

20-30
Minute
Activity
For
Everyone

The Art of Origami

Though many of us have either seen or heard of origami before we may not have had the opportunity to try our hand at it. Here is an activity that you and your family can do to foster a new skill while also learning some of the meaning and history behind it.

Origami is the art of folding paper. The origin of Origami remains largely unclear though many studies have traced it back to China and Japan following the invention of paper. The art of origami was first passed down through generations by oral tradition, today origami is seen as a fine art. The diversity of origami continues to develop with new ideas and practices every year.

Today let's focus on trying our hand at making an origami crane. Legend has it that if you fold 1000 origami cranes your heart's desire will come true. Over the years this legend has shifted to origami cranes becoming a gift of meaning. Bringing hope and peace to those who receive this gift. In uncertain times such as these making an origami crane and gifting it to someone can make more of an impact than you think.



Video Link: <https://youtu.be/Sj9kTBvNwjE>

Click on the link to the video above to follow along with a step by step lesson on how to make your own origami crane.

Stay Connected

If you cannot visit the person you wish to gift this your origami crane to, post a photo on social media with you and your crane. Use the platform to express yourself and why you gifted the origami crane to that person. Send the video link to others and challenge them to try their hand at making an origami crane. Tag us along the way at **@aliveoutdoors** or **@aliveinstagram**

Materials needed:

- Paper (8x11 printer paper, newspaper, whatever you have access to at home)
- Scissors