

Origami is the art of paper folding. The history of Origami goes back to the Japanese Edo Period (1603-1867). Try making this easy origami heart we have provided paper, but you can also do this with your paper as long as you have a perfect square. The dimension can be 3x3, 6x6, or 12x12. It is said that a paper can only be folded a maximum of 7 times. For a challenge, try making the smallest origami heart possible!

**Time required: 5 minutes**

**Materials:**

Paper (any type works as long as you have a square)

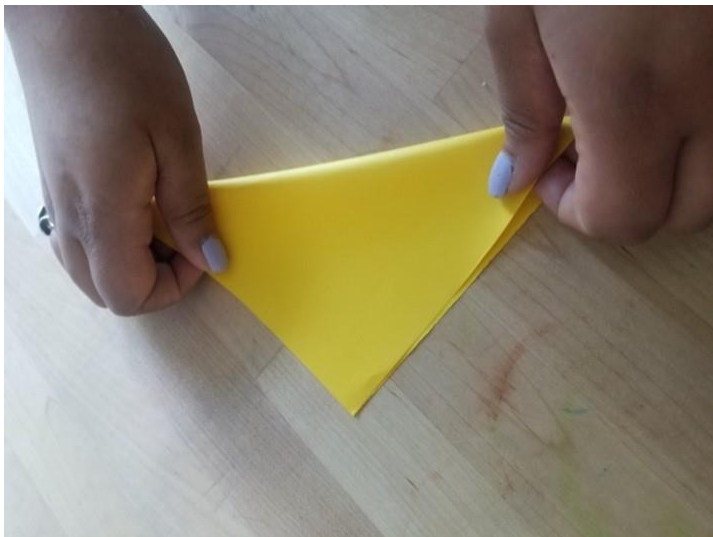
Scissors (if your paper is not already pre-cut into a square)

## Instructions for an Easy Origami Heart:

Start with a square piece of origami paper with the right side up. If you only have regular 8.5x11 paper, follow these instructions to make it into a square sheet.



Fold the paper in half by folding the top corner to the bottom corner, then unfold.



Fold the left corner to the right corner, then unfold.



Fold the top corner to the center.



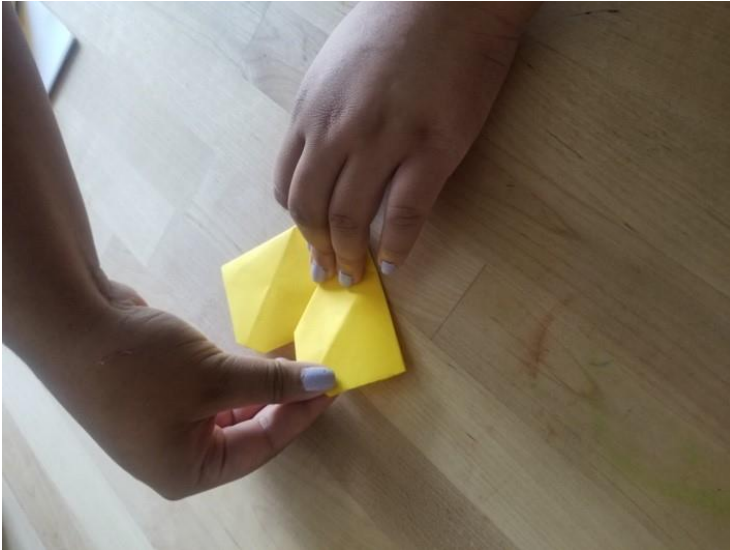
Fold the bottom corner to the top edge.



Fold the bottom left and right edges to the center crease.



Fold the top and side corners back.



Done!

The paper crane or Orizuru is a classic of Japanese origami. Try your hand at one using the squares provided! For a challenge try to make the smallest paper crane possible by cutting out a small square!

**Time required: 7 minutes**

**Materials:**

Paper (any type works as long as you have a square)

Scissors (if your paper is not already pre-cut into a square)

**Instructions for an Origami Paper Crane:**

Make a square base. Start by making an origami square base.



Fold Diagonally. Fold the paper in half diagonally.



Unfold. There should now be a crease in the paper from the diagonal fold.



Fold Diagonally Again. Now fold the paper in half diagonally in the other direction.



Unfold the paper. Your square should now have two diagonal creases, forming an "X."



Flip the paper over to the other side.





Fold the paper in half horizontally.



Unfold to reveal the new crease from the previous fold.



Fold the paper in half vertically.



Unfold to reveal the new crease.



Bring the top point down to the bottom, while also folding the left and right corners down into the center.



You should now have a diamond shape, with a vertical crease running down the center—this is an origami square base.



Starting with your square base, make sure the open end is at the bottom. Fold the right lower edge to the central crease.



