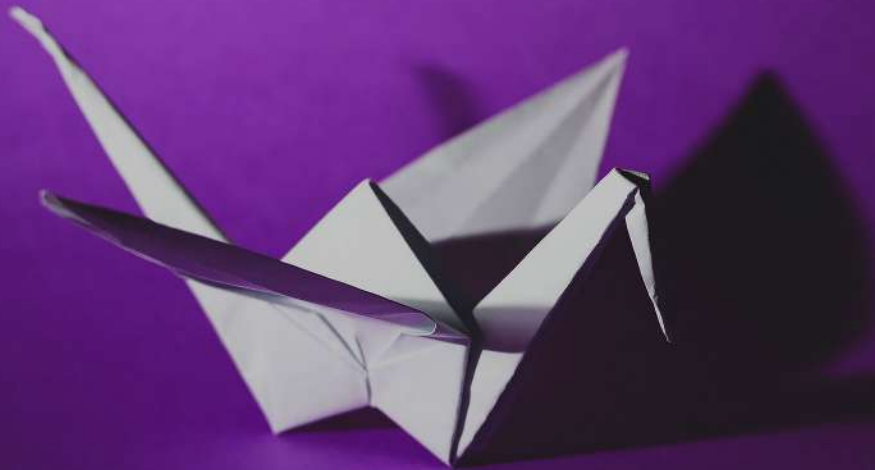




fold  
ε  
heal

# Origami

— for social good —



ORIGAMI  
SOCIETY  
NIGERIA



Visit: [www.origamisocietynigeria.org.ng](http://www.origamisocietynigeria.org.ng)

Gratitude to **Kunle Adewale Day(KAD) Social Impact Fund** for supporting the production of these pamphlets. Origami Society Nigeria, the non-governmental arm of iFoldedit Origami founded by **Oluwatobi Sodimu** created this pamphlet to inspire artistic expression, improve mood and hospitalization experience for caregivers and patients and to bring succor to all going through difficult times.

This leaflet is inspired by Origami Pulse's "Made with Gloves". Many thanks to our ever dependable partners in the U.K. Follow and tag us when you fold a piece through our social media handles on Twitter & IG **@origamisocietynigeria**. This pamphlet is available and downloadable online. **Visit: [www.ifoldedit.org](http://www.ifoldedit.org)**.

## What is Origami?

Origami is the Japanese Art of folding paper. A mindfulness exercise that relieves stress, improves focus, social interaction, team bonding and creativity in children and adults. The Art also inspires calm, patience and is a flag bearer of world Peace and Hope.

## Why Origami?

Research has shown that Art as a form of therapy effectively improves wellness, cognitive development and problem solving skills. Origami is particularly an "easy go to". Many other art forms will require talent, basic materials such as brush, canvas, paints, musical instruments etc. All that Origami require however is a piece of paper and the mind ready to explore.

"My origami creations, in accordance with the laws of nature, require the use of geometry, science, and physics. They also encompass religion, philosophy, and biochemistry. Overall, I want you to discover the joy of creation by your own hand the possibility of creation from paper is infinite."

- **Akira Yoshizawa**  
(Grandfather of Mordern Origami)

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## Inspiration from Origami

by Kyoko Kimura

August 18, 2009

Just a piece of paper  
In front of me

My fingers itch  
My eyes dance

Slowly  
Point to point  
Line to Line  
Folding and Unfolding  
Opening  
Closing  
Sliding  
Turning

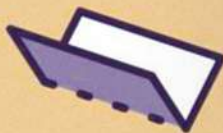
2D to 3D  
Death to Life  
Visions materialised

Each decision made with  
Tips of my fingers Pleasing  
to my eyes Encouraging to  
my heart

Millions of paths Known,  
Unknown And  
combinations Walked  
upon a piece of paper By  
many different Fingers  
In different shades, length  
and Speed of those  
Young, Ancient  
And the in between

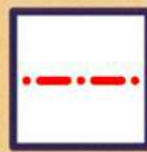
A gift from the Earth and  
our ancestors  
Sculpted by my finger tips  
Origami  
From me.

## Fold Types



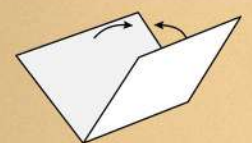
### VALLEY FOLD:

The most common type of fold. As the name suggests, it usually means you are creating a valley shape as you produce this fold.

