

What can I make?

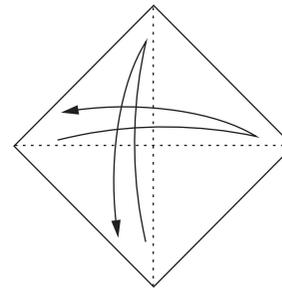
Everything from birds to butterflies, boxes, boats and beyond. From decorative flowers and vases, to greeting cards, stationery, envelopes, wallets and beautiful shapes. The options are practically infinite; when it comes to origami – the world is your oyster... (you can even make one of those).

Especially symbolic in origami is the peace crane (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.

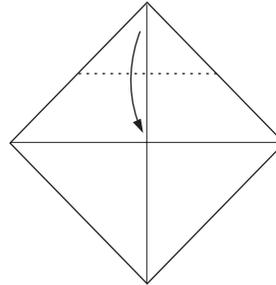


Origami heart

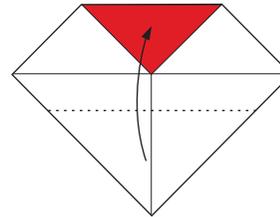
Make an easy origami heart in seven simple steps



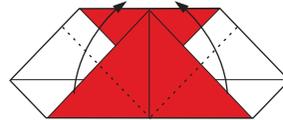
1. Place the square paper on a flat surface, fold and unfold along the dotted lines



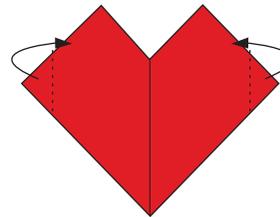
2. Fold along the dotted line until the top point reaches the centre crease



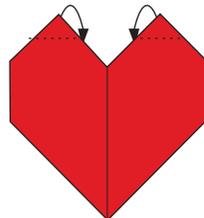
3. Fold the lower point along the dotted line to meet the top edge



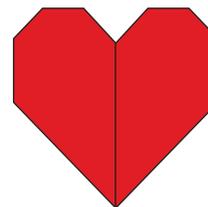
4. Fold the two sides along the dotted line so they meet in the middle



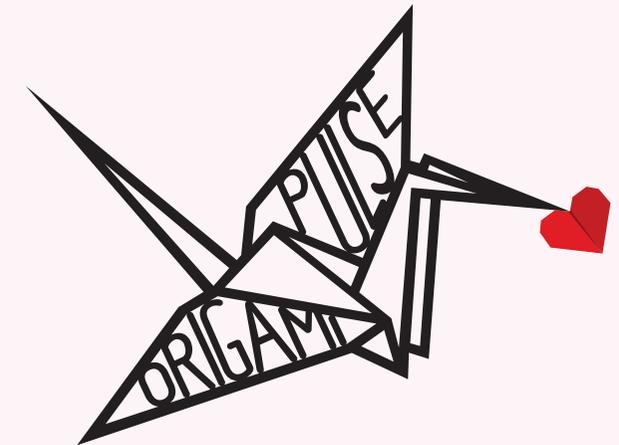
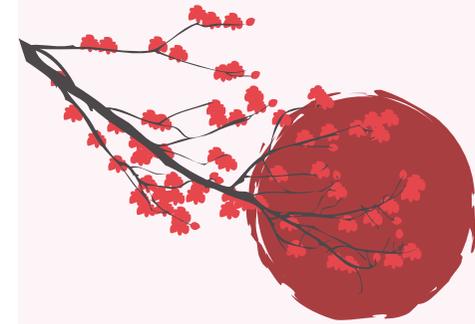
5. Fold the left and right corners backwards



6. Fold the two top corners backwards



7. Finished heart



Origami Pulse

**Improving life
one fold at a time**

What is origami?

Origami is the ancient Japanese art of paper folding. Most people take up origami in order to create a moment of mindfulness and relaxation. As such, care providers and researchers are using origami as a form of social prescribing, to help with a range of conditions across both the mental and physical health spectrum.



What are the benefits of origami?

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 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.

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

Origami...

- ♥ improves memory
- ♥ enhances non-verbal thinking and comprehension
- ♥ develops eye-to-hand coordination
- ♥ focuses attention
- ♥ teaches patience
- ♥ increases temporal/spatial skills
- ♥ improves mathematical reasoning
- ♥ encourages creativity
- ♥ aids problem-solving as well as social skills

Our origami workshops

At Origami Pulse, we create bespoke workshops for organisations, groups, schools, and businesses to promote team building and encourage wellbeing. We also run public events which engage people of all ages to take part, to craft their own beautiful creations.

Our work is a form of social prescribing, which helps to foster a sense of community, overcoming and combatting loneliness and boredom. Our workshops have taken us from community groups and hospitals, to festivals, corporate events, cruise ships and beyond.

We've brought the art of origami to communities across Liverpool, Manchester, Sefton, Oxford and London.

For more information, visit our website: www.origamipulse.com
Or email us on: origamipulse@gmail.com

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