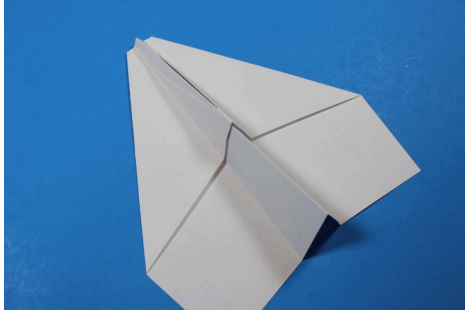


Origami Paper Plane and Origami Heart



Contributor Bio: This video and activity packet were made by Amy Lam. She is a junior undergraduate with a major in Recreation Management and Policy: Therapeutic Recreation.

[Click Here](#) to watch the Video on Youtube

Description of Origami:

Origami is the art of paper-folding.

Its name derives from the Japanese words *ori* (“folding”) and *kami* (“paper”). Traditional origami consists of folding a single sheet of square paper into a sculpture without cutting, gluing, taping, or even marking it.

Purpose of Origami:

Origami strengthens the brain by practicing our hand-eye coordination, fine-motor skills and mental concentration. When people do origami, they stimulate the motor and visual areas of the brain.

Origami and Therapeutic Recreation:

In therapeutic recreation, origami can be used as an intervention to help our clients who want to improve their cognitive or fine-motor skills. Origami is a great activity that can be used to stimulate different parts of the brain and promote rewarding outcomes.

Square Paper Template (Cut the dotted line)



Steps To Create Origami Paper Plane

Step 1: Start with a regular piece of paper (8.5 x 11.0 inches).

Step 2: Fold the paper in half.

Step 3: Unfold.

Step 4: Fold both top corners down to the center, creating a pointy peak.

Step 5: Fold the top part down.

Step 6: Fold both top corners down to the center without making a pointy peak.

Step 7: Fold the center flap up.

Step 8: Turn the paper over.

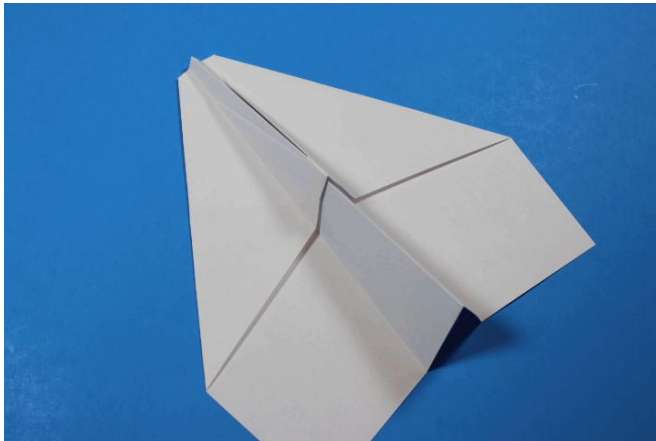
Step 9: Fold the right half over to the left.

Step 10: Fold a part of the wing over to the right.

Step 11: Turn the paper over.

Step 12: Now fold this wing to match the other wing.

Step 13: Unfold both wings and you're all done.



Steps To Create Origami Heart

Step 1: Start with a square sheet of paper.

Step 2: Fold the left corner to the right corner, then unfold.

Step 3: Fold the top corner to the bottom corner, then unfold.

Step 4: Fold the top corner to the center.

Step 5: Fold the bottom corner to the top edge

Step 6: Fold the bottom left and right edges to the center crease.

Step 7: Fold the top and side corners back. Now you are all done!