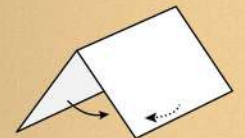


### MOUNTAIN FOLD:

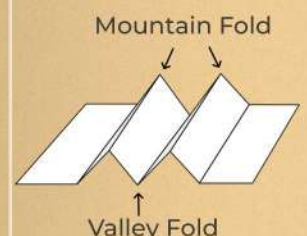
The opposite of a valley fold. Usually a mountain fold involves folding AWAY from you to create a "peak", hence mountain fold.



Valley Fold ( - - - )



Mountain Fold ( — )



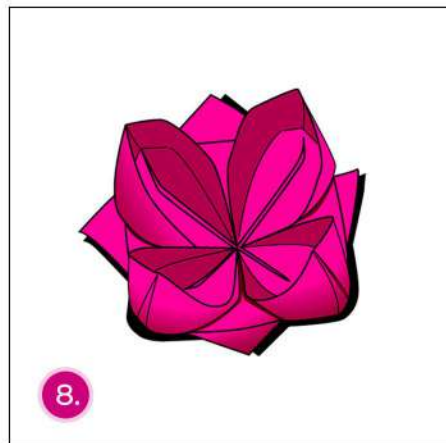
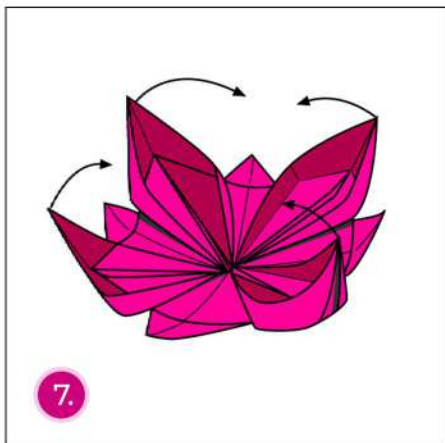
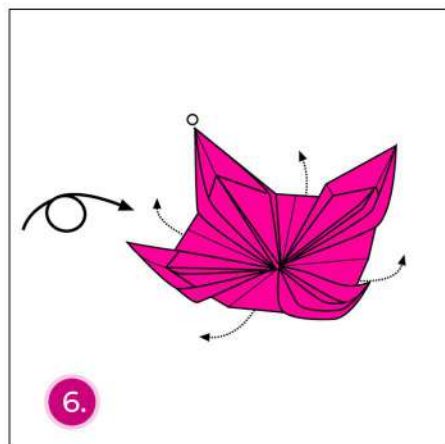
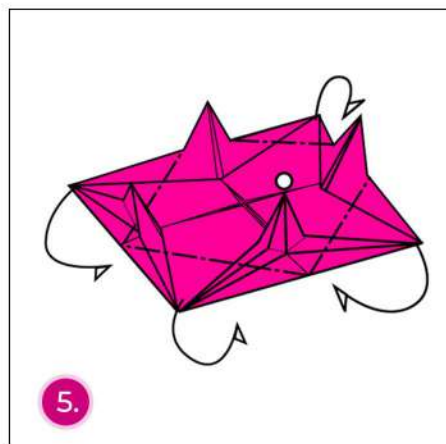
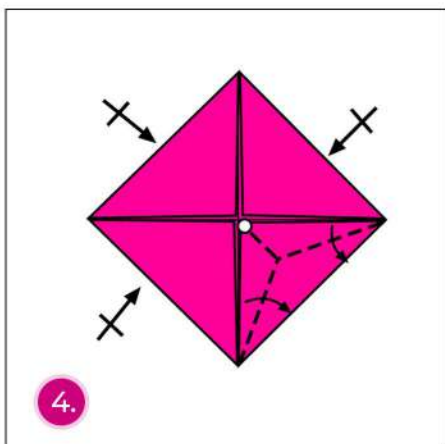
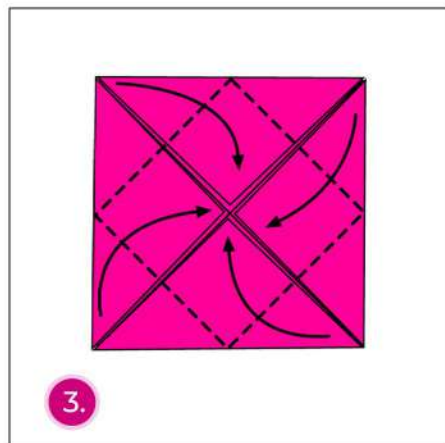
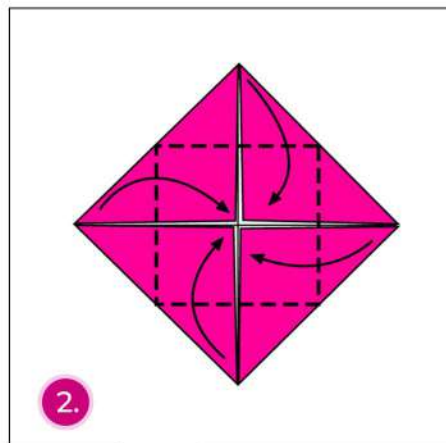
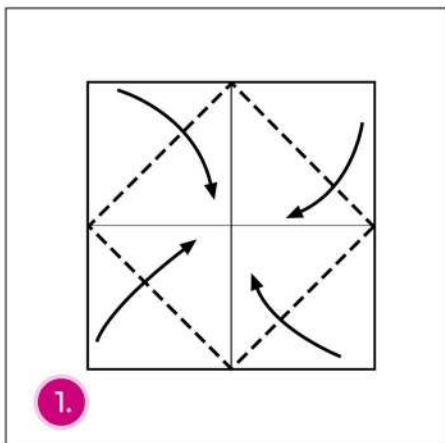
Mountain Fold

