



*Made
with
gLove*

Origami for community



Hello!

With great thanks to the National Lottery we have created this leaflet to bring community during these challenging times. Fold a piece of Origami, decorate it and put it in your window to encourage others. This leaflet contains designs to fold. For film demonstrations go to www.youtube.com/DrLizzieBurns where we offer live folds most **Wednesdays at 2pm.**

What is Origami?

Origami is the ancient Japanese art of paper folding. It's a powerful tool for wellbeing and brings much needed fun for all ages. From one piece of paper, you can create animals, flowers and beautiful shapes - the possibilities are endless. Everyone has paper at home and this is all you need to make your own creations.

What are the benefits?

Origami is both a problem-solving exercise, and a creative escape; it's interactive and healing. This artform has been used for decades for therapy including for muscular damage to the hands; as a tool for cognitive development; to help patients with visual impairments; to overcome language barriers; and as a positive activity for elderly people with dementia and arthritis. It is also a great form of mindfulness. **Unwind and relax, one fold at a time.**

Create something beautiful in your hands through Origami and make a moment of calm and focus for wellbeing.



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THE
ORIGAMI
RED
SQUIRREL
PROJECT



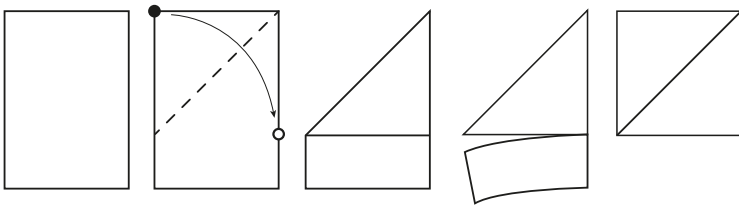
www.origamipulse.com



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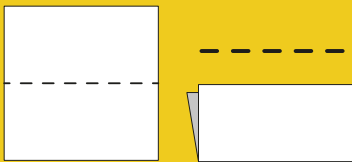
How to make a square.

All the pieces of Origami in this leaflet are folded from squares of paper. You can make a square easily using any piece of paper, such as A4, which most of us have at home. See the instructions below.

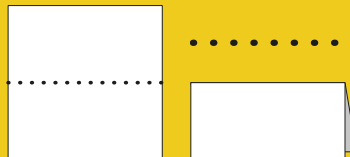


Origami symbols

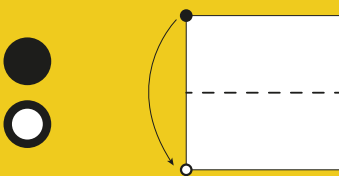
Here we have put a few handy guides to folding instructions. So when you see the symbols you know what to do. Don't worry if you get stuck, all these videos are on the youtube channel. Head to www.youtube.com/DrLizzieBurns for step by step guides on these folds.



