be a go-to technique for those looking to create a moment of mindfulness, amidst the hustle and bustle of modern life. Today, the artform is often used as a form of social prescribing by psychologists, therapists, doctors and teachers to reduce anxiety, stress, and instill a little calming clarity into our daily lives.



Origami paper

Most flat material can be used for folding – the only requirement is that it should hold a crease. All the origami models that you will find in this booklet can be crafted from normal household copy paper, with a weight of 70-90g/m2 (standard printing paper). We've even included a fun frog fold, which you can create from an old train ticket!

There is a lot of choice when it comes to origami paper, and an impressive range of beautifully patterned styles to choose from. We like the range of paper available from The British Origami Society.



Throughout this booklet you will see this symbol.

Traditionally, origami makes use of paper which is coloured/ patterned on one side, and white/ blank on the other, in order to create beautiful models. This symbol helps you to determine which way the coloured side of the paper will face, when you start to fold your model. If you only have plain paper, make sure you scribble on one side so you can differentiate the sides.

Why origami?

Research shows that practicing arts and crafts brings a variety of positive health benefits. Origami has been used for decades to promote a healthy mind, and as a form of psychological support for those suffering from poor mental health.

The Mental Health Foundation recommends arts therapies to patients as a way of significantly improving mental health, with a prominence on improving self-esteem, communication skills and social interaction.

In 2017, a report was produced by the All-Party Parliamentary Group entitled *Creative Health: The Arts for Health and Wellbeing*, which recognises the powerful contribution the arts make to our health and wellbeing. Practicing the arts can help meet major challenges facing health and social care, such as ageing, loneliness, long-term medical conditions, and poor mental health.

Origami requires an absorbing level of peaceful concentration which leads to an achievable goal, giving us a feeling of mastery and achievement.



Origami benefits

As well as giving us time away from the digital devices that dominate modern life, origami provides both a mental and a physical stimulus, which can be extremely beneficial to our mental and physical health.

The use of our hands stimulates the areas of our brains which are important for memory; whilst at the same time instilling a sense of achievement, which ultimately aids the development of further aspirations.

Origami is both a problem-solving exercise, and a creative escape; it's interactive and healing. The artform has been used for decades as a form of therapy and has been used as rehabilitation for muscular damage to the hands; as a tool for cognitive development; as therapy for patients with visual impairments; to overcome language barriers; and as a positive activity for elderly people with dementia and arthritis.

Sharing origami skills and giving folded creations to others are great ways of being caring and strengthening relationships with family and friends.

And, it's a effective form of mindfulness. Unwind and relax, one fold at a time.

Origami workshops

Our workshops are designed to bring communities together through the art of origami. Whether it's a community-building project, a way to reduce loneliness, boredom or anxiety – we'll provide you with the paper, a positive push in the right direction, and you're good to go.

We're re-introducing real human interaction back into the fold; too much of our time is spent 'connected' through our phones and the internet – we're bringing communities together in conversation and real first-hand encounters. Through our workshops, strangers become friends, friends become artists, and these artists become teachers.

Origami is at its best when it's passed from one person to another, in skill-sharing or problem-solving; by taking the time to talk through origami with another person, you'll spark joy, create a new connection, and you can even nurture a new way of life. It's a beautiful, peaceful way to come together.

We encourage participants to continue this meaningful activity, so time spent alone can be used to create beautiful things such as flowers, to give to others. We empower those who are vulnerable, to discover that they can create something beautiful with just a little bit of paper folding practice.

A single origami session will give you the opportunity to learn a new skill; folding your first heart bookmark is your first move towards realising new dreams and ambitions, and transforming, 'I can't into I can'.



Our story

Origami Pulse CIC is made up of three highly-experienced origamists; Dr Lizzie Burns, Zulay Newell, and Angela Loveridge. They're three women who joined forces after each experiencing first hand, the benefits of origami for wellbeing, and noticing how much it helps, inspires and motivates people.

We passionately believe in the benefit of origami for wellbeing. Between us, we have over 40 years' experience working with vulnerable people and have touched thousands of people's lives. As members of the British Origami Society, and together as Origami Pulse CIC, we have received awards and funding from Open Maker with The Beautiful Ideas Co, The Big Lottery Fund, The Community Foundation, Tesco, and The People's Postcode Lottery Trust.

Our workshops have reached hundreds of people in our local communities. We've held workshops in hospitals, for those who are often alone during difficult times. We are also working with people in psychiatric units; expectant mums with complications; adults being treated for bone infections; and those in radiotherapy, trauma, A+E and in waiting rooms.

Origami Pulse aims to raise global community awareness and give a universal sense of belonging through the medium of paper. Origami transcends language, race, religion, class and culture. For the length of the fold, that is all there is for that moment.

We know that attending a single session can inspire someone to continue the craft themselves, and we believe that everyone can become an inventor and a magician with origami.

Who are we?

Dr Lizzie Burns

Lizzie is a science-based artist and creative specialist following a doctorate and post-doctoral research fellowship in cancer research at the University of Oxford.

Lizzie was taught origami by a patient who had experienced cancer as a child; she found that paper folding had helped her whilst she was in hospital and had used her skill to create paper flowers to give as gifts to others. After teaching her the craft, she asked Lizzie to pass on the gift of origami to others during difficult times.

Founder of the Anti-Boredom Campaign, Lizzie has written about boredom as a suffering, in the *British Medical Journal*, and the *BMJ Supportive and Palliative Care*. Her work has been written about in *The Times*, *The Daily Mail* and *The Daily Telegraph*.

Zulay Newell

Zulay is a chemical engineer from Venezuela, who suffered from poor mental health following the birth of her daughter, nine years ago. Whilst in hospital, Zulay remembered an origami fold that she had learnt when she was a child, and in no time she had folded a little jumping frog, to keep herself occupied.

Fellow patients asked her to make one for them, to which she replied: 'I will teach you how to make one'. It was in that instant, they all shared a moment of clarity, and her passion was reignited.

Zulay's passion for origami developed into a love for a wide range of crafts, which saw her set up the social enterprise Mobile Craft 4U, where she works as a craft tutor. Zulay is also the creative manager of new charity CLoop (Creative Loop), which helps peoples' wellbeing through creativity. Origami, however, is her first love, and she regularly teaches it to vulnerable people in her local community.

Angela Loveridge

Angela is an award-winning origamist, founder of Global Mobile Origami, and member of the British Origami Society.

Angela discovered origami in 2002, whilst recovering from mental health issues, and has since gone on to appear on BBC Radio 5 Live, BBC Radio 3's Free Thinking Festival, and has taken origami to schools, museums, corporate events, community centres, the Women's Institute, and beyond. Angela has also attended Glastonbury Festival where she folded a thousand peace cranes with festivalgoers.

Over the last 15 years, Angela has taught the art of origami to over 5,000 people; and has witnessed first-hand the positive effect that folding paper has on her students. The evidence is in their smiles and the thousands of times she has heard the words: 'I can't do this... Oh... I just did it'.

Is origami for me?

As a craft, origami is perfect, because it is free... From the simplicity of a flat, piece of paper (which can be found all around us) a beautiful object is created to be enjoyed and given to others. No special materials needed – just paper!

It's perfect for anyone who likes to be surprised, mentally stimulated, or loves a challenge. If you'd like to create something beautiful with your hands, whilst creating a moment of mindfulness, or even if you're just looking for a new hobby for joy and fulfilment – origami is for you.

Origami is suitable for every age group, and with a little patience, persistence and, of course, paper – you can learn to make something beautiful to bring delight to yourself and others.



Dr Lizzie Burns



Zulay Newell



Angela Loveridge



What can you make?

