

ORIGAMI

THE THERAPY BOOK



■ Promote relaxation ■ Ease anxiety ■ Increase focus ■ Reduce stress

CHAPTER 01

Folds & Bases



CHAPTER 02

Animals



CHAPTER 03

Flowers

CHAPTER 04

Decorations



WHAT IS ORIGAMI?

Origami is the art of paper folding, originating in Ancient Japan after the introduction of paper by the Chinese around 500-600 AD.

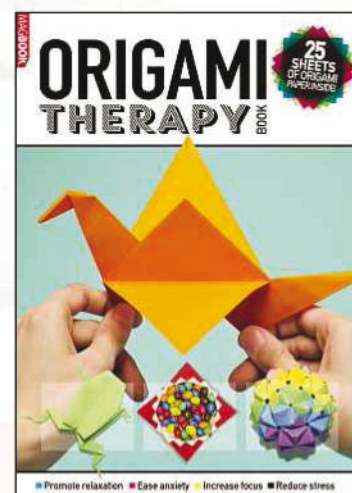
It was originally a ceremonial art reserved for the wealthy who could afford paper, but as paper became affordable for all, so the popularity of this art form grew in Japan.

Origami models were given as gifts, used in Shinto ceremonies and displayed as good luck charms at weddings. Today, most regard cutting the paper as non-traditional, but this idea was only introduced when origami was popularised in America in the 1960s.

As early as the 19th century, teachers in Europe started to employ origami as a developmental aid for children. Today, it's used in both brain and physical injury rehabilitation. Hand-eye coordination and delicate motor skills are challenged as you follow a simple set of instructions to create something complex.

Origami is also internationally recognised for its therapeutic qualities. It's often used to reduce anxiety and help those diagnosed with ADHD, autism and dementia. It has also been used as a physical distraction for those wishing to quit smoking. The gentle focus on simple steps induces an almost meditative state, and is the perfect distraction from a stressful job or task. Learning to create a model almost without thinking brings on a peaceful state of mind, and the end result is a beautiful handmade gift or decoration!

One of the great things about origami is that it's inexpensive. It's also a fun activity that you can share with your children. I hope you get as much pleasure from this peaceful art form as I do.



Published by Dennis Lifestyle Ltd. 30 Cleveland St, London W1T 4JD. Company registered in England.

Editor: Billie Achilleos
Art Editor: Rob Callaghan
Production Editor: Rachel Storry

Publisher Dharmesh Mistry
Group MD Ian Westwood
Operations Director Robin Ryan
MD of Advertising Julian Lloyd-Evans
Newstrade Director David Barker
Chief Operating Officer Brett Reynolds
Group Finance Director Ian Leggett
Chief Executive James Tye
Company Founder Felix Dennis

© Dennis Lifestyle Ltd, licensed by Dennis Holdings Ltd 2016, and may not be reproduced in whole or part without the consent of the publishers.

LICENSING & SYNDICATION
To license this product please contact Carlotta Serantoni on +44 (0) 20 7907 6550 or email carlotta_serantoni@dennis.co.uk
To syndicate content from this product please contact Anj Halai on +44(0) 20 7907 6132 or email anj_halai@dennis.co.uk

DISTRIBUTION Seymour Distribution

LIABILITY
While every care was taken during the production of this publication, the publishers cannot be held responsible for any errors or omissions in it. The paper used within this publication is produced from sustainable fibre and are manufactured by mills with a valid chain of custody.

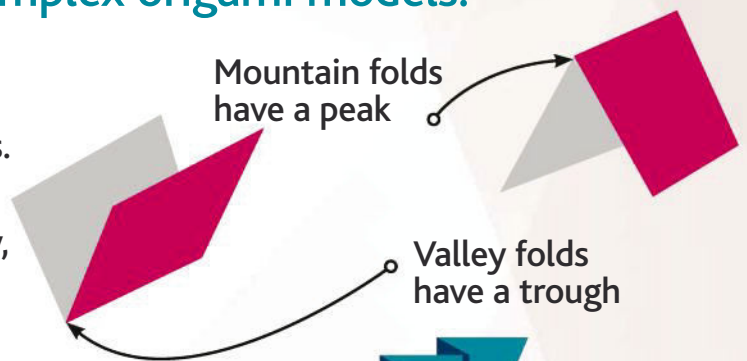
BASES

Origami bases are the simple building blocks from which all traditional origami is built. They are the foundation or starting point of many models.

In this book, we begin with the simplest bases and gradually add to them to make more complex origami models.