Valley Fold



# Lotus

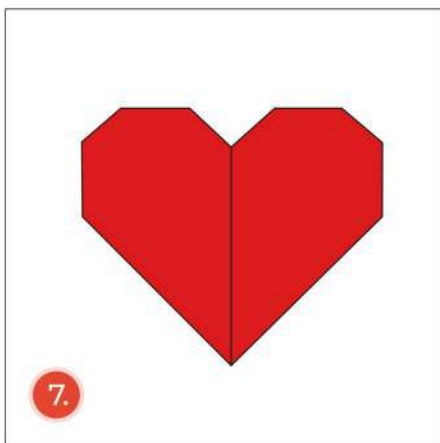
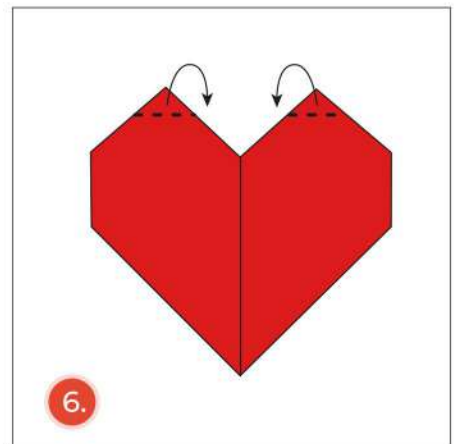
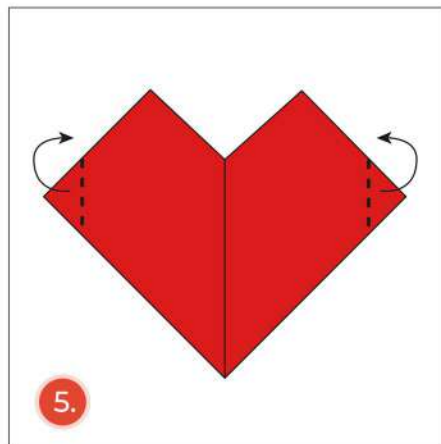
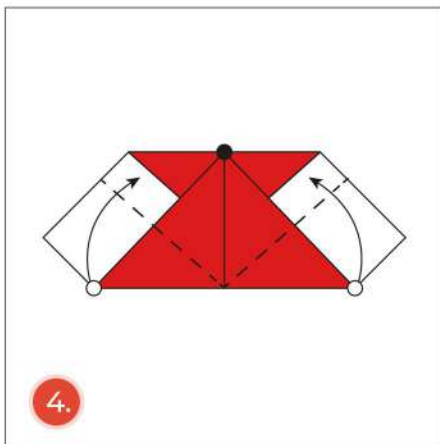
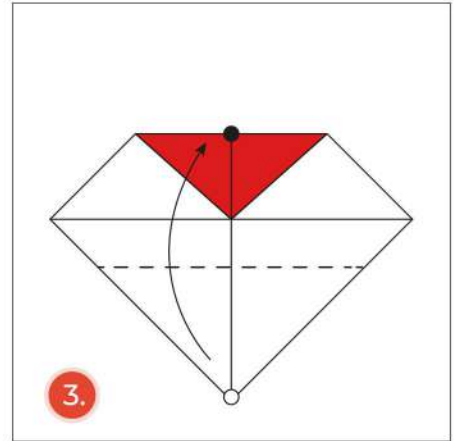
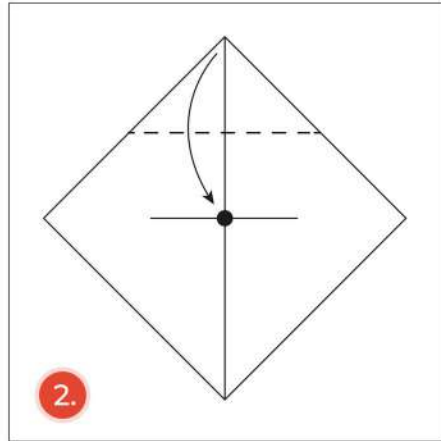
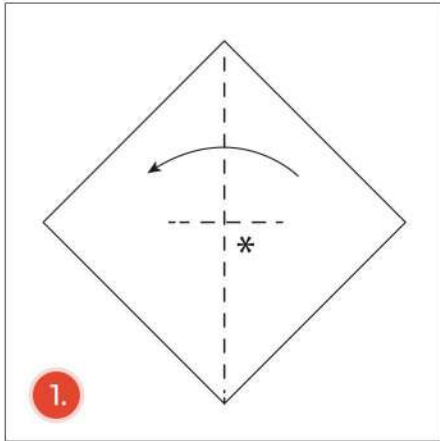
Traditional Fold