Everything from birds to butterflies, boxes, boats and beyond. From decorative flowers and vases, to greetings cards, stationery, envelopes and wallets. The options are practically infinite; when it comes to origami – the world is your oyster... (you can even make one of those).

Especially symbolic in origami is the peace crane – which you may have noticed is our Origami Pulse logo. In Japan, the crane is a mystical creature believed to live for 1,000 years, and represents good fortune and longevity. The Japanese refer to the crane as the bird of happiness, with many origamists undertaking senbazuro – folding 1,000 peace cranes.

To get started, simply give yourself the time and opportunity. It often helps if someone has encouraged you to start, but the beauty of origami is that anyone can pick it up and start creating their own masterpieces.

We hope that you enjoy the designs outlined in this booklet, and keep in mind these four things:

- Look ahead – before you make your first fold, take a look through all the steps, to see how your work will take shape
- Be precise – if you start well, it will continue well
- Make good strong folds – this gives strength
- Have fun! Be kind to yourself, be patient and enjoy the challenge

Origami symbols

These icons, which are taken from the Yoshizawa-Randlett system, will help you to form all of the origami folds in this booklet. We refer to the instructions you need on each page, so you don't need to memorise them all now.



The fold resembles a valley between two slopes



The fold resembles the peak of a mountain



Fold in the direction of the arrow



Fold and unfold



Flip the model over



Rotate the model



Take a closer look



Push



Pleat fold



Repeat action



Inflate the model



Pull

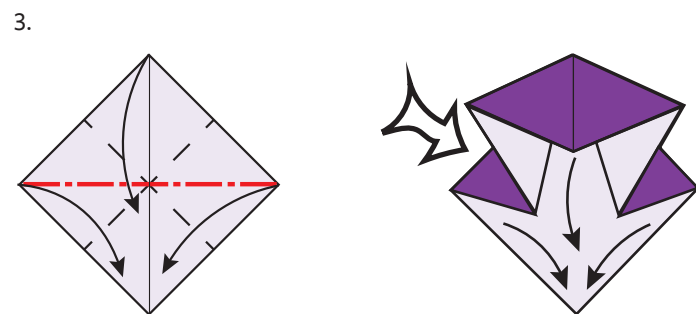
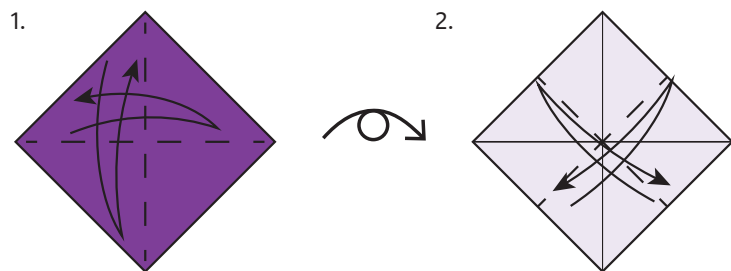


White points meet black points

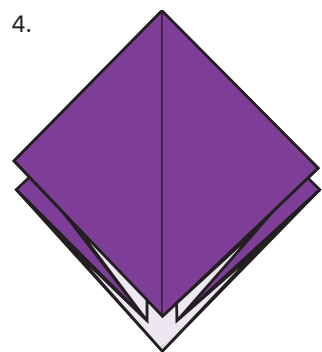


Tuck in

Preliminary base fold

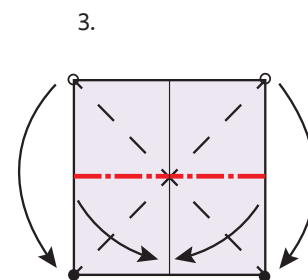
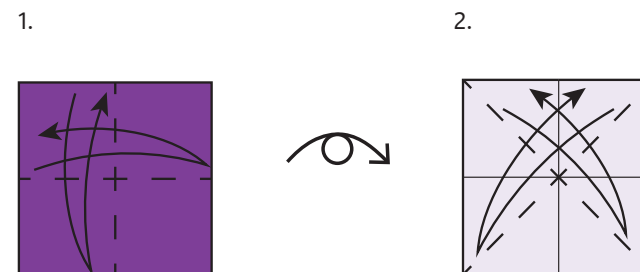


Bring the top point to meet the bottom point, and bring the sides in to create your preliminary base

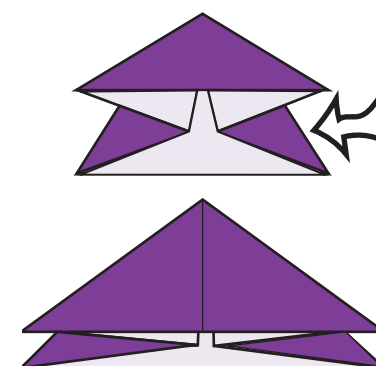


These pages introduce you to the preliminary base and the waterbomb base – these will form the base of many of the diagrams throughout this booklet. We've also included a squash fold diagram, as this type of fold is also used widely throughout.

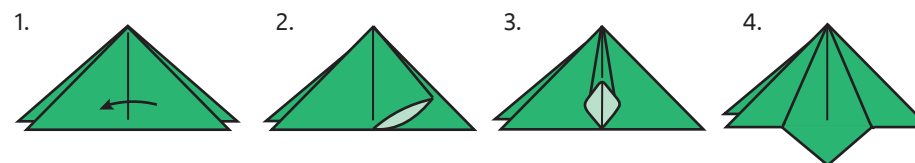
Waterbomb base fold



Fold the top edge of the paper down, whilst pushing the right and left edges inwards



Squash fold - a waterbomb base example

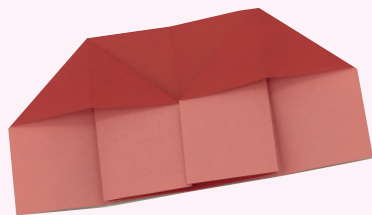


Lift upper layer to the centre of the waterbomb base

Once the layer is centrally aligned, press down to create your squash fold

House fold

Making a house introduces you to the squash fold, which is used throughout this booklet.



