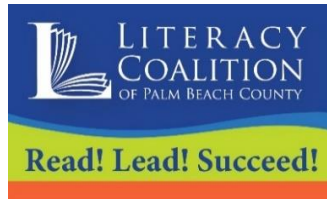


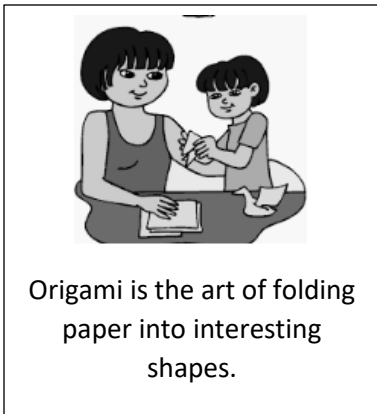
READ and THINK before you ACT.



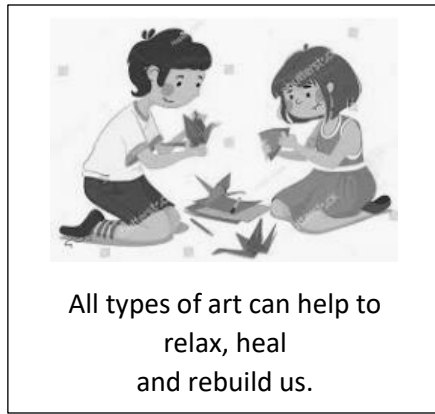
Leading through Reading

Managing Our Emotions with Art: Origami (K-2)

READ



Origami is the art of folding paper into interesting shapes.



All types of art can help to relax, heal and rebuild us.

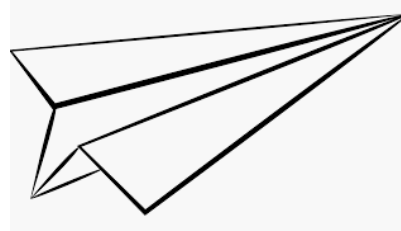


Origami can be a way to keep you calm and happy. Give it a try!

THINK

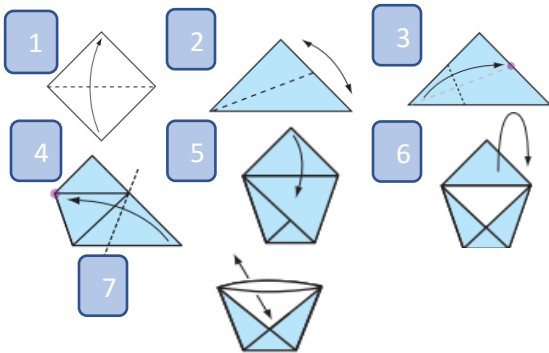
You may have tried origami without realizing it.

Have you ever made a paper airplane? Wasn't it fun!?



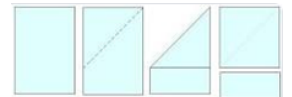
ACT

Make a Cup



1. Fold a square piece of paper in half. *
2. Fold the top corner down to the bottom. Press on the fold to make a line. This is called creasing. Unfold.
3. Fold the bottom left corner up to the crease line that you just made.
4. Fold the bottom right corner up to the opposite side.
5. Fold the front-top flap layer down.
6. Fold the back-top flap layer down on the back of your project.
7. Open the folded project at the top to create your cup!

*HINT: Diagram on the right shows how to make rectangular piece of paper into a square piece of paper.



Sources: <https://www.origami-fun.com/origami-talking-dog.html> and <http://creativityintherapy.com/2012/07/origami-in-therapy/>

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program. *Read! Lead! Succeed!* is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to nbirardi@literacypbc.org