# Heart

Traditional Fold

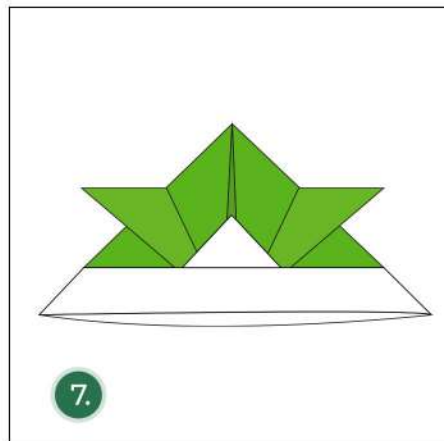
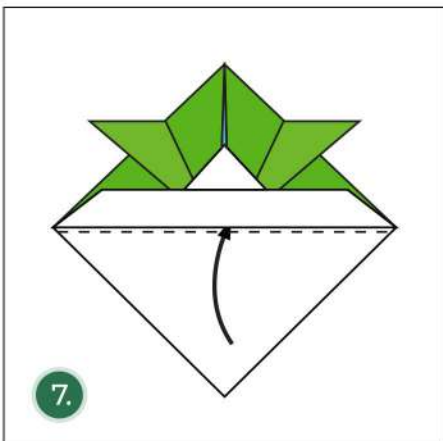
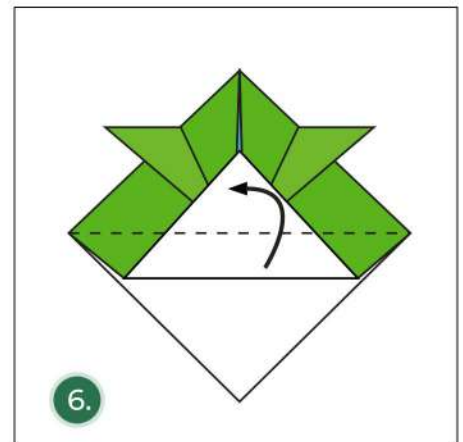
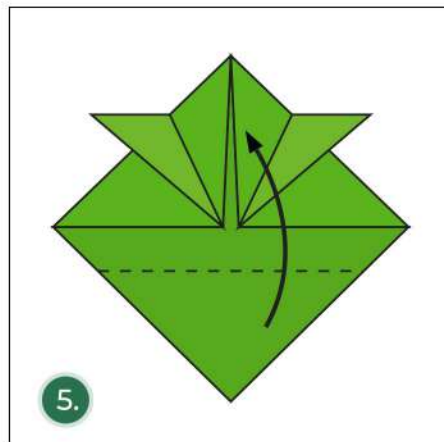
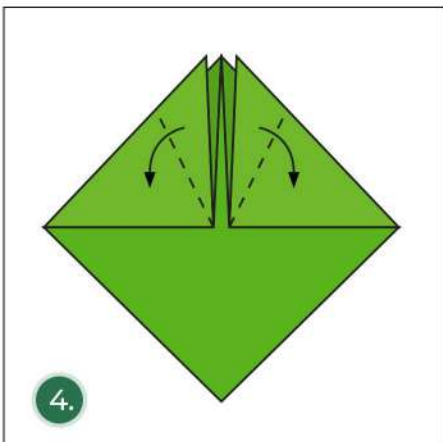
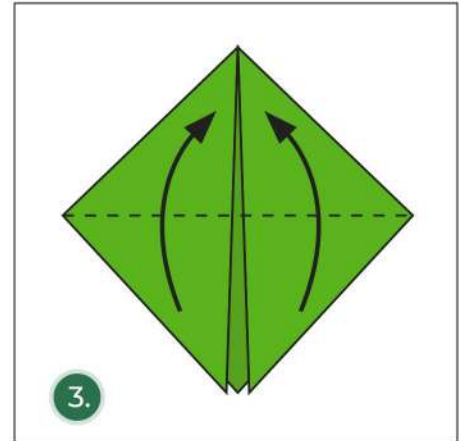
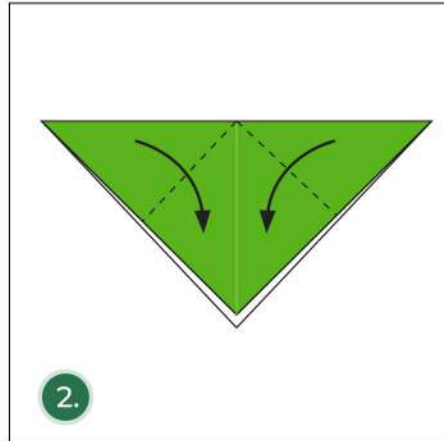
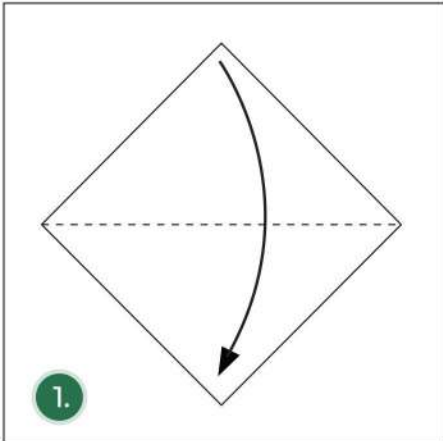


