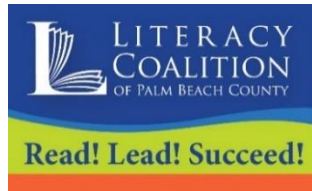


READ and THINK before you ACT.



Leading through Reading

Managing Our Emotions with Art: Origami (3-5)

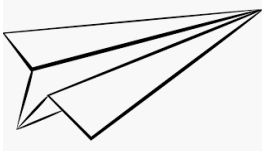
READ

Origami is the art of folding a square sheet of paper into interesting shapes. It does not involve cutting. Art can be therapeutic. Therapeutic means it can help to relax, heal and restore us. During times when we may be worried or bothered, it is important to find ways to keep us calm and happy.

Origami can help to build:

- **Attention and focus!** When enjoying origami, you are constantly looking over and judging your work. This helps you to practice how to focus on a project when things are dragging or pulling on your attention. When you can focus despite distractions, it helps you to be successful. In times of stress and distraction, origami can be a great way to grow your learning and working skills.
- **Perserverance!** Focusing on origami can be a little bit frustrating at times, so focusing on origami helps you to build your ability to accept the challenge and stick to something. If you get frustrated, practice the skill of knowing when to take a break. Stop. Take three deep breaths. When you are calm, return to the project and try it again. Repeat the break if needed. Be sure to come back until the project is complete. This skill is called perseverance. It means to not give up!
- **Self-esteem!** Origami can make you feel successful and it gives you a chance to speak kindly to yourself. You can practice saying, "I can do this!" Origami can make you feel talented. Plus, it gives you something nice to look at when things get difficult or to thoughtfully give away to someone that may be having a hard day.

THINK

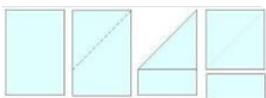
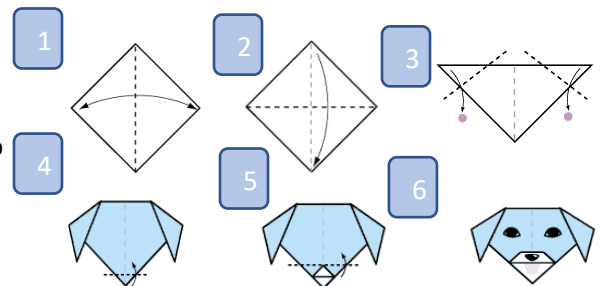


You may have tried origami without realizing it was origami. Have you ever made a paper airplane? Wasn't it fun!?

ACT

Make a Dog!

1. Place one square piece of paper* on a flat surface. Fold in half.
2. Fold the top corner to the bottom corner.
3. Fold top two corners down to the points shown
4. Fold the top layer of the bottom corner up a tiny bit. Fold the same top layer of the bottom corner again.
5. Add eyes, nose and tongue to the dog's face.



*HINT: Diagram 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.

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