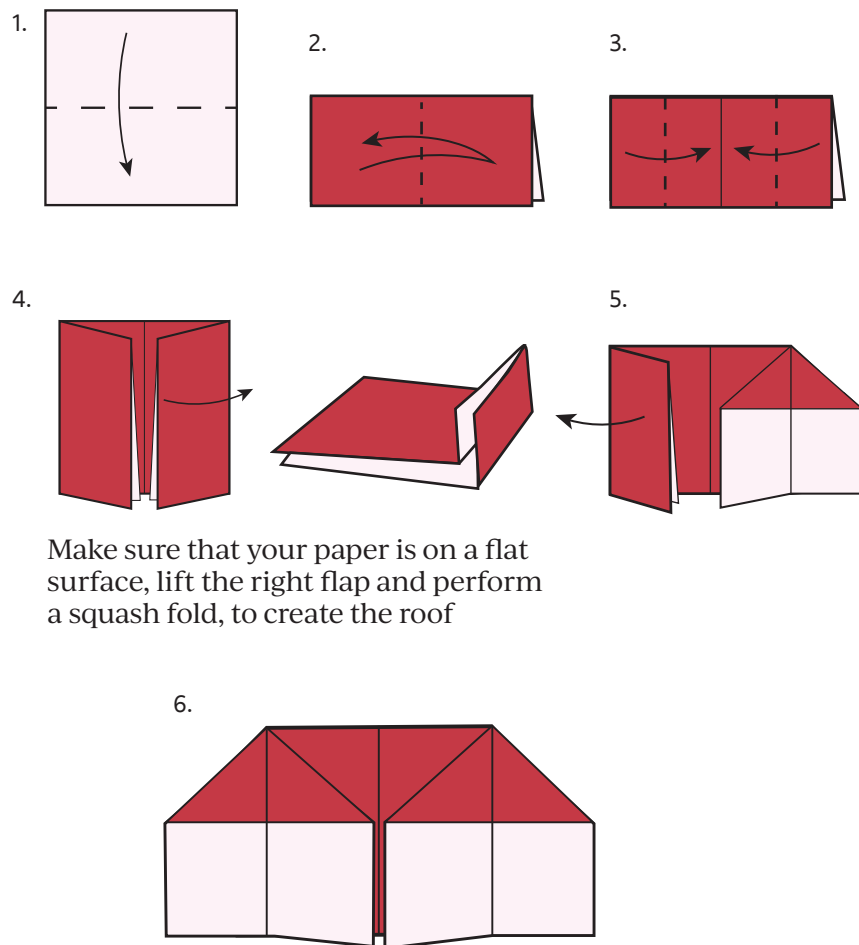
Valley fold



Fold and unfold



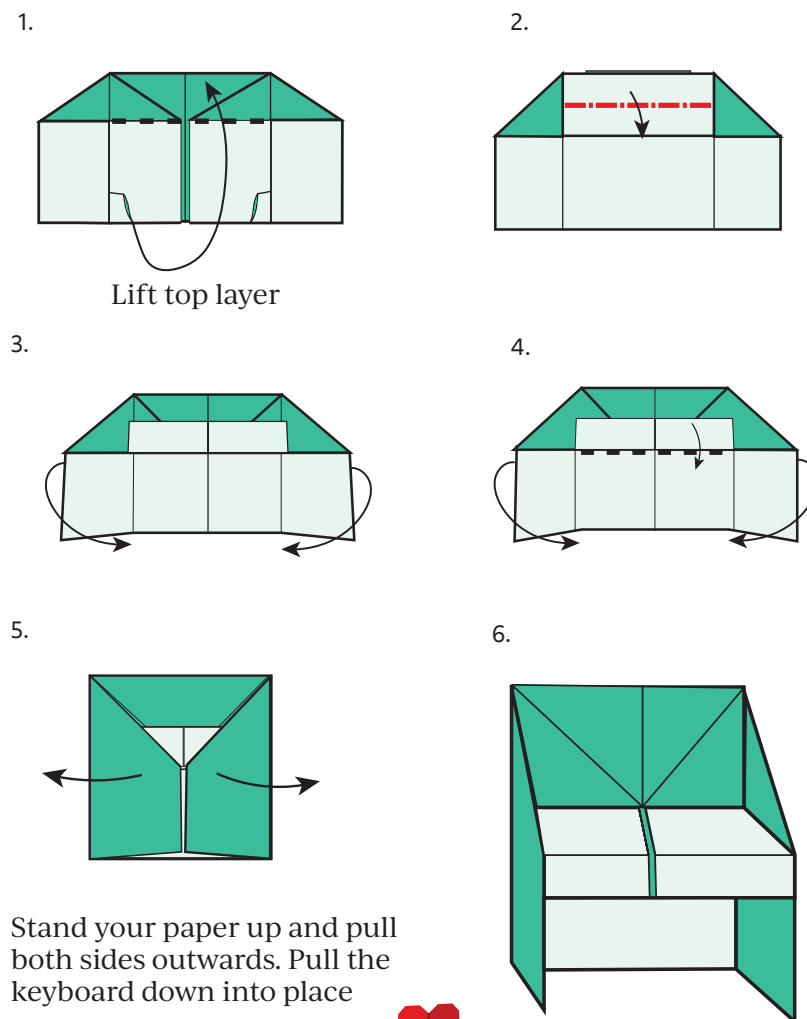
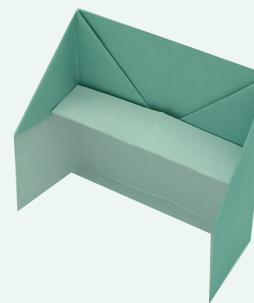
Fold



Make sure that your paper is on a flat surface, lift the right flap and perform a squash fold, to create the roof

Organ fold

This organ is made from a completed origami house, as seen on the previous page.



Lift top layer

5.

Stand your paper up and pull both sides outwards. Pull the keyboard down into place

Valley fold

Fold

Mountain fold

Drinking cup fold

This drinking cup can actually be used to hold water!