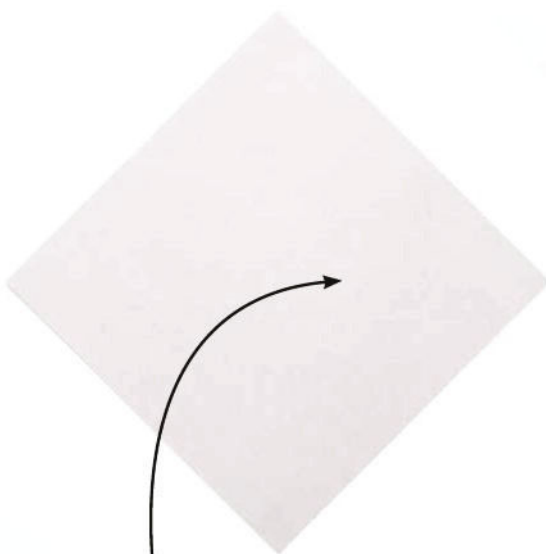
The language of folding

All origami begins with one of these folds. Understanding the difference between the two is key to success. But don't worry, as they're very simple to master.



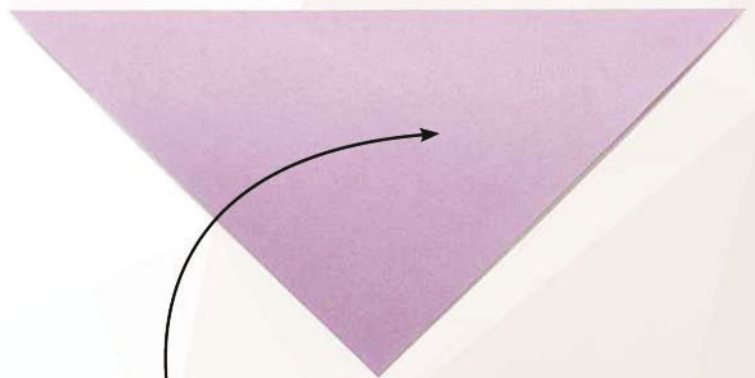
TRIANGLE FOLD

Perhaps too simple to be considered a fold, it's the starting point of many traditional origami models.



1

Take a sheet of paper, white side up, and fold in half, point to point.



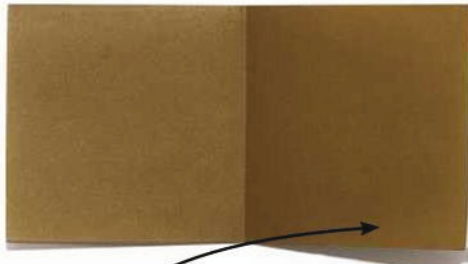
2

You've now completed the triangle fold.

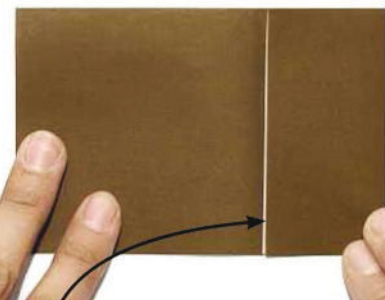
HOUSE BASE



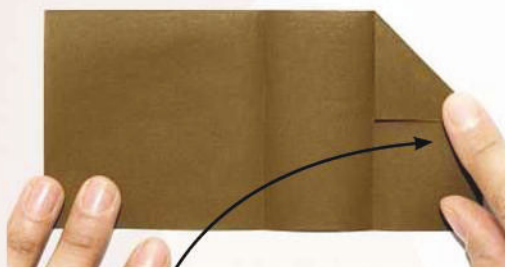
1 Take a sheet of paper, white side up, and valley fold in half from top to bottom.



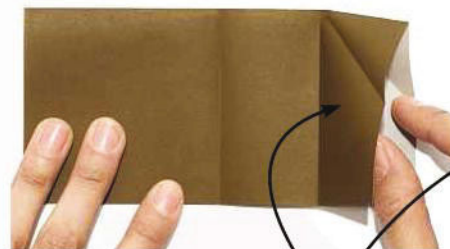
2 Valley fold in half from left to right, then unfold.



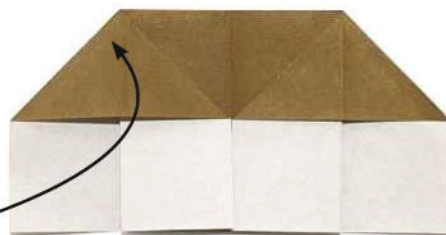
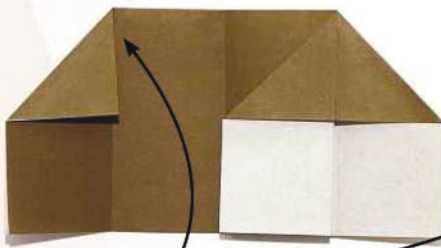
3 Valley fold the right-hand side in to meet the middle line and unfold.