Valley Fold



Mountain Fold



Dots to meet



Fold movement



Turn over

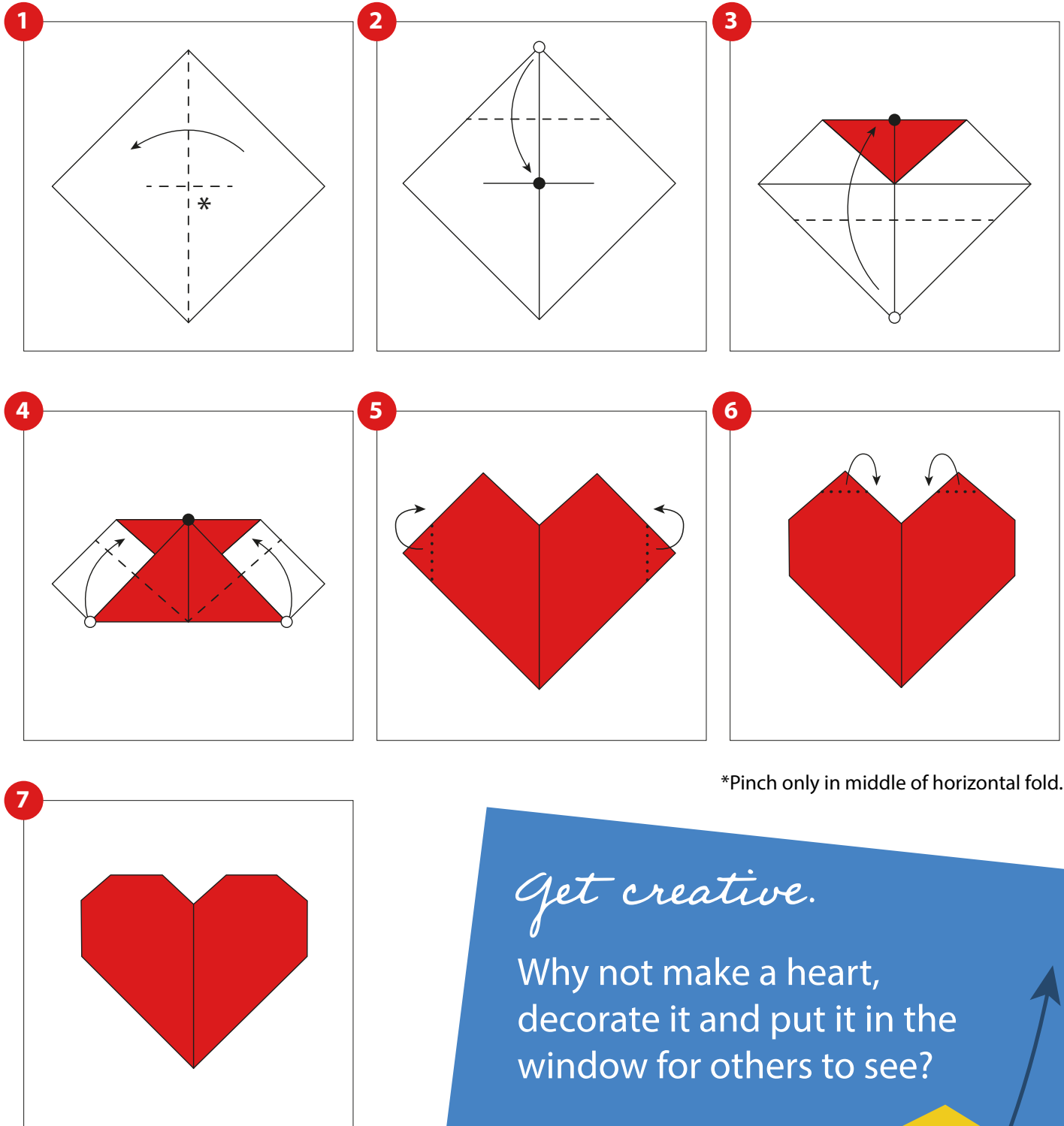
If you've created a piece, do share through social media:

Twitter: #Origamilove and tag @DrLizzieBurns

Facebook: #Origamilove 'Join the fold: Origami to beat boredom'

