

## Therapeutic Advantages of Origami

Origami has been proven to possess therapeutic advantages. The activity is been used to help individuals with psychological aspects such as feelings of acceptance. People who are having emotional and mental problems sense a feeling of acceptance while being taught the art of origami. Realizing someone is willing to take the time to teach and show them how to do this activity promotes positive emotions.

When origami is demonstrated in a group setting, it helps the troubled individual experience a sense of belonging. It enables them to interact with others and connect with people who they can relate to. It's also a bonus when origami is being taught by a psychologist because any time a person feels the need to share their feelings, there's a professional there to intervene.

The art of origami is effective in promoting positive behavior. In a group setting it helps an individual learn how to act appropriately in a social environment. This would be good for children who are having trouble communicating or getting along with other children. This activity requires patience and so it teaches people how to be patient. Again this would be beneficial for children. Origami involves problem solving and this is a skill that is needed daily by individuals of all ages. Getting people interested in activities such as origami encourages people to develop a hobby where they can be creative and be involved in a group activity.

The therapeutic advantages of origami are amazing. To be able to take a simple concept such as paper folding and watch it make a difference in people's lives is awesome. Origami is a learning experience that incorporates communication skills and problem solving skills. It's also a great activity to promote goal setting. Finishing an origami project takes time but the results are beautiful and fulfilling. Seeing the outcome of the project in a picture and working toward it provides an individual with a goal. It's important to have goals in life and it's great that an activity such as origami can help a person learn about it. Origami provides an opportunity to relax and have fun. The enjoyment that goes along with this activity is definitely good therapy.

Not everyone is quick to open up and share their feelings with another individual, even a psychologist or other medical professional. It's essential that the person administering help and advice present a non-threatening image. Origami can be used as a means of breaking the ice, a warming up technique. It can help the patient and psychologist find mutual ground. Origami can be used to bridge the gap between patient and doctor.

This will certainly make it easier for the patient to be comfortable and more inclined to share their feelings and work on their problems. It is imperative that a doctor and patient develop a good relationship. Not everyone is willing to discuss emotional issues and/or psychological problems. If origami helps to build a bridge that leads to healing, it can definitely be considered a therapeutic advantage.

## Origami For Children

As far back as the mid 1800's it was discovered that origami was a delightful project for young children. Besides teaching eye hand coordination and developing concentration the

child had a toy they had made themselves when they were finished. With practice a child of any age can even create a number of the more advanced figures.

For young children there is often the satisfaction of being able to fold a piece of paper into a figure that they aren't yet capable of drawing. Origami teaches children much more than just how to make cute toys. They learn dexterity, they learn to listen and follow directions. They learn creativity and perception and surprisingly they learn to relax. In a world where so much is rushed, sitting quietly and folding paper figures can bring a sense of balance and peace to even young children.

When doing origami with young children it is important to remember certain things:

1. Practice folding the figures you plan to teach them yourself so you can pick out the steps that may cause them problems.
2. Some figures may need to be slightly simplified for younger children. Maybe just leaving out the final finishing steps will help.
3. Have a light friendly workplace for the children and plenty of materials
4. Be sure to explain each fold in simple words, showing them (possibly on a large piece of paper) what they need to do each step of the way.
5. You want to be sure the children understand what they need to do and make sure you give them enough time to work it out themselves - don't jump in too quickly to help them.
6. Let them try to fix their own mistakes without too much assistance. Let them know they can "try again" as many times as they need.
7. Children enjoy the repetition and they need time and repetition to work things out
8. Praise, praise and more praise - if the figure is somewhat crooked or a little wrinkled, so what?
9. Let the child express what he thinks of his piece. Everyone has different taste and opinions as to what is nice.
10. Children and abstract forms don't always mix well. If it helps to let them color or paint faces on their animals - let them!

Some tips for beginners - pick a well lighted relaxing area to work in, start with simple figures and work your way up (some figures will have both simple and advanced instructions for the same animal). Don't use really good paper to start with and for true beginners one of the best pieces of advice is to start with a larger piece of paper than what is called for.

Make your folds as sharp and precise as possible, press down on the center of the fold with one finger then run a finger from your other hand across the fold in both directions. You can

give your piece a somewhat different look or create an entirely different piece just by making a fold in a slightly different place.