4 Take the top-right corner of the paper and bring it down to meet your last fold line to make a triangle, then unfold.

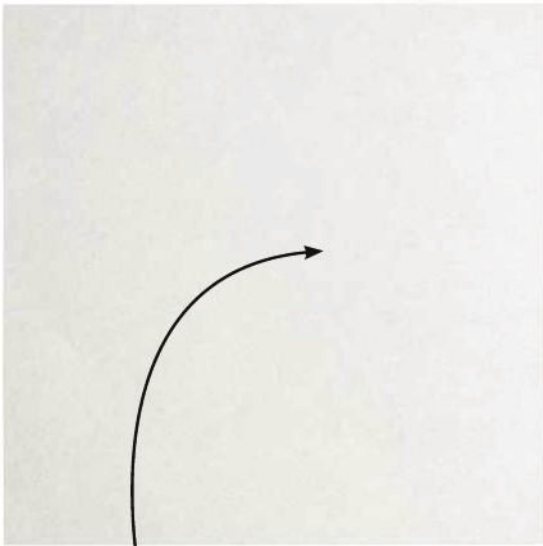


5 Taking the right-hand edge of the paper, open out that layer. The creases you've made should guide you until the paper sits flat. This is called a squash fold.

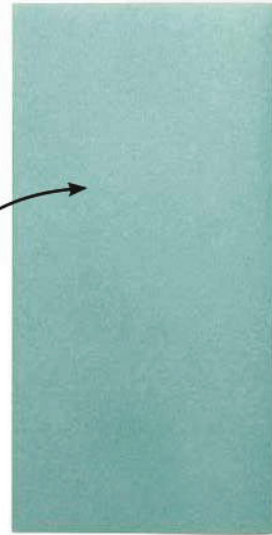


6 Repeat steps 3-5 with the left-hand side and you now have a completed house base.

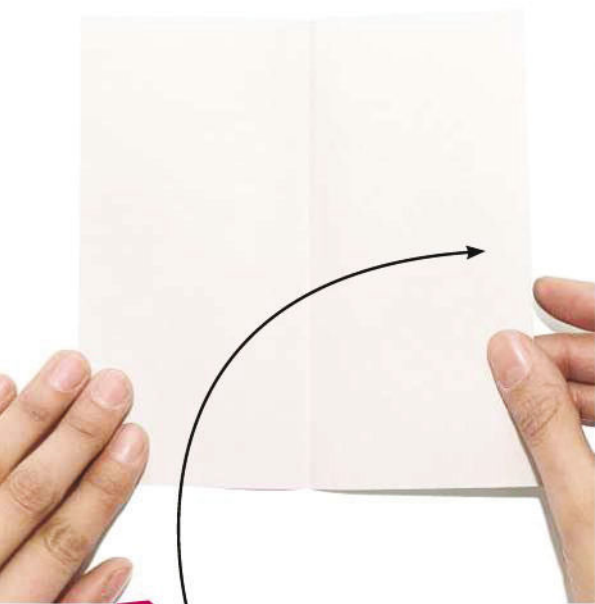
CUPBOARD FOLD



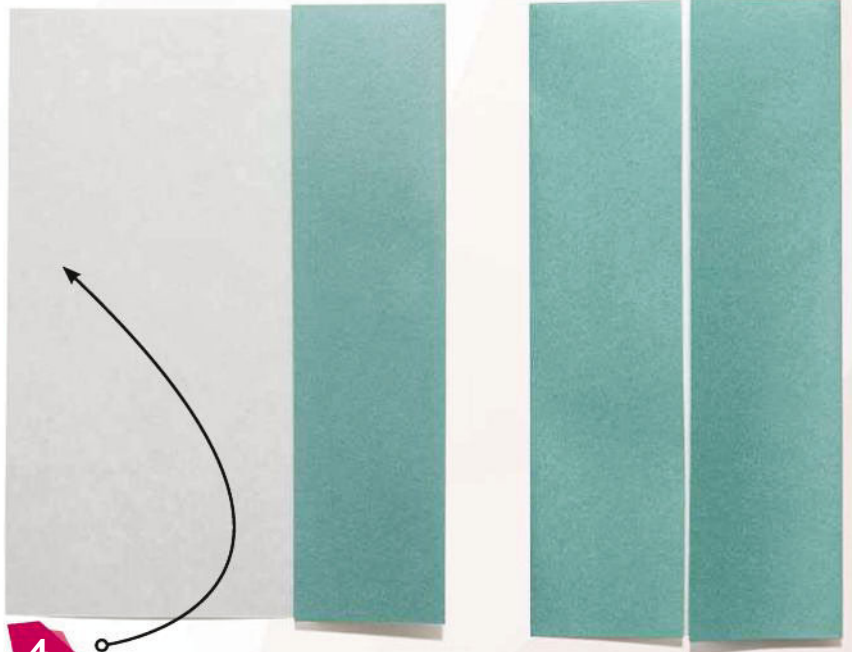
1
Take a sheet of paper, white side up.