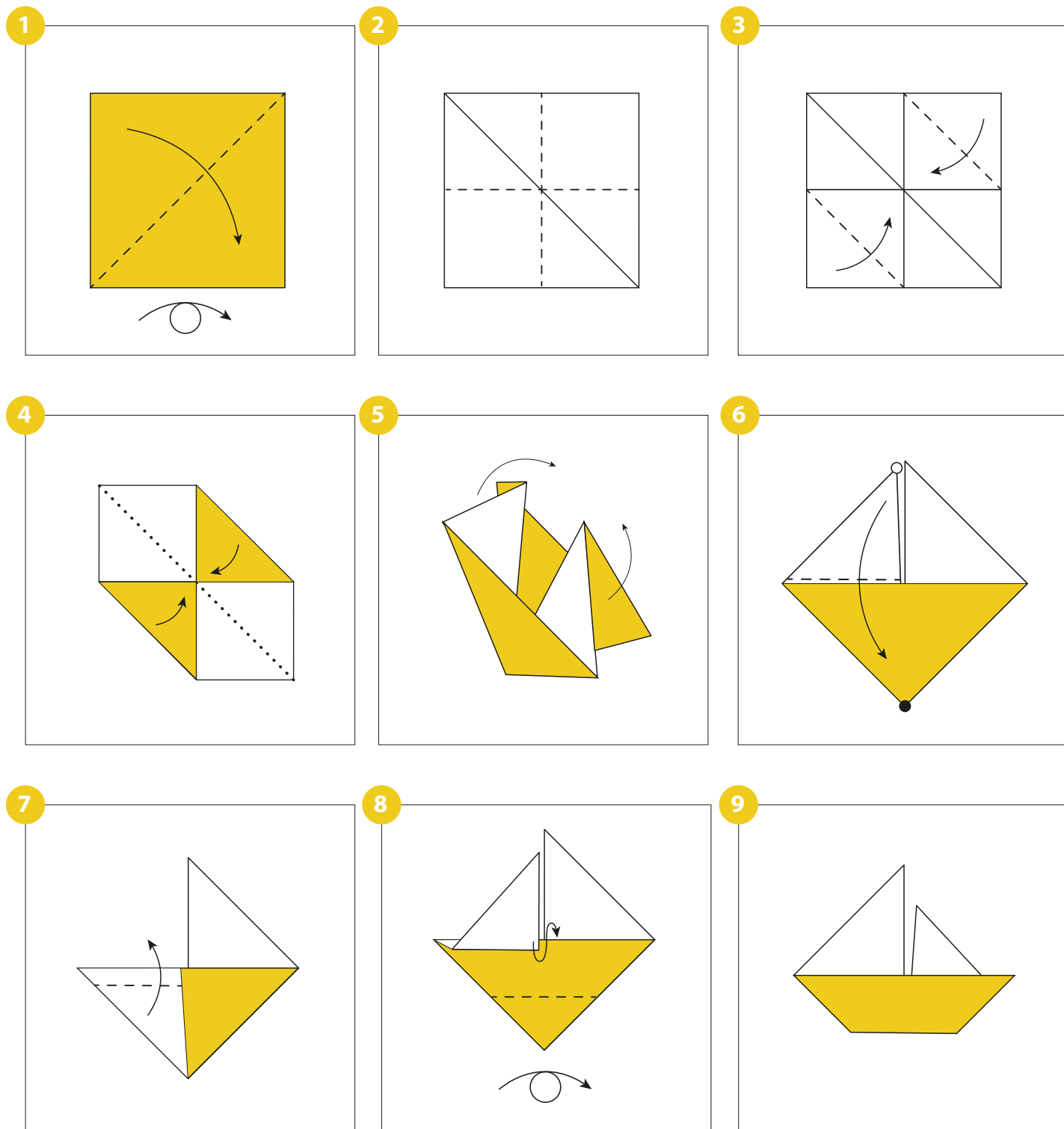
Instagram: #Origamilove @drlizzieburns

Origami Heart



Get creative.

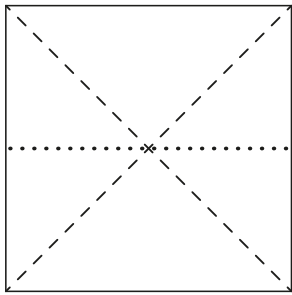
Why not make a heart,
decorate it and put it in the
window for others to see?