## Origami Is Good For You

Origami, the art of paper folding has proven to be so much more than just a beautiful craft idea. Origami is good for you. This realization has been taken to the classroom and used by many teachers to broaden the student's way of thinking. Origami compels the student to develop skills in an interesting way. This activity teaches skills that are necessary and beneficial in every day living.

Patience is something that we all need to learn. Each and every day, whether at school, at work, at home or at the grocery store, people need to practice patience. This is difficult for some individuals, especially for the child who is waiting their turn for the swing for example. Origami can be used to instill this importance of patience in both children and adults alike. Because this activity requires careful attention and precise folds, it cannot be rushed if hoping to achieve the intended result. One must be very patient when attempting an origami project.

Attentiveness or awareness is also essential in our daily existence. Whatever environment we find ourselves in it is important to be aware of the situation and activity around you. The art of origami teaches people to be aware and to pay attention. This is imperative in order to complete an origami project accurately. In a group setting the instructions are normally relayed by one person for example a teacher or instructor. To know which folds to make, the student or individual needs to listen attentively. This is a good practice for anyone.

Origami is great for fine tuning motor skills. This activity requires an individual to use their hands, both hands to fold the paper in order to achieve their goal. Our hands are needed to do just about everything. Origami would be beneficial for people who are experiencing difficulties with their hands, especially where fine motor skills are required.

Sequencing is important to learn. No matter what activity a person sets out to do there are steps to be taken. If the third step is taken before the first, it's unlikely the outcome will be favorable. Let's use baking a cake for example. First of all the ingredients need to go in the bowl, then they need to be mixed adequately and then put in a pan to bake. If the ingredients were all thrown into the baking pan without first of all being mixed, the result would be a mess not a cake. The same idea works with origami. If steps are skipped the results would be less than expected.

Origami is good for kids and their self-esteem. Kids are easily intimidated by other kids. Being able to complete an origami project can be gratifying for children. Realizing they independently created a work of art can make them proud. Not only will they feel proud but they may feel equipped to take on projects that otherwise may have been avoided. There'll definitely come a day when everyone will be demanded to work independently. Origami projects are good for you.

# Origami Expresses Individuality

Origami, considered the Japanese art of paper folding has long been and continues to be a fun and educational activity. There are different levels of origami from very basic to extremely complex. Little did you know that when you were making a paper airplane as a child, you were doing an origami project. This is an example of basic origami. Many people's interest in folding paper stops at the paper airplane. However for many other people, origami is quite fascinating. These people take their interest to more advanced origami projects.

Origami falls in the category of art. Of course it's common knowledge that art is a way for a person to express themselves. Through art projects such as origami, a person's individuality is revealed. This can be accomplished by using the origami skills you have and designing your very own composition. For the many people who work tirelessly on their compositions, the end result certainly brings a sense of accomplishment.

Designing origami requires vision. An individual must be capable of visualizing what the outcome ought to look like before making a single fold. It is then up to the artist to figure out what steps or folds need to be made in order to accomplish their goal. This definitely requires plenty of thought, concentration and problem solving. It allows the individual to devise their own plan and create a plan of their own to achieve the final outcome.

Origami expresses individuality when an artist chooses to use different papers and colors. Although a project might be similar in style to another, it can be made unique by using alternate techniques for example, by using wet folds instead of dry folds. Wet folding permits the artist to sculpt the origami project to satisfy their personal objectives. To make a composition more interesting an artist might choose patterned paper or foil-backed paper. There are many things an artist can do to express their individuality.

Serious origami artists often compete in competitions. Here is a place, a competition, where people showcase origami that expresses individuality. This is an opportunity to compare their work with other artists. It's also a great place to get new ideas that can later be used to create individual pieces. Art galleries frequently display origami work. Again, this is another good source for new ideas and techniques.

The Internet has many sites related to the art of origami. Many serious artists have websites of their own where they showcase their creations. These sites will certainly have vivid photos of origami that expresses individuality. You may be surprised at the objects that can actually be made using origami. You'll be amazed as you browse the various origami-related sites. If you are interested in learning how to do this activity or if you are looking for new ideas, it would be worthwhile to log on to the Internet and begin searching. With websites created by people worldwide, you'll be tapping into the best in the art of origami.

## The Mathematics Of Origami

If you have ever held a piece of origami in your hand you have in all probability been at least tempted to open it just to see how the folding was done. The geometry involved in the piece is something you could easily see in the creases displayed on the opened paper.