2
Valley fold in half, then unfold completely.

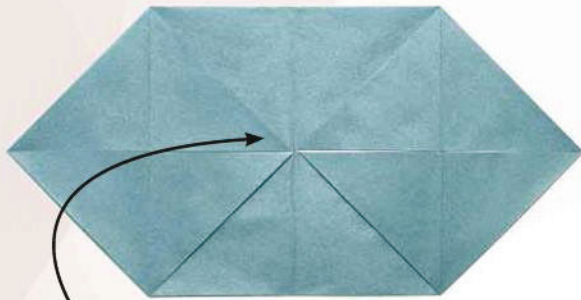


3
Valley fold one side to meet the middle fold line.



4
Valley fold the remaining side to meet the middle fold line. You've now completed the cupboard fold.

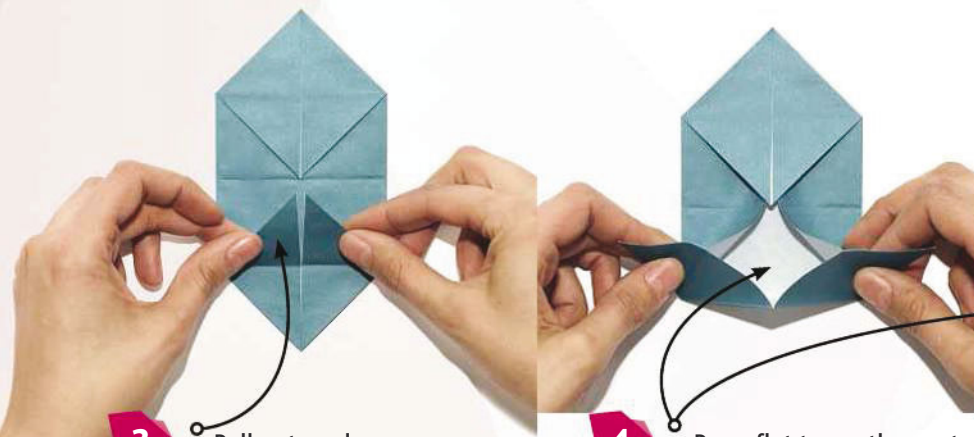
WINDMILL BASE



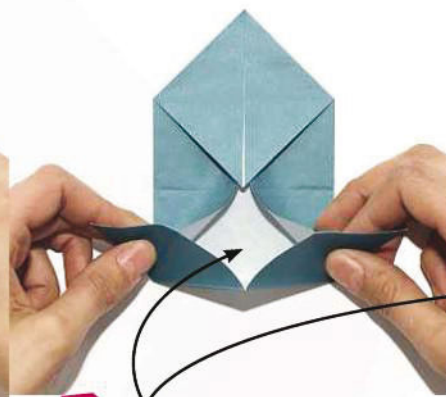
1
Begin with a completed pig base (see p8).



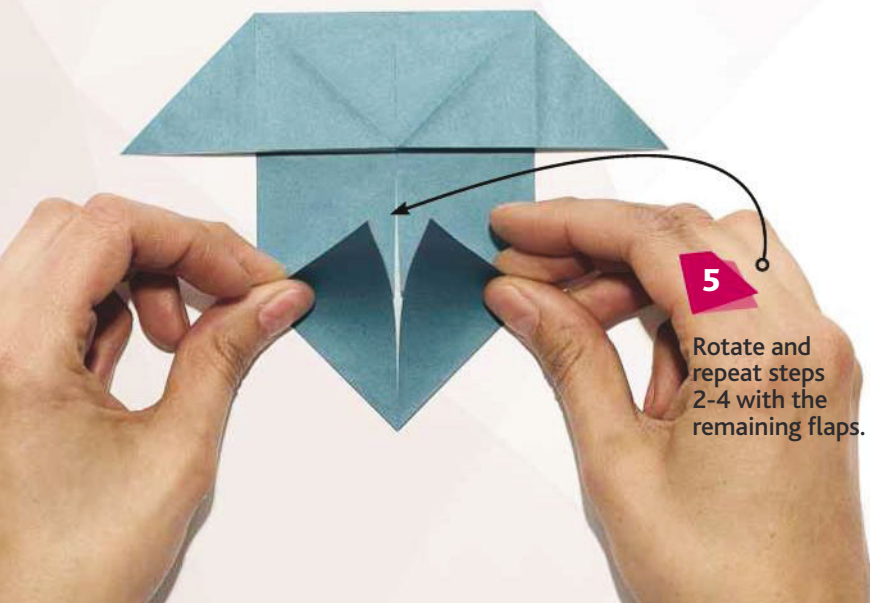
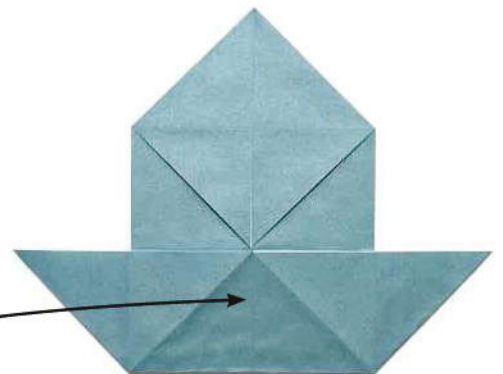
2
Lift the top layer of flaps from the bottom point, one in each hand, as shown.