\*Pinch only in middle of horizontal fold.



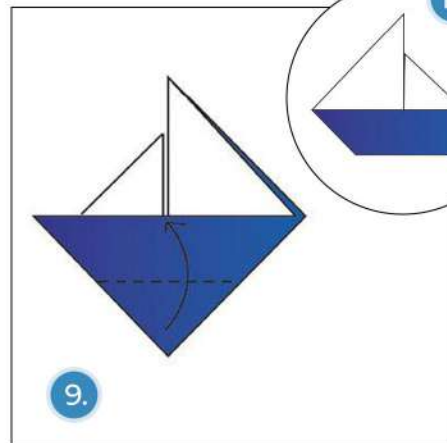
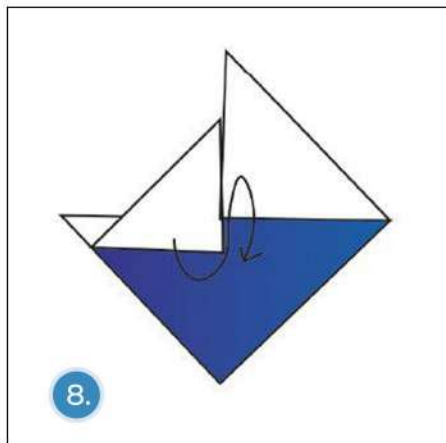
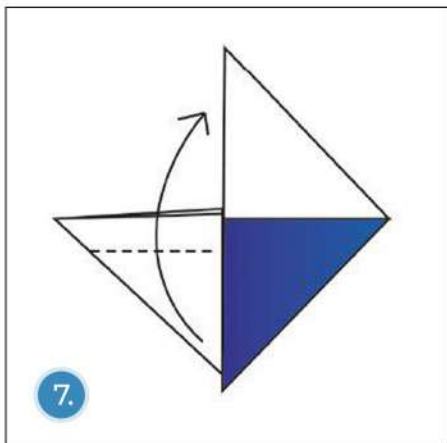
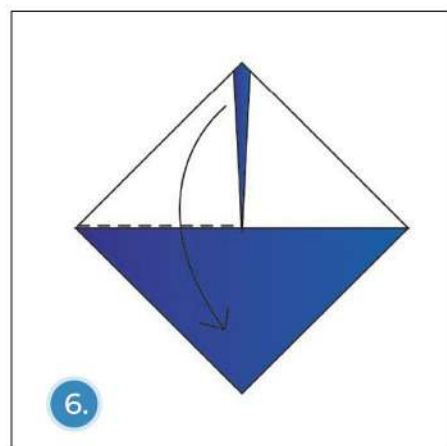