Scientists and artists have studied these geometric aspects as well as origamists and mathematicians. Mathematicians throughout time have developed ways to use geometry to define origami; they have designed highly sophisticated models using fundamental theorems. They have studied and found amazing similarities between tessellations and origami (tessellations is the name for a figure comprised of a shape that is repeated over and over again with no gaps or overlap when fitted to a flat surface). Teachers around the world have used origami to teach different concepts in chemistry, physics and architecture as well as math.

Origami construction is defined as the folding of paper using the raw edges, points of the paper and any creases or points subsequently created by those folds. The folded paper is seen as both an art piece and a geometric form. The folds produce varying sizes of triangles, rectangles and other shapes. A single fold can bisect an angle or as in the case of a reverse fold, make 4 triangles at once.

When the first steps to making a figure are applied to other figures, resulting in a number of figures having common shapes, the common shapes are called bases. There are several established bases such as the bird, the kite, the windmill and the water-bomb to name a few. Modern origami relies heavily on these existing bases alone and in combination when designing new figures. As an example the kite base is used to make quite a few of the different zoo animals.

Studying the creases of existing models has led to the creation of many new models. These creases show definite patterns of triangles, rectangles and other shapes. The geometric study of the crease lines over the last twenty-five years has paved the way for the discovery of new bases. Not all designs are combinations or parts of other bases; some like the box pleat are completely original.

Some origamists saw the base as a set of areas each independent of the other differing only in their length and arrangement. With this in mind they went on to develop computer programs that are capable of doing all the math necessary to generate crease patterns for any base from a given length and area arrangement. With the aid of computer programs using intricate mathematical theorems origami has become as much a puzzle as a piece of art.

Mathematical origamists are now designing more and more complex, realistic models still sticking to the simple rule of one sheet of paper with no cuts. These programs are also used to solve problems involving getting large pieces of paper folded to fit a specific sized flat surface.

## What Skills Are Required For Origami

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Origami is an art or craft that involves folding paper. For people who aren't familiar with this activity, this may seem juvenile and easy. There are origami projects that are simple such as making a paper airplane. There are also very complex origami projects which require many pieces of paper to be folded. Now it's starting to sound more challenging.

Origami can be quite challenging and it's definitely not an activity that every individual will enjoy or even attempt.

Learning how to do origami can be as simple as following a set of instructions. There are many books printed about this activity with step-by-step instructions for completing specific projects such as a crane or a bird. As long as the instructions are followed precisely the project should be a success. To insure an origami composition turns out right, no step can be left out. It's a series of folding steps that produce the suggested result.

There are plenty of people who are fascinated with the art of origami. In some cultures, particularly Japan, the art of origami is very significant. Young children learn origami and whether done simply as a pass-time or as a career, there are many people who do these activities on a daily basis. Simple origami doesn't require a whole lot of skill. As long as the person is able to read and follow basic instructions they have the skills required for origami. However, there are individuals who create origami designs for businesses and other commercial reasons these people are generally very creative and artistic. Patience is essential for the art of origami. Working out the intricate patterns in different projects can be quite tedious. Not just anyone will have the patience to continuously fold a piece of paper attempting to create a particular object. For people who design origami projects, the mathematics of it all can be very frustrating and again would definitely require a patient individual.

What skills are required for origami? The only physical skill required for origami is the ability to fold paper. Most everybody is able to carry out this activity. However there is certainly a requirement for imagination, creativity, mathematical knowledge and patience. The challenging aspects of origami require much thought and logic. Actually folding paper is not difficult but depending on the level of origami, completing an entire project can be tough.

Origami is an activity that can be learned if the individual is interested. There are books printed with details and instructions for hundreds of origami projects. These projects range from very basic to complex. Learning the art of origami can definitely result in hours of fun and enjoyment. It's a great way to pass away a few hours and create something beautiful at the same time.

If wanting to learn about origami you can likely find books or magazines at a bookstore or craft store. The Internet is also a great resource when searching for information on origami. There are plenty of sites that provide beneficial material on the art of origami.

## Who Uses Origami In Society Today

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The art of origami dates back to the 1600's. First practiced by the Chinese and Japanese, the art of paper folding was and continues to be popular in many cultures. When it was originally started, origami instructions were passed on verbally. Over the years the details and steps required for origami projects have been written down and/or relayed through diagrams. Folding paper may not seem to be very challenging but as the projects advance,

origami can in fact be quite complicated and complex.