3
Pull outwards.



4
Press flat to neatly meet the middle line.



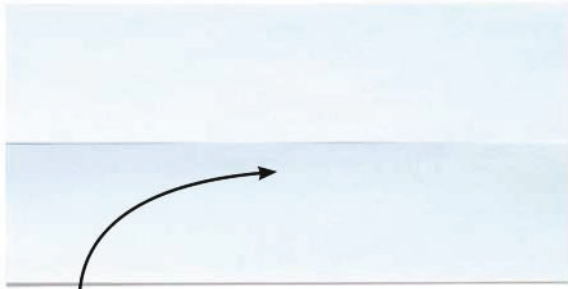
5
Rotate and repeat steps 2-4 with the remaining flaps.



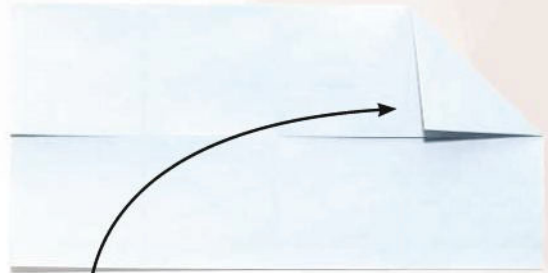
6
You now have a completed windmill base.



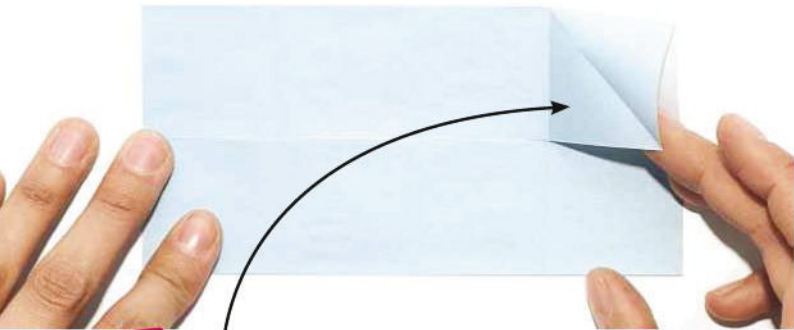
PIG BASE



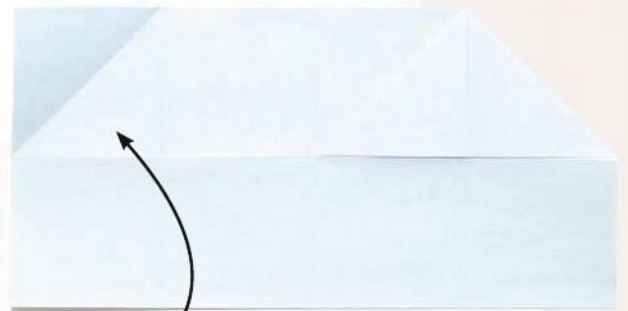
1
Begin with a completed cupboard fold (see p6).



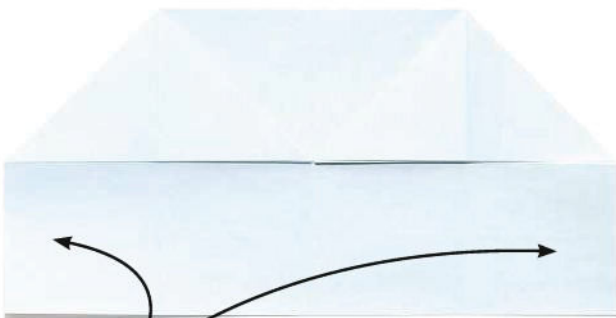
2
Fold down the top-right corner to meet the middle line and unfold.