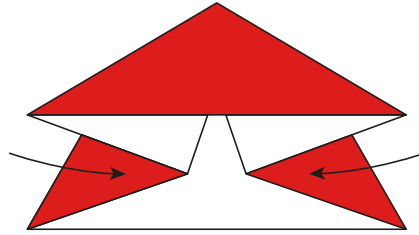
Origami Butterfly



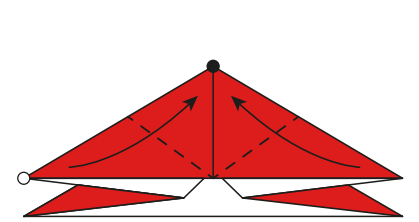
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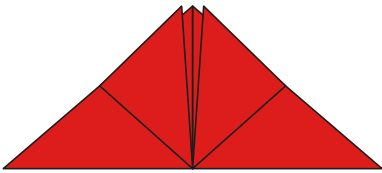
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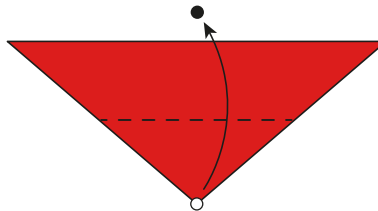
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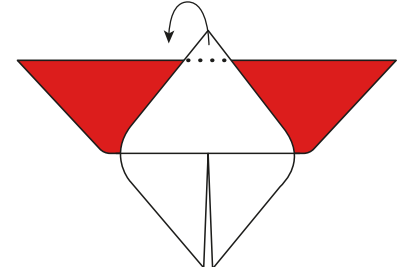