Who uses origami in society today? No doubt there are many people who still do origami simply as a pass-time or hobby. For children and adults alike this activity can provide hours of enjoyment. Origami is great on rainy days and snow days. Once starting a project, it's difficult to stop until the desired result is achieved. It may take several attempts but eventually the results will be top-notch.

Origami has grown in popularity as a teaching tool. Educators and teachers are using origami in the classroom. This activity has proven to be effective in teaching children to be patient and attentive. Both of these skills are necessary in a group as well as in every day living. Origami also teaches children about problems solving and other aspects of mathematics that are relative to life. It also encourages children to set goals and work toward achieving them.

Psychologists and physicians use origami as a therapeutic tool. It has proven to be successful in the treatment of mental health patients. It helps the patients to become more relaxed in their environment and with their doctor. Besides filling many lonely hours in the hospital, origami teaches patients to get along with and help one another. The art of paper folding can actually bring people out of their shell and encourage them to participate in conversation and group activities.

Parents use origami at home to help their children develop different skills. This activity can help children develop their reading and writing skills. For young children it can help them learn how to use both hands together. Origami teaches concentration, patience and problem solving, all imperative to the growth and development of children. Besides the educational and behavioral advantages of origami, parents can use this activity to occupy a child who's bored or lonely. It's an inexpensive activity that a parent and child or children can do together. This means time spent together and an opportunity to build a good parent/child relationship.

When people first began practicing the art of origami, they probably had no idea of the amazing benefits this activity would produce. Likely initially used as a decoration or simply a way to kill a few hours, origami has been transformed into an activity that has many magnificent uses. There are books written about the art of origami and its benefits for various situations. The Internet has loads of information about the origami. If you'd like to learn more about this great activity, log onto the worldwide web and start learning.

## Notable Origamists And Unusual Uses For Origami

### Notable Origamists

Yoshizawa, a Japanese artist helped revive the art of origami when he developed a process of dampening the paper so he could mold sculptural forms. He called the process "wet folding". With his geometric skills, great imagination and precision he created magnificent dragons, elephants and birds using a single sheet of paper. His directions for folding have been cited in a great number of origami primers. Yoshizawa received world recognition in the 1950's and later was the cultural ambassador for Japan.

Issey Miyake is a fashion designer who's unique style merged eastern fashion with western by incorporating the concepts of origami into his creations. In 1993 he designed two clothing lines, one called "Pleats Please" and the other "A POC" (A Piece of Cloth). Pleats Please was a clothing style that allowed for unrestricted movement without the fabric losing its shape. A POC was a piece of cloth that was woven from a single thread. This was accomplished by a weaving machine that was programmed by a computer. The A POC wasn't released commercially until 1999. In 2006, the Kyoto Prize in Arts and Literature for lifetime achievement was awarded to Miyake for his designs, this being the first time the award was ever given to a fashion designer.

While he was still in kindergarten Hojo Takashi was introduced to origami for the first time. Later when he was in junior high he read the book Viva Origami that showed him the vast possibilities of the art of origami and increased his dedication to the art. Throughout his lifetime he has used the wet folding techniques invented by Yoshizawa and created unique figures with soft curves that have had a great emotional impact of the people who see them.

### Unusual Uses for Origami

Furniture: Dakota Jackson designed a chair for the Lane Company, called the Coda, that was made from folded paper. Recently a chair, whose base is actually the packaging it is shipped in was developed using principles of origami. This was done in an effort to cut down on the amount of packing material that had to be disposed of. Just unfold the packaging to form the base of the chair, add the cushions and covers that are packed inside and your chair is ready for use with nothing that has to be thrown out or recycled.

Buildings: Fumihiko Maki designed the Kirishima International Concert Hall. This hall was built using the architect's trademark brushed silver surfaces and was located on a secluded mountain site. In a style that resembled an origami figure the building had "folded" stainless steel planes that peaked into one of his "cloud" roofs. Yokohama International Port Terminal which was designed by Foreign Office Architects is another building that had a steel plate ceiling that resembled folded origami paper.

Therapy: Origami has been used in both physical and mental therapy sessions. It has been found to be flexible and convenient, readily accepted, simple, safe and helpful for evaluating things like concentration levels, degrees of cooperation and ability to solve problems. It is also useful as a relaxation tool.