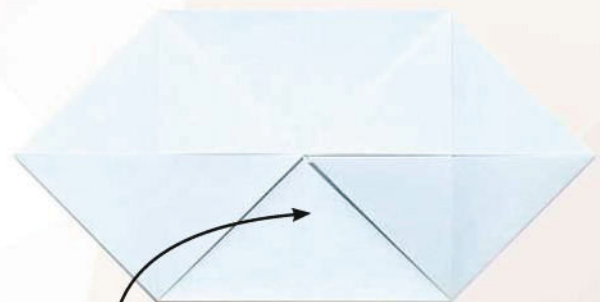
3
Open up the top layer from the right-hand side towards the left, performing a squash fold.



4
Now fold down the top-left corner and repeat step 3.

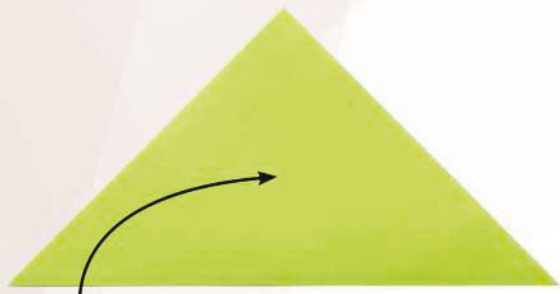


5
Repeat steps 2-4 on the remaining two bottom corners.

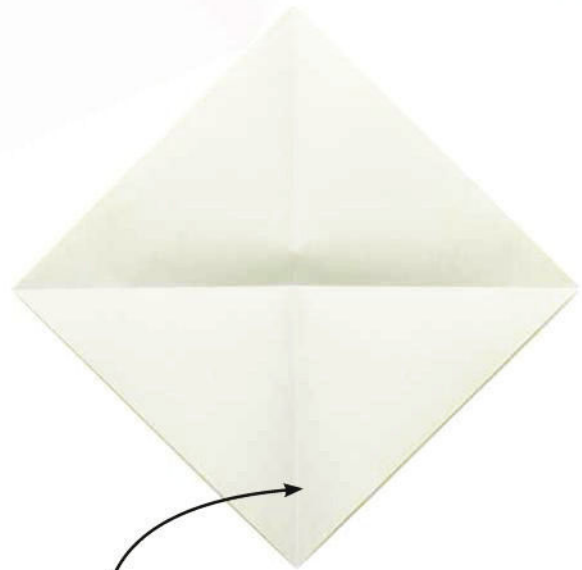


6
You now have a completed pig base.

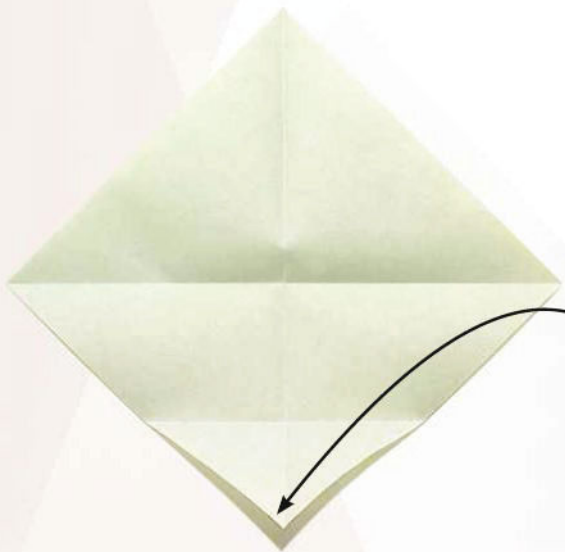
BLINTZ BASE



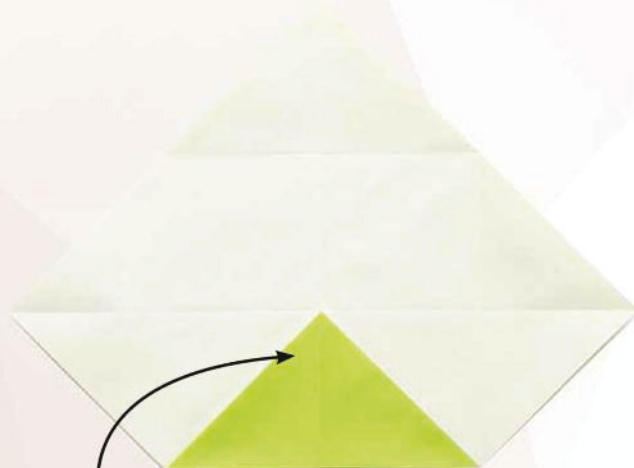
1 Begin with a triangle fold (see p4).