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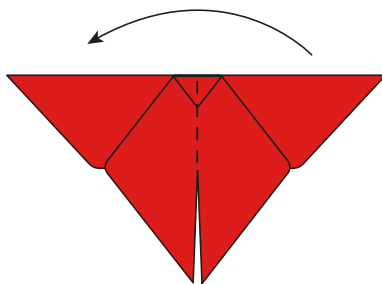
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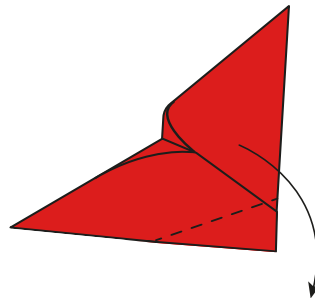
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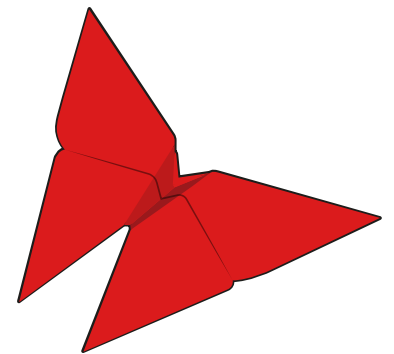
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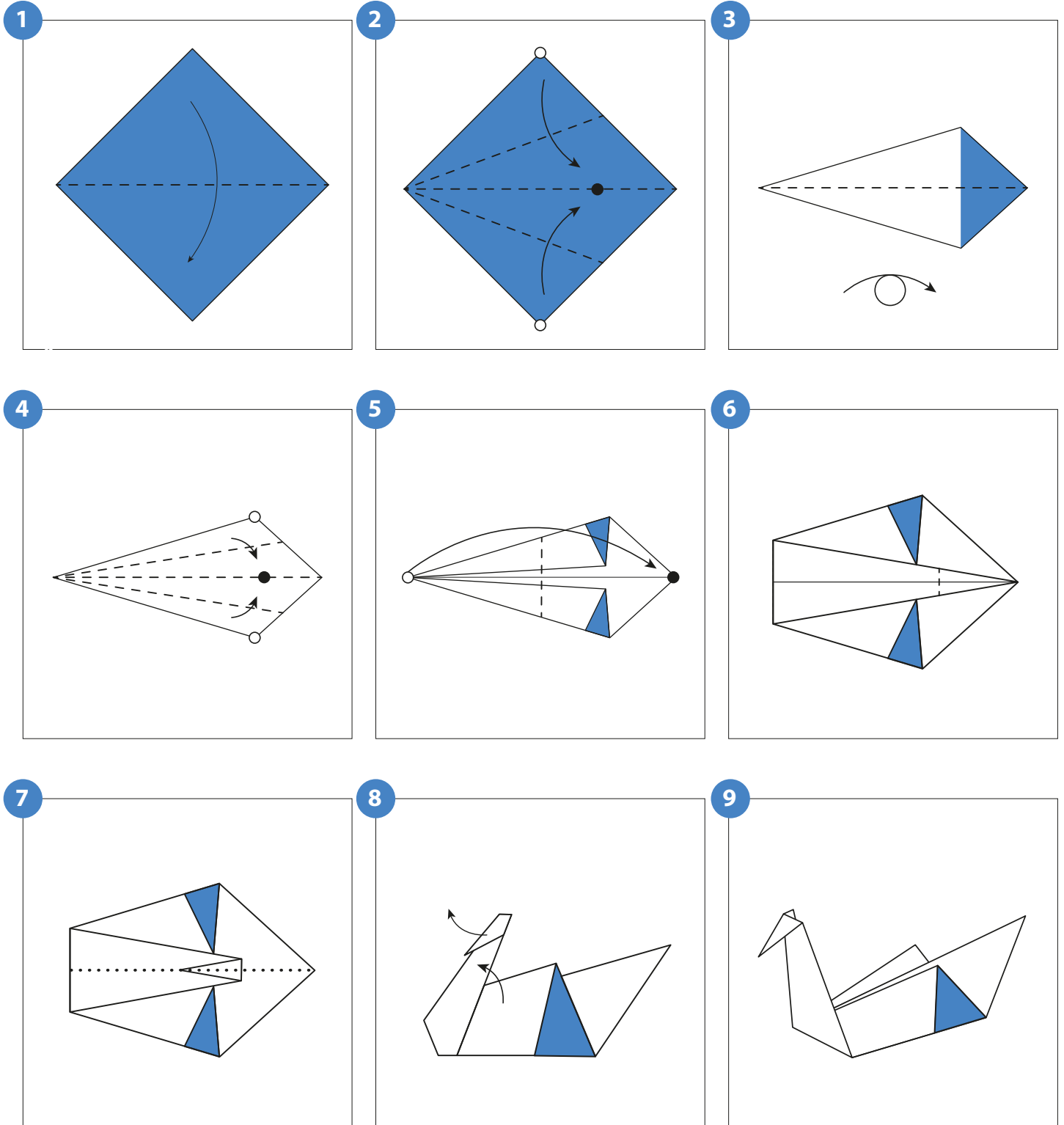
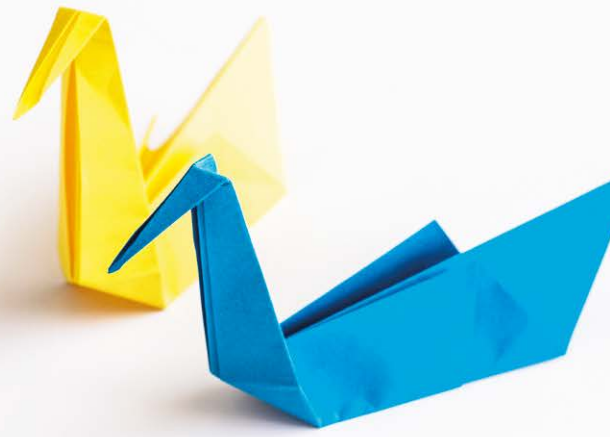


