

ORIGAMI & MENTAL HEALTH



PURPOSE:

Why?

Engage in a Mental Health Origami activity and take home a beautifully folded craft! 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.

HOW TO:

Materials & Budget

- Origami paper (\$15 or free if you can use school materials)
- Colored markers (\$5-10 or free if you can use school materials)
- Pens/pencils (\$5 or free if you can use school materials)

Most of these materials can be found in classrooms (make sure to ask your teachers if it is ok to take extras) but if you would like to spend some money, set aside about \$20 to \$30 depending on the number of people who participate.

Instructions

- Click the link below and scroll through the different Origami shapes to learn how to create an origami piece of your very own!
 - [110+ Easy Origami Step by Step Instructions](#)

Timeline

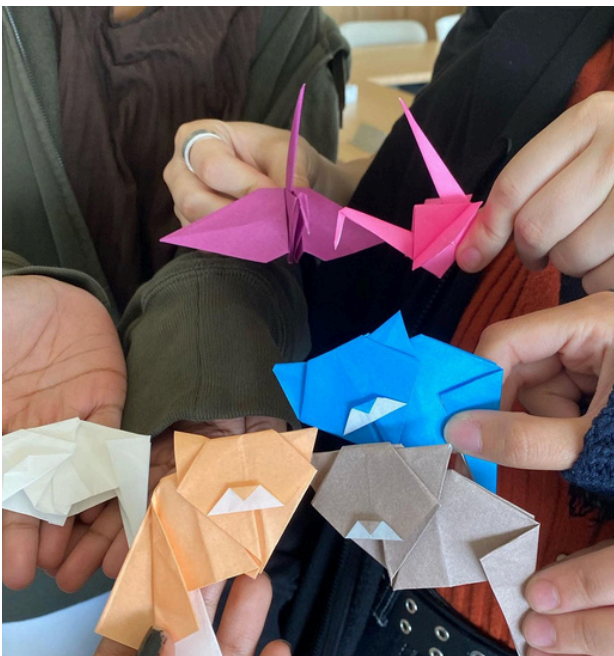
You need to plan this event 1-2 weeks in advance. It requires going shopping if you do not have the origami paper. The actual activity should take 30-60 minutes.

Impact

This activity is great for club meetings as it is a fun and creative way to get your club members engaged and take home a piece of art! If your club wants to make an even bigger impact, you can join the Peace Crane Project. The Peace Crane Project was started by former Disney animator, Sue Diccico, 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/>

Example(s)

Example from MECHS BC2M!



Example from NDHS BC2M!



Post photos from this activity to your club
Instagram and tag @bc2mhighschool