Valley fold



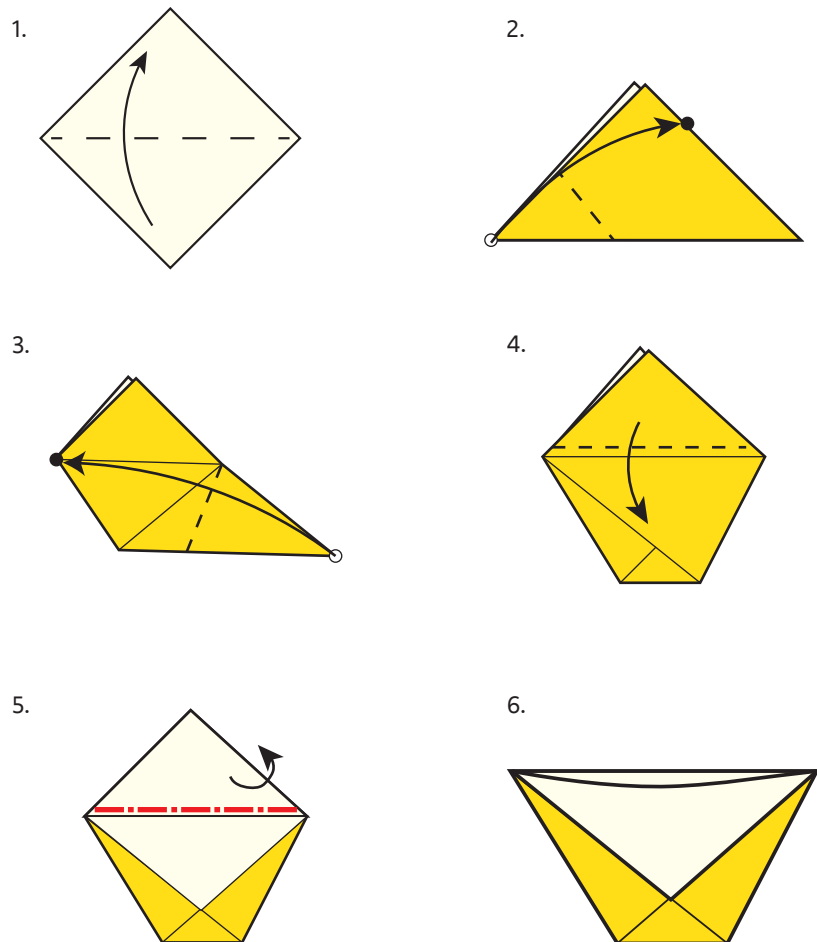
Fold



Dots to meet

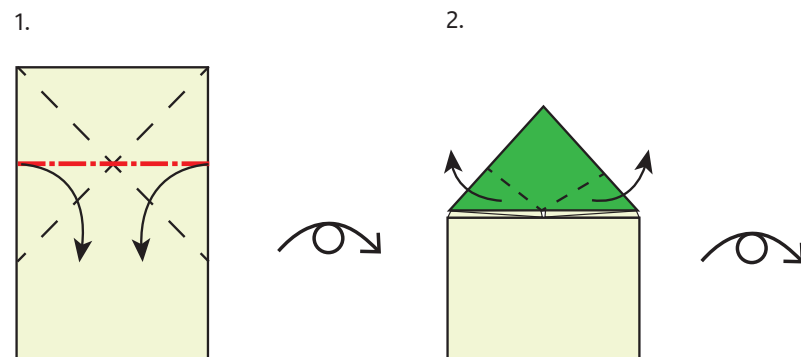


Mountain fold

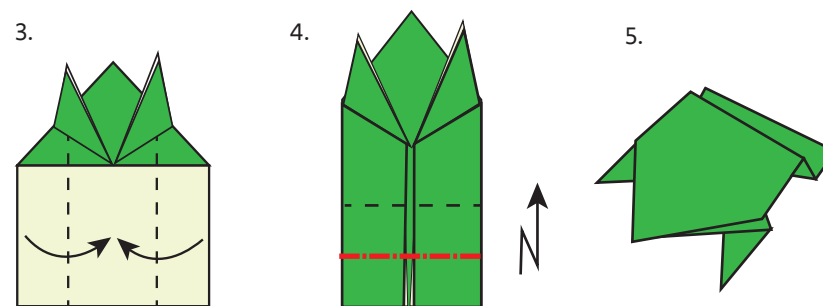


Jumping frog fold

This jumping frog can be made from an old train ticket, or a small rectangular piece of paper.



With the top part of your paper, create a half waterbomb base



To make your pleat fold, first create your valley fold, then create your mountain fold



Valley fold



Fold



Mountain fold



Flip over



Pleat fold

Boat fold

Use an A4 piece of paper to create this boat fold. Then test your boat out in water.



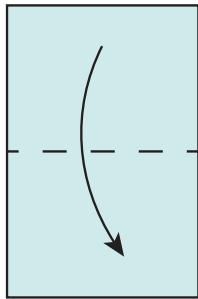
Valley fold

Fold

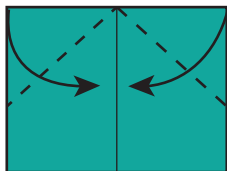
Fold and unfold

Flip over

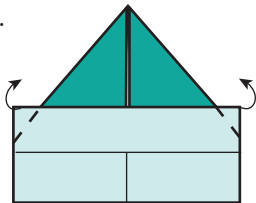
1.



3.

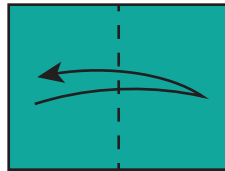


5.

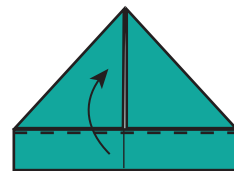


Fold the corners around the back of the triangle, then turn the model over and repeat on the other side

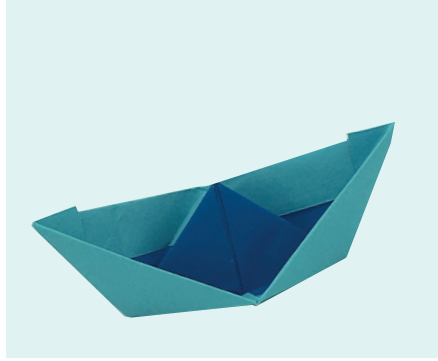
2.



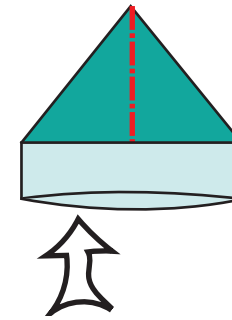
4.



Lift the upper layer towards the upper point

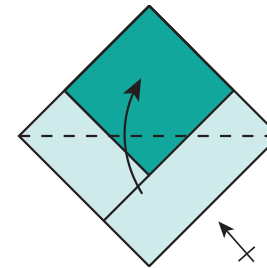


6.



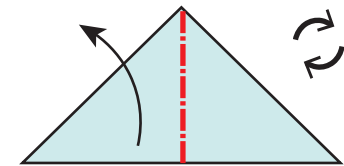
Keeping hold of the bottom left hand corner, lift right hand corner and squash down to the left corner to create the shape in diagram 7

7.



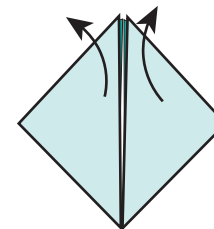
Fold the top layer to meet the top point, turn the model over and repeat behind

8.



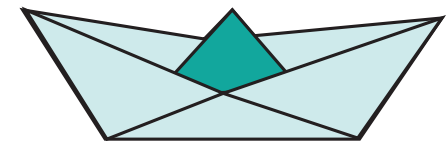
Repeat the actions in step 6

9.



Pull apart left and right sides to reveal the boat

10.



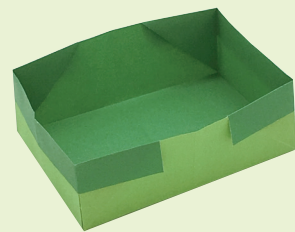
Mountain fold

Push

Rotate

Repeat once

Box fold



This box is created from a rectangular piece of paper. Using A5 paper produces a sturdier box.



Valley fold



Fold and unfold



Fold



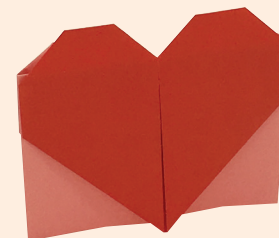
Pull

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Fold the corners to the first crease

Pinch corners to form box shape

Heart bookmark fold



Use a square piece of paper to create your heart bookmark.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 6a.
- 7.
- 8.

Fold corners to the centre crease

Fold behind to create your mountain fold

Lift upper layers and perform two squash folds



Valley fold



Fold and unfold



Fold



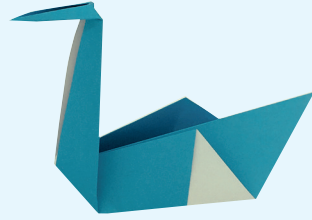
Flip over



Mountain fold

Swan fold

Use a square piece of paper to create your swan.



Valley fold

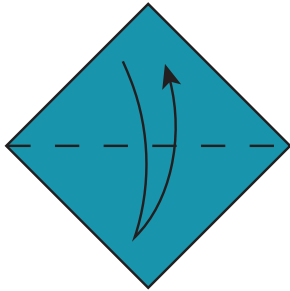
Fold and unfold

Fold

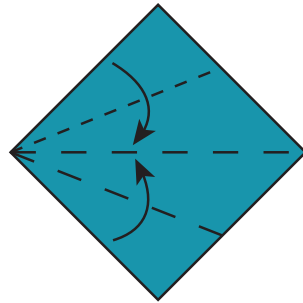
Flip over

Mountain fold

1.

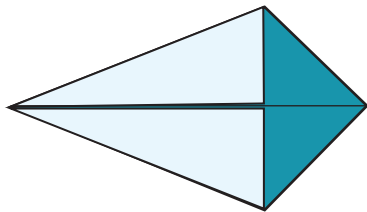


2.

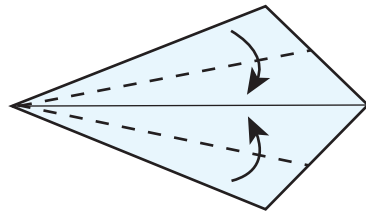


Fold edges to centre crease to create a kite base

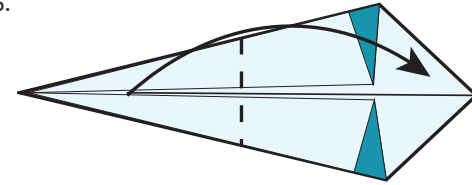
3.



