

## Mindfulness through Origami



Japanese legend has it that if you make a thousand paper cranes then your wish will come true. Whilst I cannot guarantee this, origami certainly has many mental health benefits and a small group of Upper 3 pupils meet every Wednesday lunchtime to develop their paper-folding skills.

Origami is excellent for promoting mindfulness and well-being. It teaches patience (getting those edges to line up perfectly is not a quick process!) and hand-eye coordination but perhaps more importantly it requires concentration and focus which can help reduce stress.

On a more practical level the pupils at Origami Club have enjoyed learning how to make birds, butterflies, flowers and whales, amongst many others. Now they have learned how to make the different bases from which all the different origami models proceed, each week they choose a different object to make.

Mrs Jo Watson