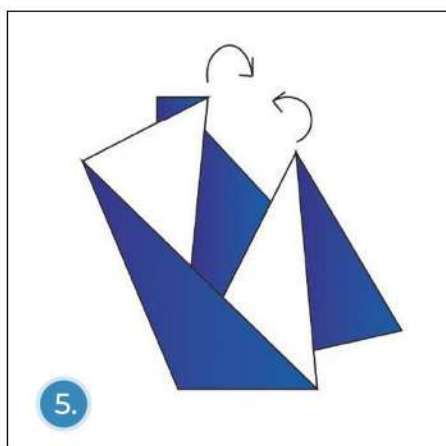
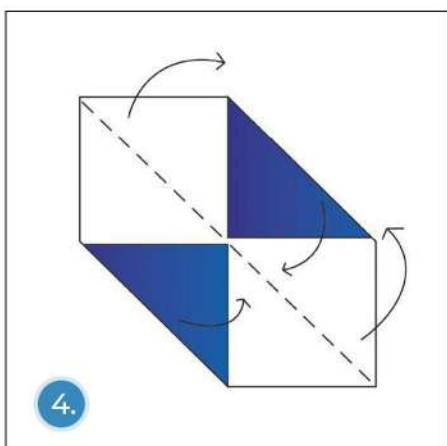
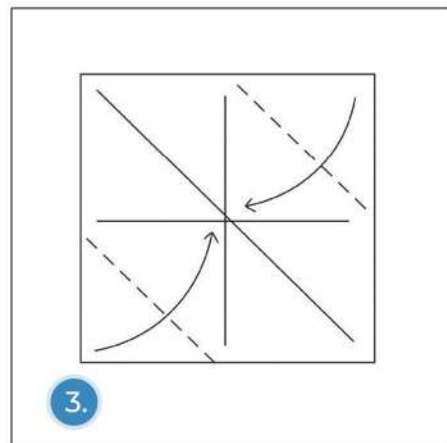
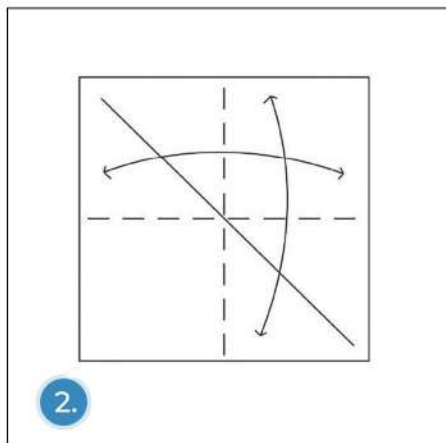
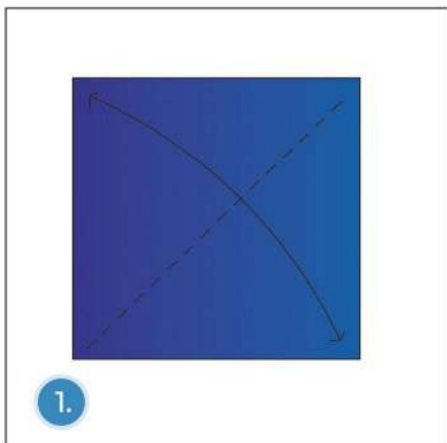
# Samurai Hat