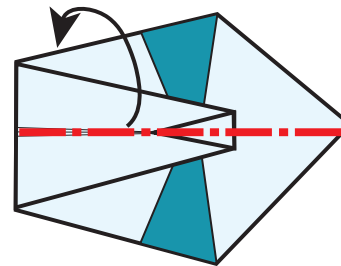
4.



5.

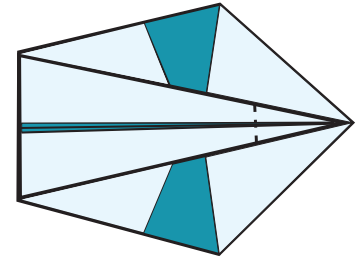


6.

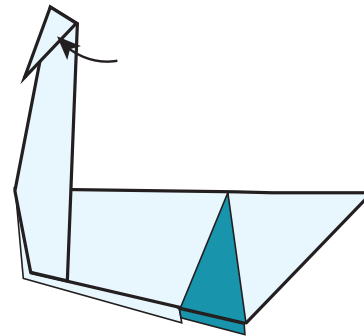


Fold backwards along the valley to create your swan's head

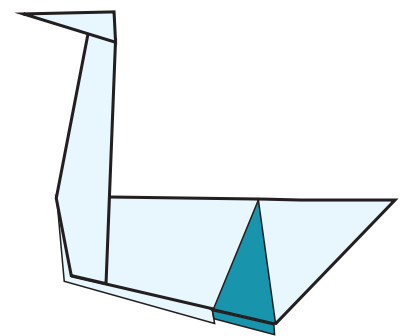
7.



8.

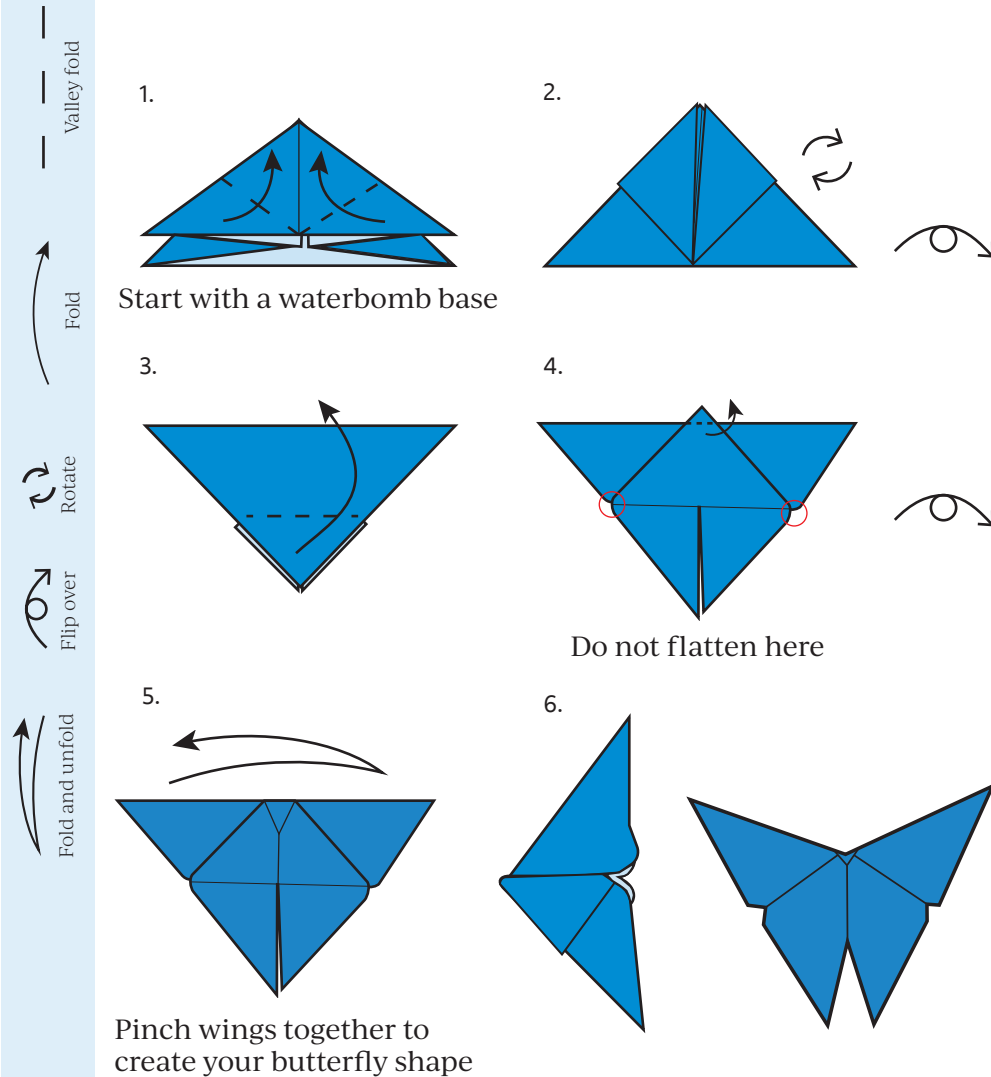
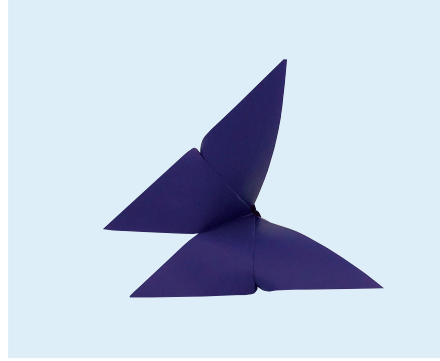


9.



