

Origami & Mental Health

bring
change
to mind

The History Of Origami

Origami, the art of folding paper, emerged from the invention of paper and folded paper "Zhezhi" techniques in China. Centuries later, the skill of manufacturing paper was introduced to Japan via Korean influence. The word Origami is derived from the Japanese words "ori" (folding) and "kami" (paper). This particular style of paper folding was originally practiced as a ceremonial Shinto ritual and later gained popularity as a leisurely activity and art form.

Join the Peace Crane Project

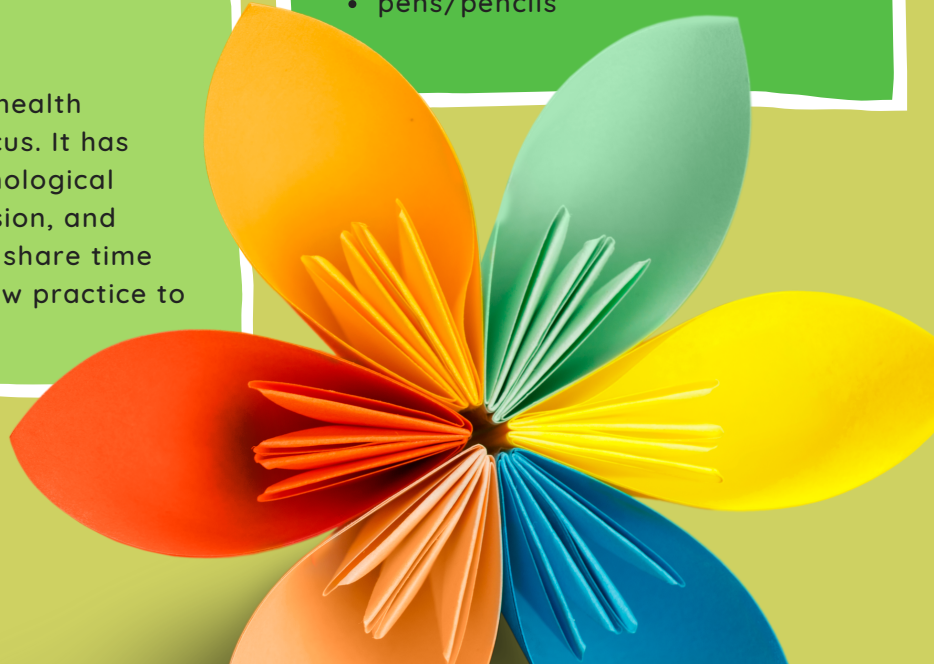
The Peace Crane Project was started by former Disney animator, Sue Diccio, shortly after the Sandy Hook shooting to promote peace and community. Through the Peace Crane Project, you and your peers can spread a little bit of goodness by crafting an origami crane, decorating it with your wishes for peace, and trading your crane with youth across the world. Sign-up at <https://peacecraneproject.org/>

Materials Needed:

- Origami paper
- markers
- pens/pencils

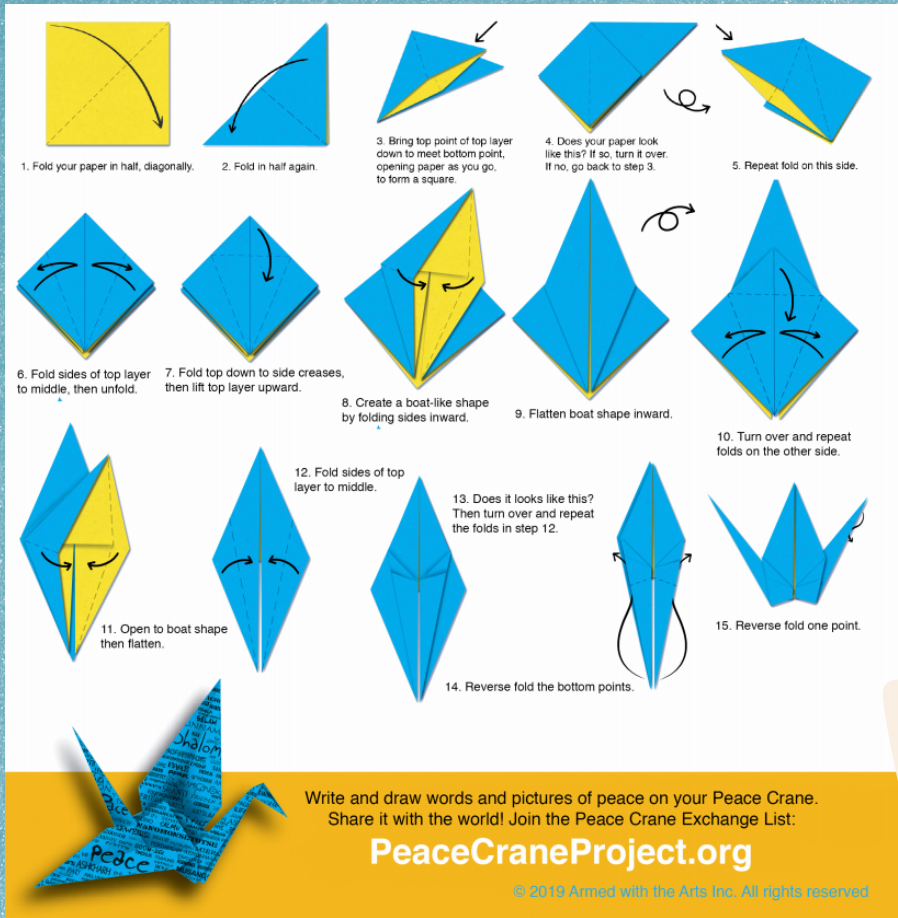
The Health Benefits of Origami

Origami is believed to have many mental health benefits like boosting mindfulness and focus. It has been used in art therapy to address psychological conditions such as stress, anxiety, depression, and ADHD. Origami is also a wonderful way to share time and connect with others while adding a new practice to your mental health toolbox.



Peace Crane Folding Guide

bring
change
to mind



Check Out These Links for More Origami Fun!

- Boats: <https://www.pinterest.com/pin/268175352801746068/>
- Kittens: <https://www.pinterest.com/pin/31595634875884323/>
- Foxes: <https://www.pinterest.com/pin/647181408956005157/>
- Rainbow: <https://www.pinterest.com/pin/1407443624422788/>
- Frog: <https://www.pinterest.com/pin/59109813849819523/>
- Picachu: <https://www.pinterest.com/pin/65372632080986365/>
- Flower: <https://www.pinterest.com/pin/589619776216044597/>
- Pyramids: <https://www.pinterest.com/pin/598978819194107347/>