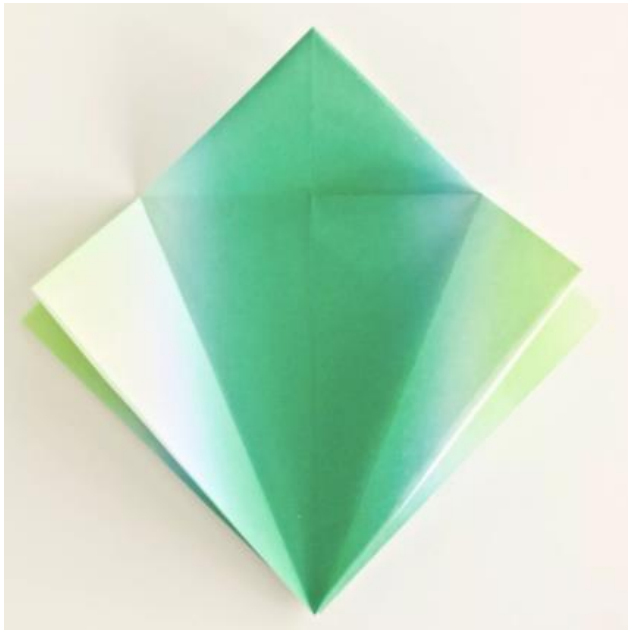
Now follow suit with the left side; fold the left lower edge to the central crease.



Fold the top section down.



Now unfold the previous three folds.



Pull one layer up from the bottom, along the creases you just made.



Push the left and right edges inwards.



This is called a squash fold—you can see the wing is fully "squashed" into place.



Flip the model over to the other side.



Repeat the same steps of the squash fold on this side, starting with the lower right fold to the central crease.

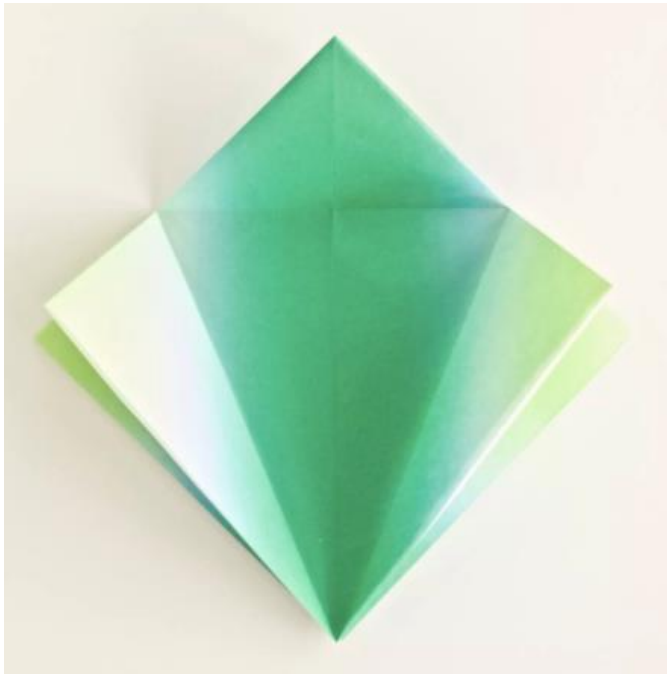


Now fold the left side to the central crease.





Fold the top section down (the smaller triangle) to meet the two folds you just made.



Unfold the last three folds you just made.



Pull one layer up from the bottom, along the creases you just made.



Push the left and right edges inwards to complete the second squash fold.



Fold the lower right edge to the central crease.



Fold the bottom left corner in the same way, to the crease.



Flip the model over.



Now fold the entire right lower corner to meet the central crease.



Fold the left lower corner to meet the central crease.



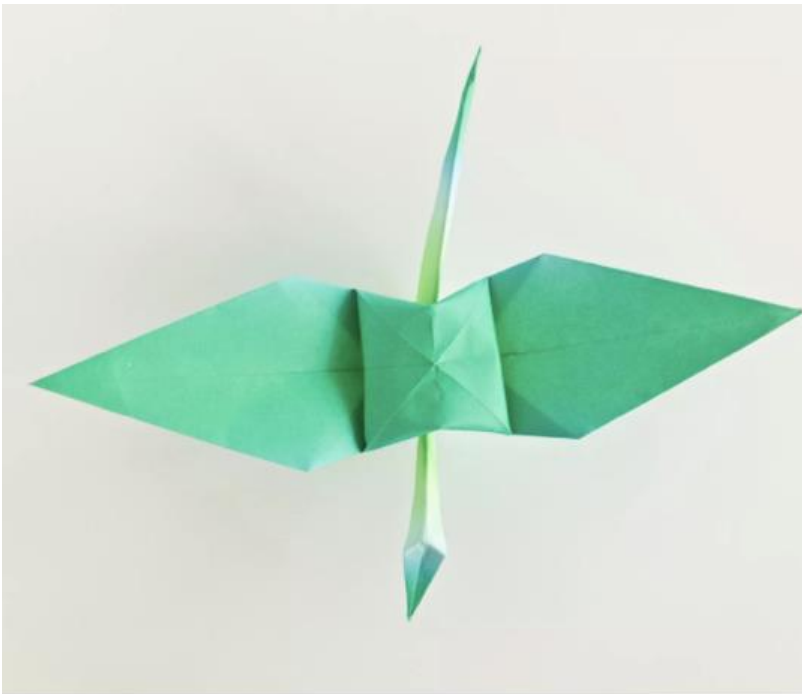
Fold the lower right flap up, under, and out to the right.



Do the same with the left side (the tail).



Create a head by flattening the flap, and inside reverse folding a little section down at the top.



Complete your crane by folding out the wings. Done!