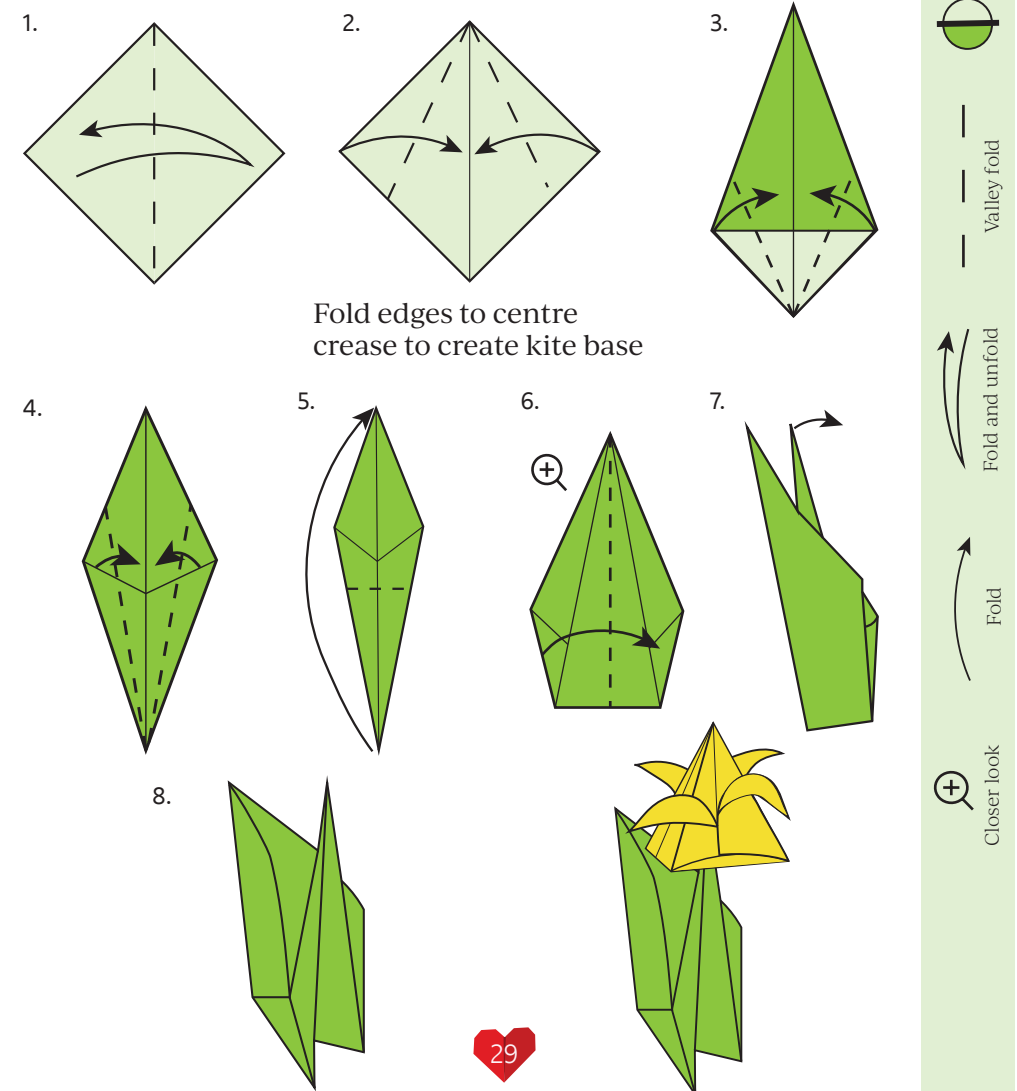
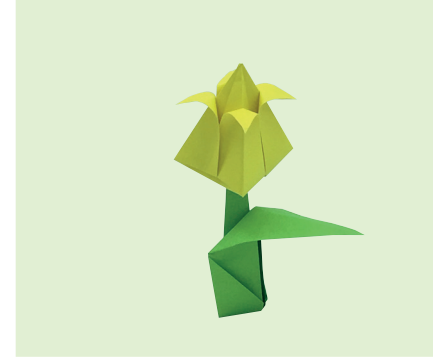
Butterfly fold

A small square piece of paper (the size of a Post-it note) works best for the butterfly.



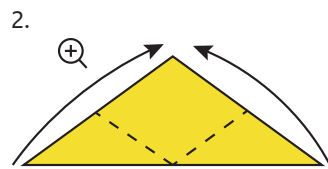
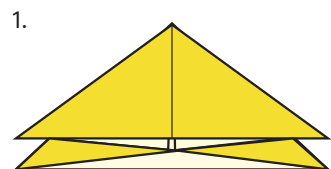
Tulip stem fold

On the next page, we show you how to make a tulip flower, to place on top of your stem.

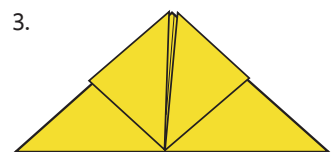


Tulip fold

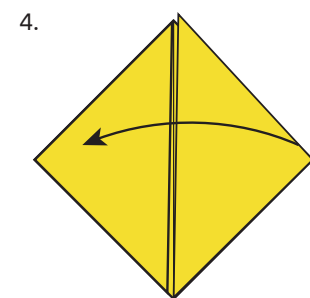
For the perfect ratio, make sure to use a slightly smaller piece of paper than you used to create your stem.



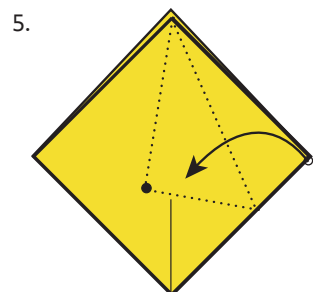
Lift upper layer only



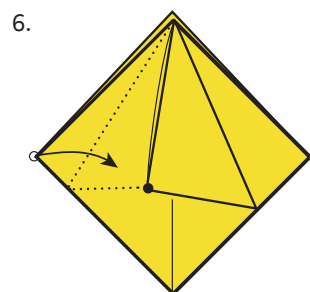
Turn over and repeat step 2 on the other side



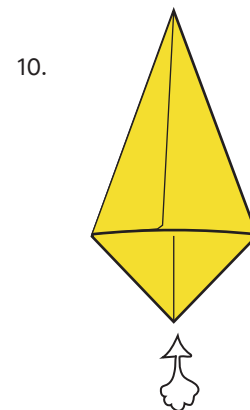
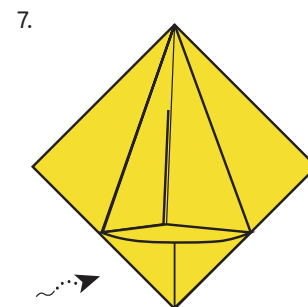
Lift upper layer only



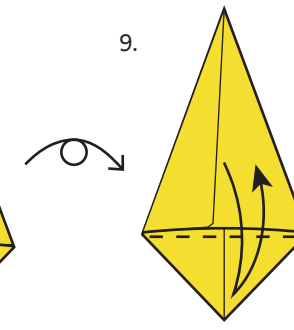
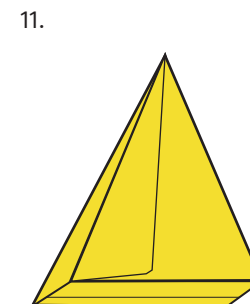
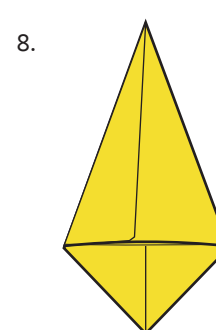
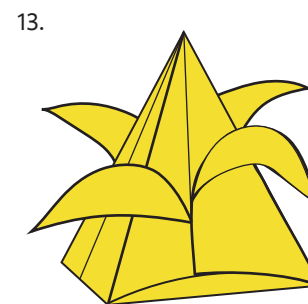
Fold upper layer past centre to point shown



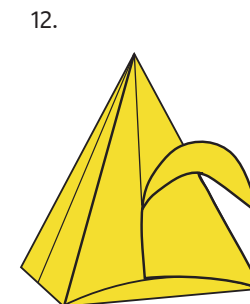
Repeat action with left upper layer



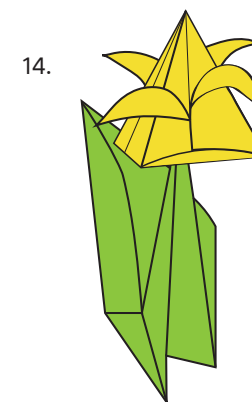
Blow into the bottom, to inflate your tulip flower



Tuck your left layer into the right layer. Next, turn over and repeat steps 5 - 8



Peel back the upper layers to create your petals



Assemble your tulip on top of your stem to finish



Sonobe unit fold

By using a variety of coloured paper, this sonobe unit becomes known as a harlequin box.

Valley fold

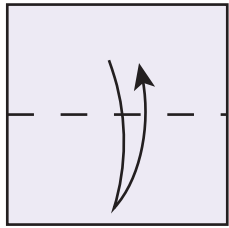
Fold and unfold

Fold

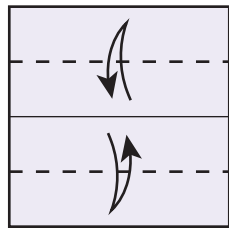
Tuck in

Mountain fold

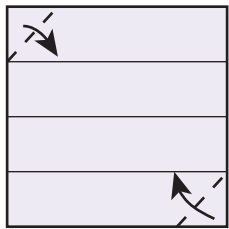
1.



2.

