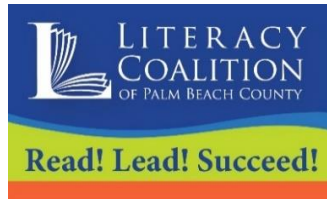


READ and THINK before you ACT.



Leading through Reading

Managing Our Emotions with Art: Origami (6-8)

READ

Origami is the Japanese art of paper folding. This art is about taking a square sheet of paper and folding it into an interesting shape. It does not involve any cutting. Art can be therapeutic. Art 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!** Origami takes concentration to be successful. You must read and follow the steps as they are written. When enjoying origami, you are constantly looking over and judging your work. This is great because it is important to practice focusing 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, you can practice the skill of knowing when to take a break. Stop. Take three deep breaths. When you are calm, return and try it again. Repeat break if needed until the project is complete.
- **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.



Additional Reading: Mandel Public Library/e-library--[Books on Origami](#)

THINK



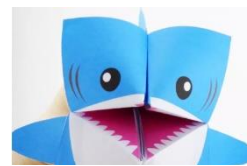
In what ways could origami be fun for you or some of your family members? Would you be able to make and give away a paper airplane or a fortune teller? What would you write on the fortune teller? How could you be a leader and get others to create and give away origami art?

ACT

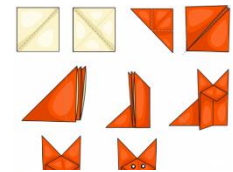
Make a Few Sheets of Square Paper

Fold the paper as shown. Use the edge as a guide to cut off the lower end. Unfold and you will have a square!

Click for instructions to create one of these:



SHARK



FOX

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@literacyabc.org