

## What is Origami?

Origami is paper folding. The word comes from the Japanese oru meaning 'to fold' and kami meaning 'paper'. It is generally regarded as Japanese, although it is very likely that other cultures independently evolved their own paper folding tradition.

## How old is it?

Probably as old as paper! There was certainly a tradition in Japan (and probably also in China and Spain) as far back as the 16th century. This was likely to be the simple traditional models handed down from parent to child.

## Is special paper needed?

Special Origami paper is available which has the particular qualities that make it more suitable for folding, but almost any paper will do.

## Origami in Therapy, Education and Art

Rebuild fine motor skills lost through illness or accident

Unique bridging therapy

A relaxing and stress relieving activity

Used in simple maths to complex geometry

Exciting stimulation for children

Excellent hands on spacial awareness

Breaks down barriers

Sharing feelings and knowledge

Positive goal setting experience

Unusual corporate activity

Team building

Commercial and agency uses



## Stephen A Watson Cert.Ed

Enhanced C.R.B. Cleared  
Public Liability Insured



From the age of eight Stephen has practiced the art of Origami. He has passed on his paper folding skills to countless children and adults from the ages of 5 to 95! He always follows the equation:

people + paper folding = smiles

He currently supports a charity that assists people with learning disabilities and is an active member of the British Origami Society.

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Fees includes all the origami paper and materials used in the session. Participants can take home with them the models they have made. Qualifying social and non profit making groups, societies and charities will be charged a reduced fee.

Check the website for further details, the latest public venues and more models to fold.



Positive About  
People with  
Disabilities

# The Art of Origami

# 折紙

With

## Stephen Watson

Workshops

Demonstrations

Exhibitions

Social Events

Schools

Therapy Sessions

Corporate Activities

[www.foldpaper.co.uk](http://www.foldpaper.co.uk)

## Popular Sessions

### Origami for Schools

Favourites include penguins, swans, jumping frogs, noisy bangers and of course the best paper aeroplane in the world.

Youngsters benefit from hand eye co-ordination and are keen to show others their new found skills. Origami promotes co-operation between children and a sense of well-being through positive achievement.

### Groups, Clubs & Societies

From Brownies to Women's Institutes origami has no barriers!

Treat your organisation to an evening of paper folding where everyone gets a chance to have a go and make useful origami creations that they can take home and impress their friends and family with.

### Corporate Activities

Forget virtual brain training, tackle Prof. Stephen Watson's 'Actual' reality challenge. We have a wide range of projects to challenge the aptitude of your employees, whether it be imaginative, creative or intellectual.

Careful planning, teamwork and coordination will ensure success. Oh, and a little fun too!

### Origami at Home

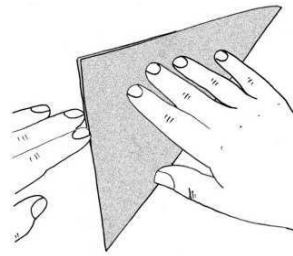
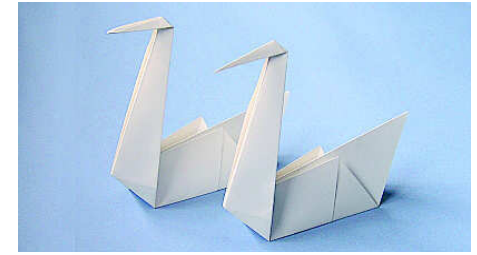
Origami is fast becoming a new form of evening activity at home that will be talked about for a long time afterwards.

Spread the cost by inviting your extended family round or a group of friends for an evening of enjoyable and practical folding. Choose what you would like to make from a vast selection of models.

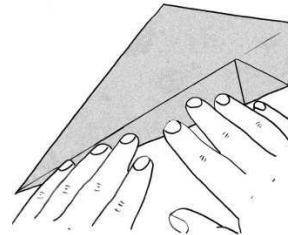
All materials are supplied. Additional tables and chairs available if required.

## Fold a Swan

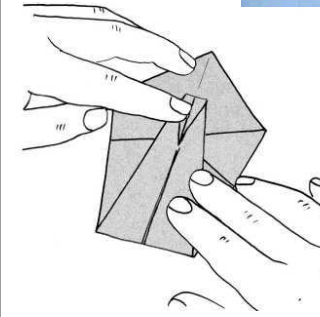
Start with a square of paper



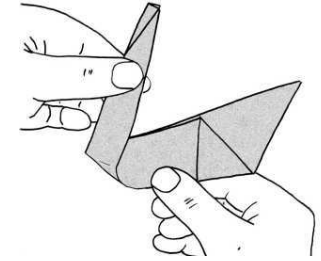
1. Take your square of paper and fold it point to point across the diagonal as shown.



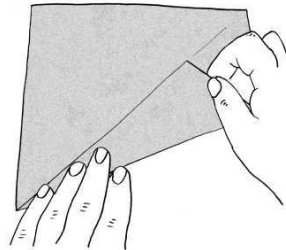
4. Turn the paper over. Now fold the long side to the middle, still forming a point at one corner.



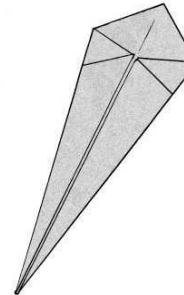
7. Fold the tip of the thin point down like this to make the swans head.



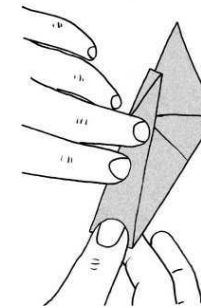
10. Pull the neck upwards like this don't go too far!



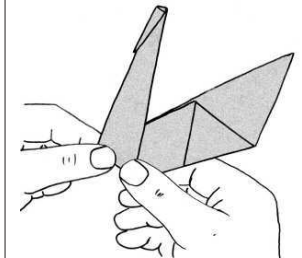
2. Open it out and fold the bottom edge to the crease in the middle so you have a point at one corner.



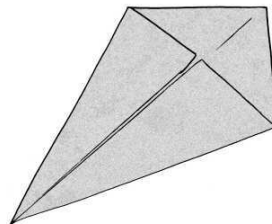
5. Do the same to the opposite side so you get this shape. Firmly press flat.



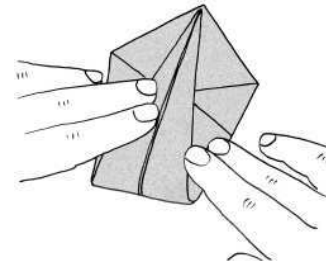
8. Fold the swan completely in half down the centre line. The neck and head will also fold in half.



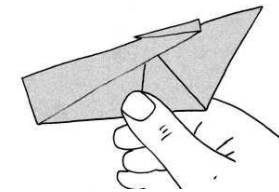
11. Press the base of the neck flat to make it stay in this upright position.



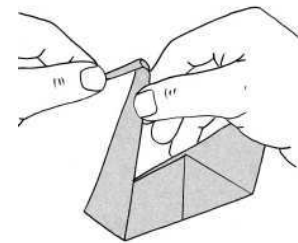
3. Do the same to the opposite side so you get this shape.



6. Take the bottom point and fold it up to the top point and flatten well.



9. Your swan should look like this. Hold it at the bottom like so.



12. To finish, hold the back of the neck and lift the head up. As with the neck, squash flat.