

The Many Benefits of Origami Making for Seniors

Lynette Duffy

Origami challenges your mind, building on innate talents and abilities through a variety of mentally challenging tasks to strengthen your brain.

Origami is just one of the avenues that provides both mental and physical stimulus with exercise. It aids in developing hand-eye coordination, fine motor skills and mental concentration. With the use of our hands it directly stimulates both hemispheres of our brain. Origami has been used in a variety of therapeutic settings, including art therapy and in stroke and injury rehabilitation.

Paper folding challenges us at the cognitive level as we follow instructions, learning new skills and activities. Physically our hands become active. Impulses are sent to the brain activating both left and right hemispheres of the brain. Tactile, motor, and visual areas of the brain are activated and brought into use. Memory, non-verbal thinking, attention, 3D comprehension and imagination are further stimulated by the brain's exploration of Origami.

Emotional satisfaction is a by-product of your work as you view a piece of paper being transformed into a new creation. Many seniors find the folding of paper, a form of relaxation. In addition, our grandchildren are often fascinated when we share our newly created skills and creations with them.

On the 1st February 2021, a new course, **Origami Making**, will begin. Venue - Booval Classroom; time - 9-10am. Your tutor, Lynette Duffy, will help guide the class in the assembly of simple origami constructions through to the more complex as your skills grow and can be contacted on 0401781086.

It will be recommended you buy a set class textbook **Everything Origami** (\$9 from Kmart) and your own larger sized paper (15cm X 15cm) which is available from several local or online sources.

Sign on has already opened and class numbers are strictly limited due to compliance with covid-19 regulations. If numbers exceed the classroom size, names will be added to a waiting list for when spaces become available.