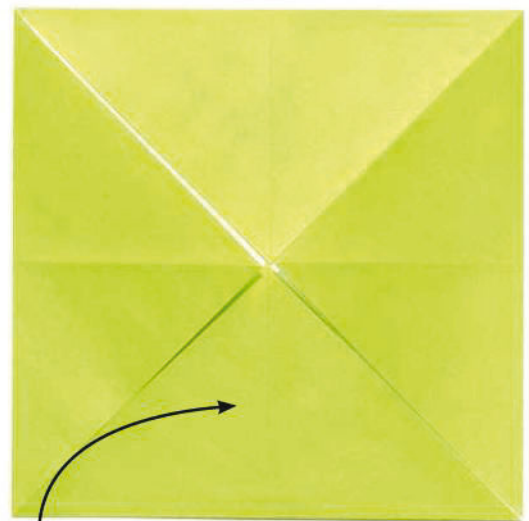
2 Now open it out again.



3 Take the bottom corner and valley fold up to meet the middle fold line.

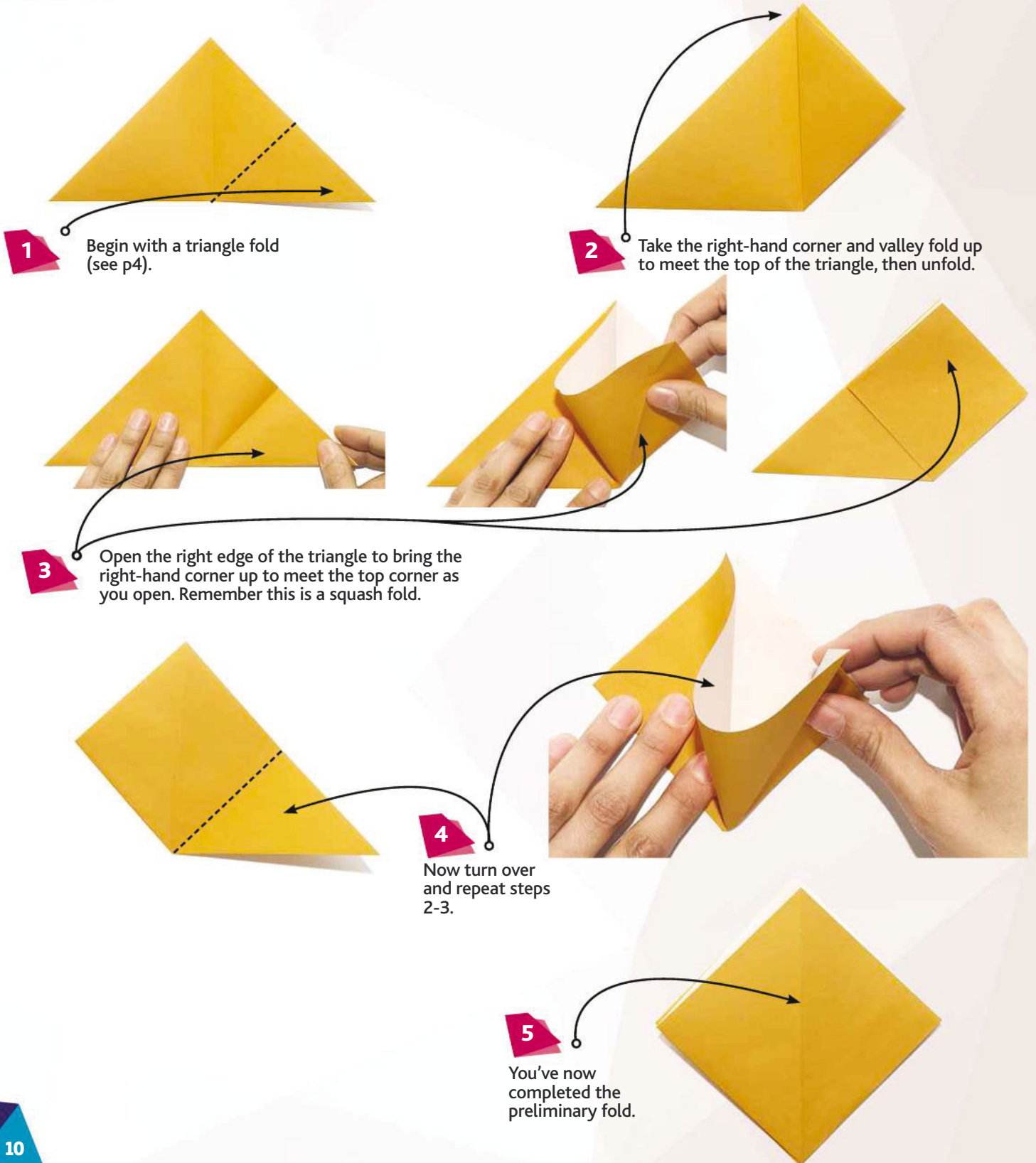


4 Repeat step 2 with the remaining corners.



5 You now have a completed blintz base.

PRELIMINARY FOLD



1 Begin with a triangle fold (see p4).

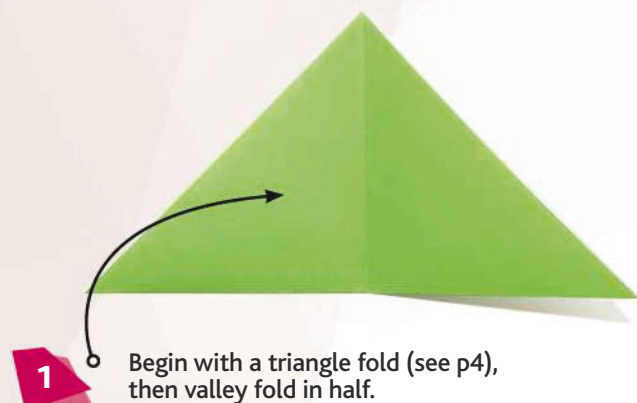
2 Take the right-hand corner and valley fold up to meet the top of the triangle, then unfold.

3 Open the right edge of the triangle to bring the right-hand corner up to meet the top corner as you open. Remember this is a squash fold.