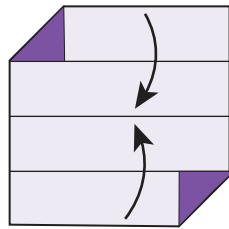


3.

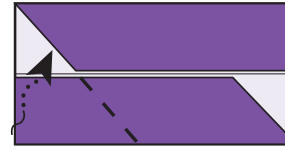


Fold corners to first crease

4.

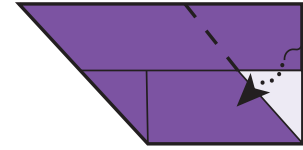


5.



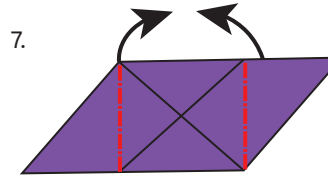
Tuck this corner all the way into the inner edge

6.

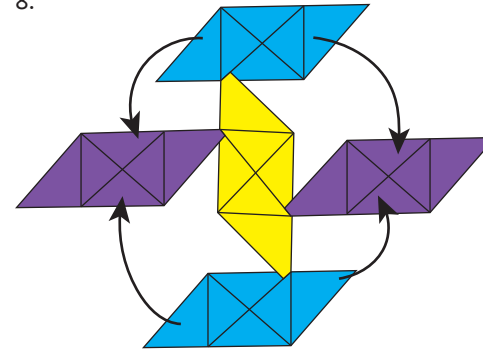


Repeat step 5, with opposite corner

7.

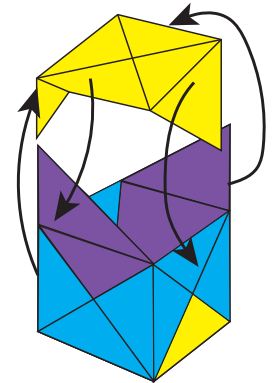


8.

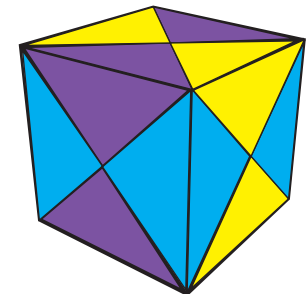


Make sure that all the folds are on the outside of your box as you assemble it

9.

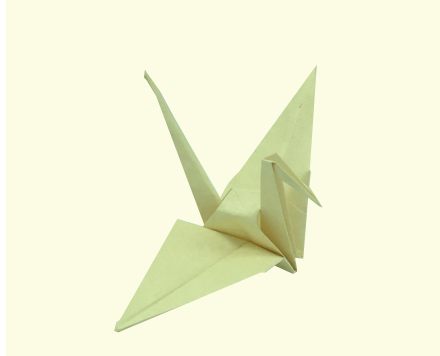


10.



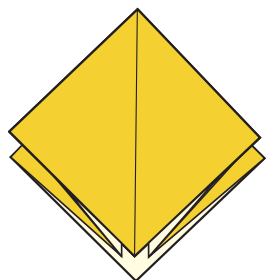
Peace crane fold

In Japan, the crane is a symbol of peace and friendship. Japanese legend says that those who fold 1,000 cranes will be granted a special wish. Senbazuro is the art of folding 1,000 peace cranes.



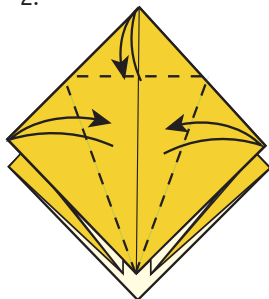
Valley fold
Fold and unfold
Fold
Invisible line

1.

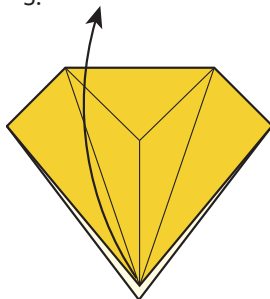


Start with a preliminary base

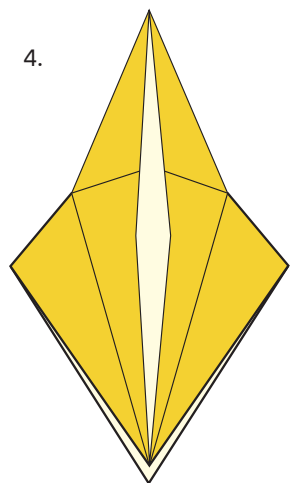
2.



3.

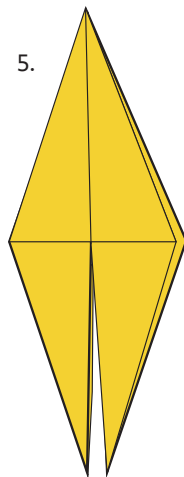


4.

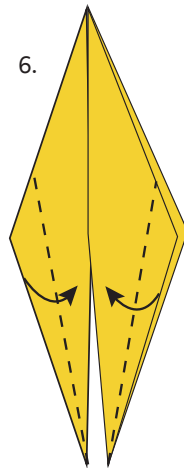


Flip over and repeat steps 2 - 4

5.



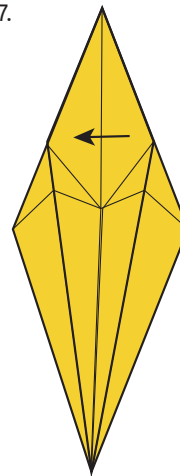
6.



With the top layer only, fold the edges into the centre, then flip over and repeat on the other side

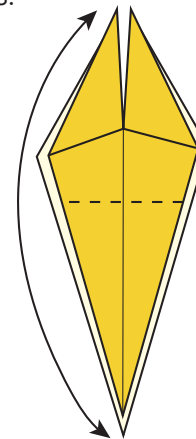
34

7.



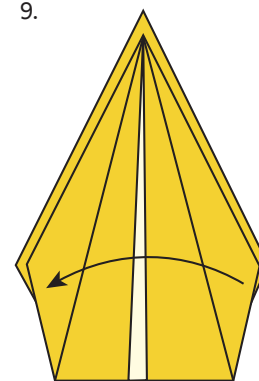
Lift the right upper flap and fold it in the direction of the arrow. Repeat on the back

8.



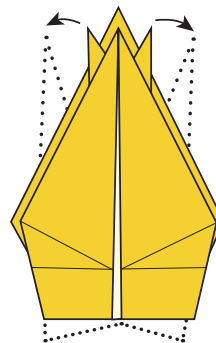
Lift upper layer from the bottom so points meet at the top, flip over and repeat on the other side

9.



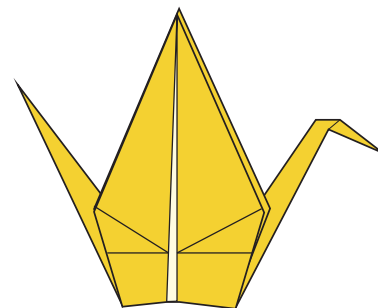
Fold upper layer across as if you are turning the page of a book. Flip over and repeat

10.



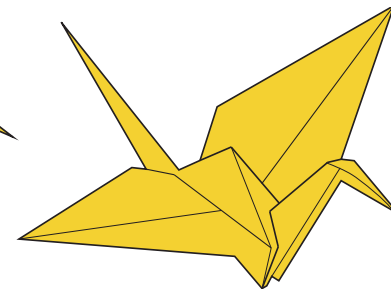
Pull your crane's neck and tail outwards to form your final figure

11.



Pinch at the base of the crane and make the head. Next, pull head and tail out to the sides

12.