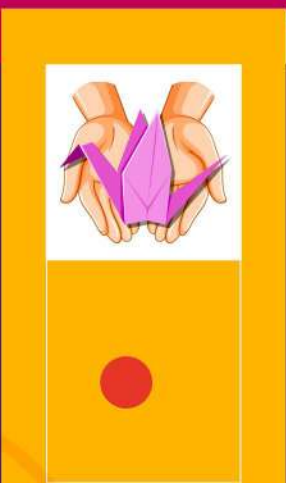
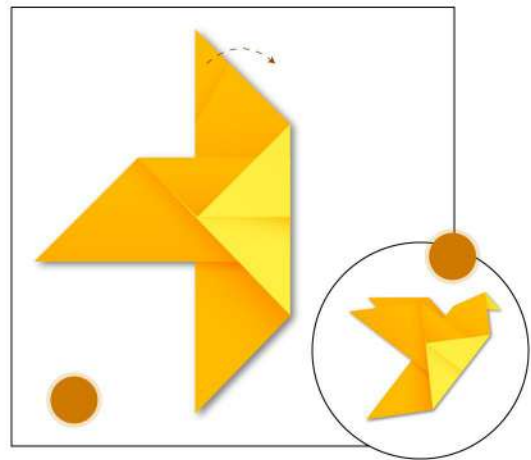
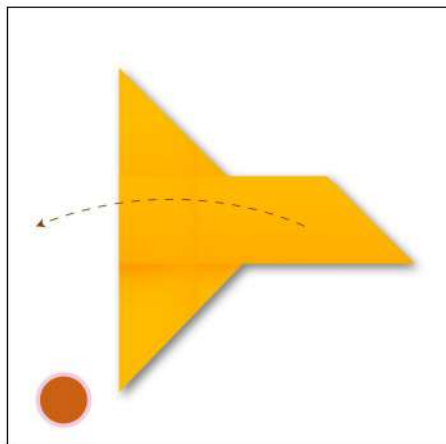
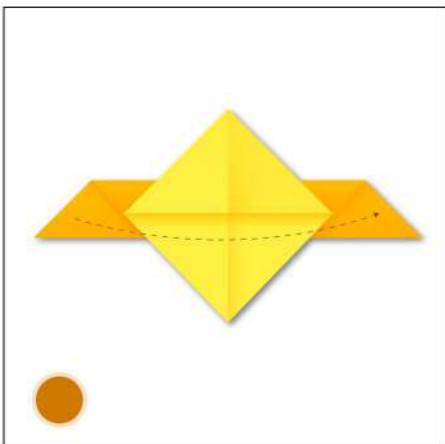
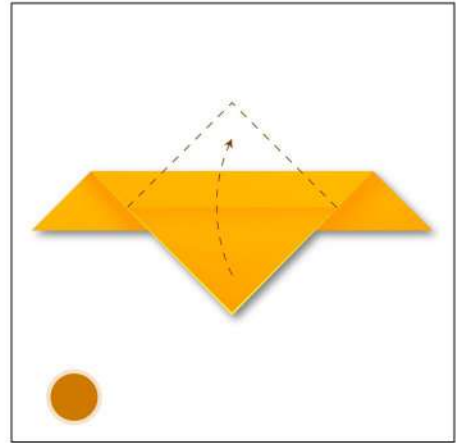
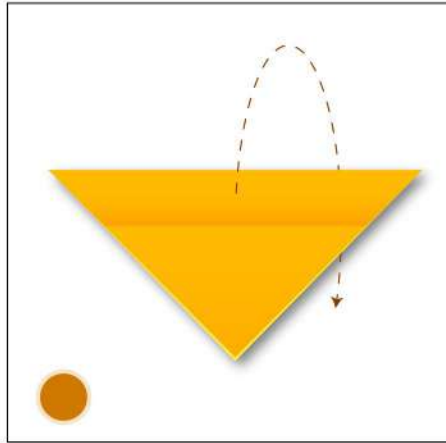
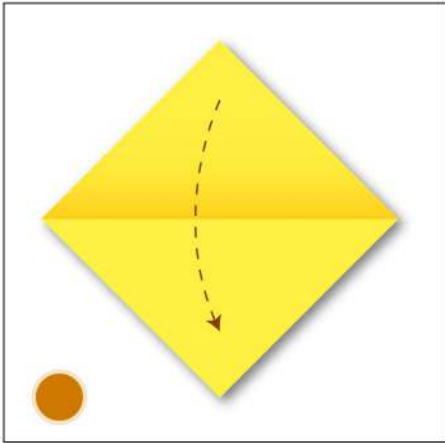
Traditional Fold



# Sail Boat

Traditional Fold





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