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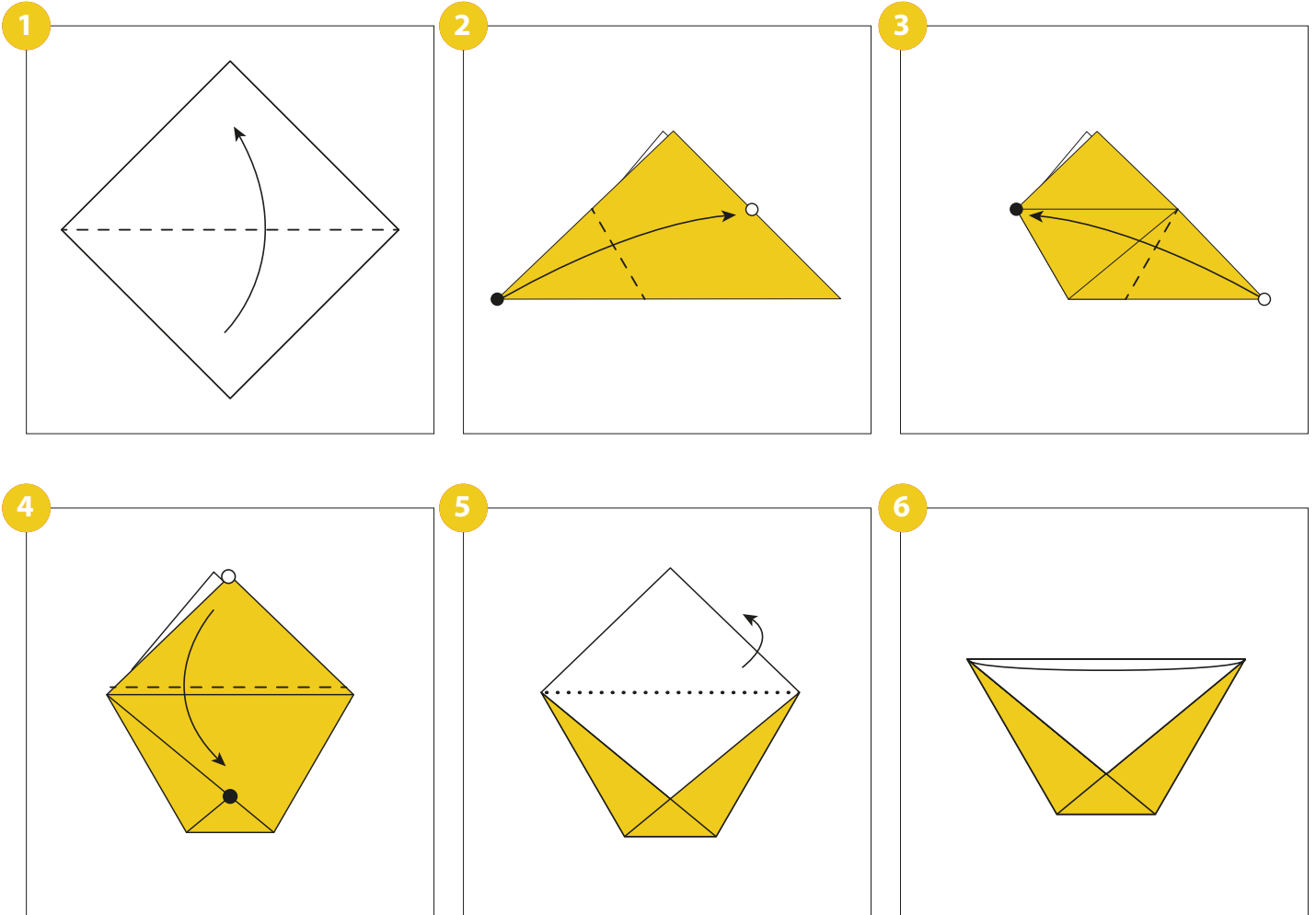
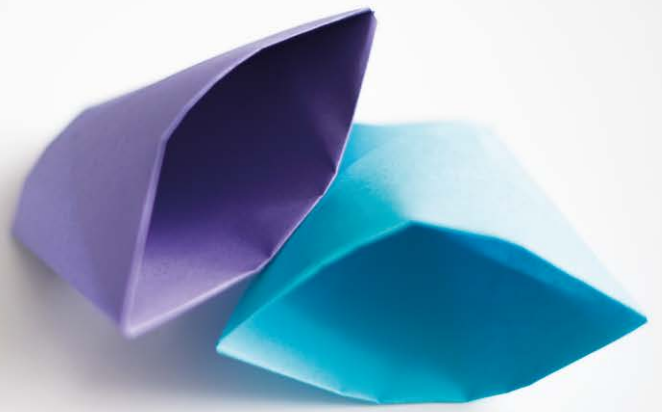


Designed by Akira Yoshizawa, considered to be the grandmaster of Origami. He is credited with raising Origami from a craft to a living art. According to his own estimation made in 1989, he created more than 50,000 models.

Origami Swan



Origami Cup



Ready for more folds?

We hope we have started a little love affair for you with folding paper and allowed you to recognise its creative, calming, peaceful qualities. We have more video tutorials online - make a tulip, a jumping frog, a flapping bird and more! Visit www.youtube.com/DrLizzieBurns to get started.

Visit www.origamipulse.com to discover our work.
You can download free resources including our booklet '**Get Started with Origami**'.