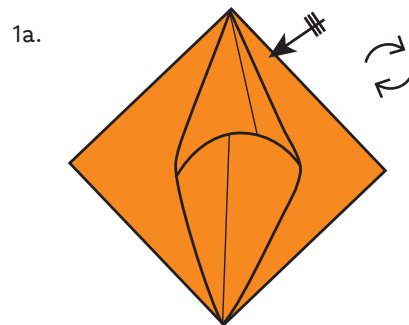
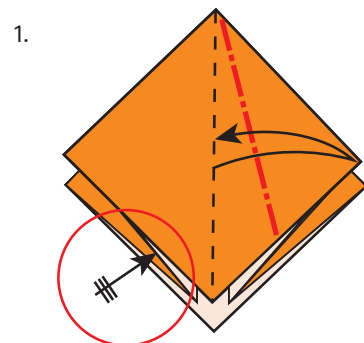
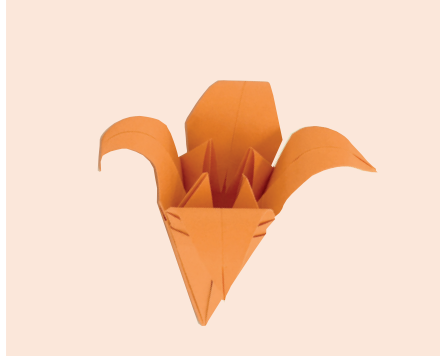


Pull the wings down to finish your crane

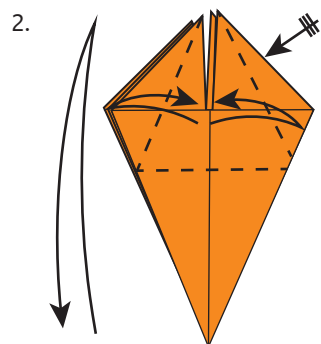
35

Lily fold

The lily is the most complex fold in this booklet, start by creating your preliminary base from a square piece of paper. Refer back to page 14 for how to create your preliminary base.

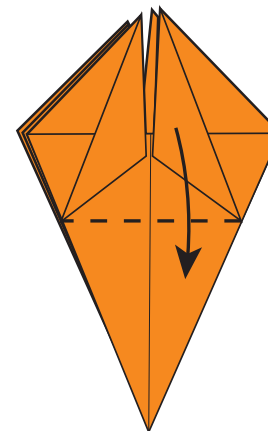


Fold upper layer to create squash fold as seen in diagram 1a. Repeat this action three times on the other flaps, then rotate the model 180° as seen in diagram 2

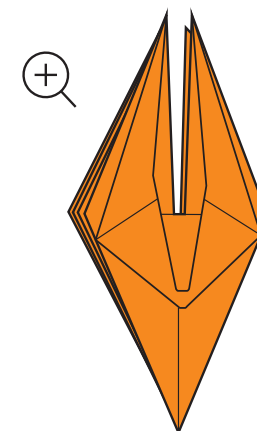


Use upper layer to create kite shape then fold entire model in half so the top and bottom meet. Unfold all the folds you have just made to create a triangle shape. Repeat on other four flaps

3.

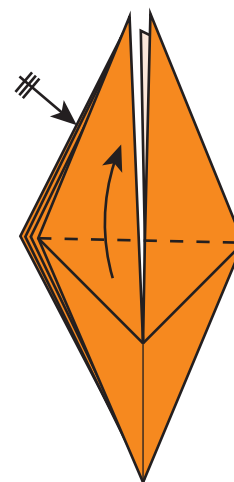


3a.

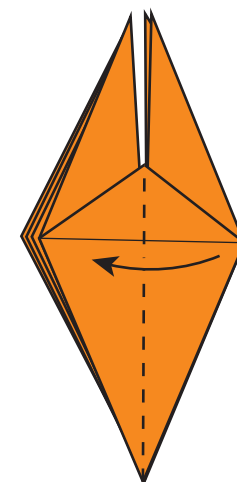


Hold top points in place and pull flap backward until flat – see diagram 3a for progression. Repeat on all four sides

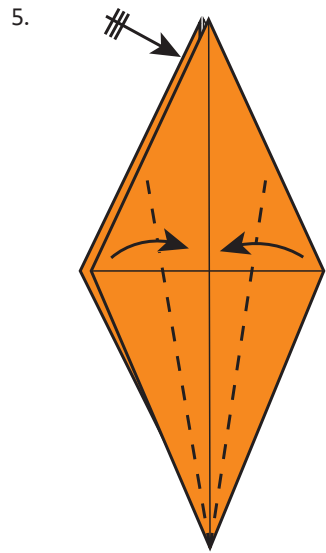
4.



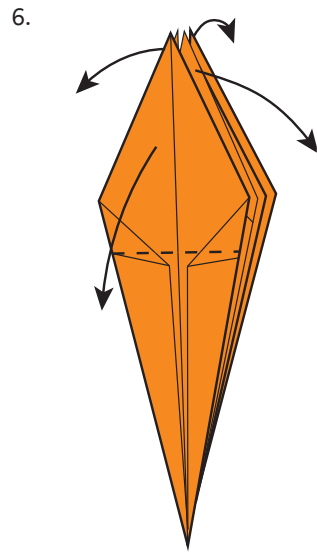
4a.



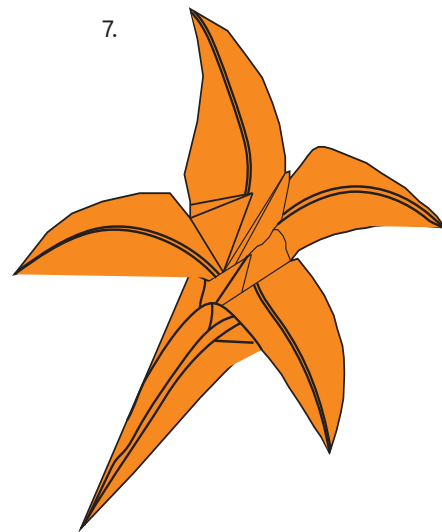
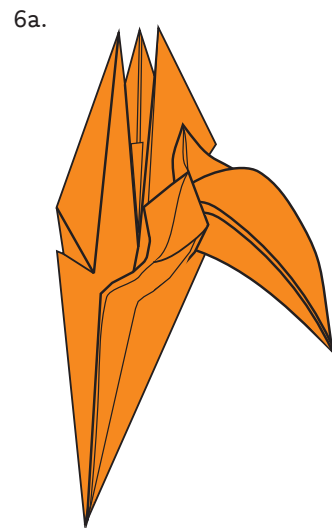
Lift the triangle up, flatten then turn the upper layer to find the other three triangles and repeat as seen in 4a



On the flat diamond sides, fold sides in to create kite shape and repeat three times



Mould/ roll each layer around a pen or similar shaped object to create the rounded petal shape, as shown in diagram 6a





Origami Pulse CIC

Improving life, one fold at a time

Our vision is a world where origami is a catalyst for health, recovery, wellbeing and community spirit.

Inside this booklet you'll find a range of origami designs that can be created by anyone. All you will need is a little patience, persistence and, of course, paper.

Perfect for creating a moment of mindfulness, and used the world over by psychologists, therapists, doctors and teachers as a form of therapy, many people pick up the art of origami to clear their minds, destress and reduce anxiety.

Most of us know a little origami already, from making paper aeroplanes as children or having fun as fortune tellers. This booklet reintroduces you to the magic of origami. Welcome back to the fold.

“Although you may not be very artistic, by following the rules you create something beautiful.”

– Coco Sato, award-winning Japanese origami artist

“The world fades away and you just focus on your fingers and the paper.”

– Nick Robinson, professional origamist