4 Now turn over and repeat steps 2-3.

5 You've now completed the preliminary fold.

WATERBOMB BASE



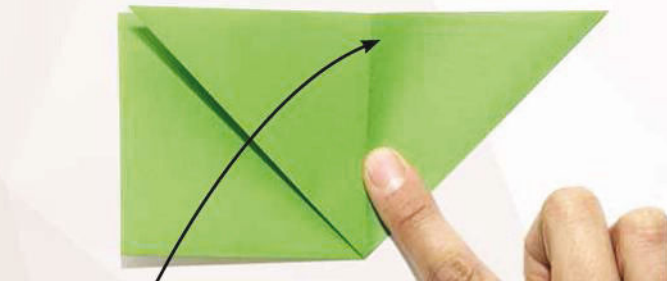
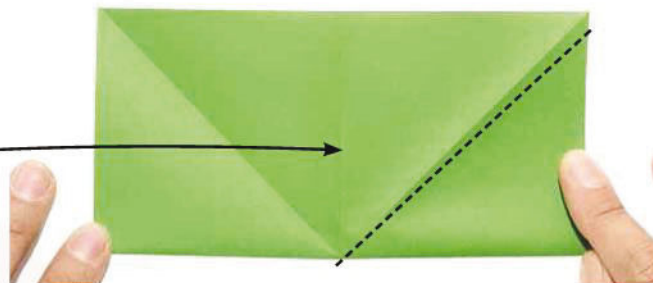
1 Begin with a triangle fold (see p4), then valley fold in half.



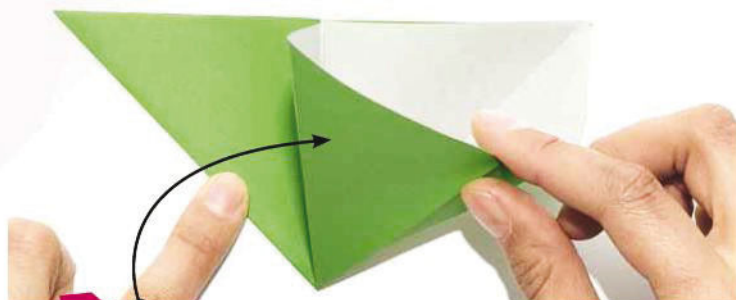
2 Unfold your paper completely, white side up.



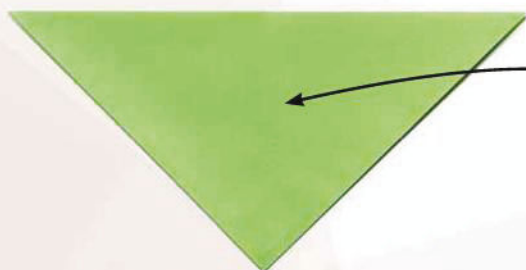
3 Rotate the paper square, then valley fold from bottom edge to top edge.



4 Take the top of the right-hand edge and squash fold to meet the top edge of the paper.

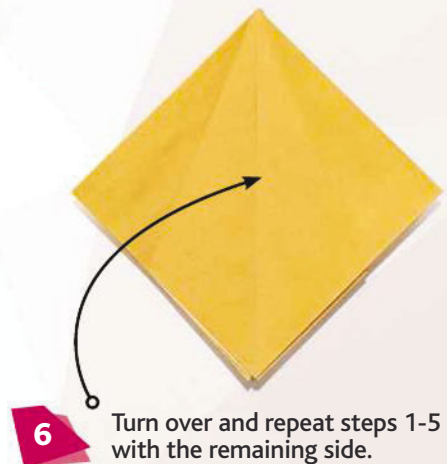
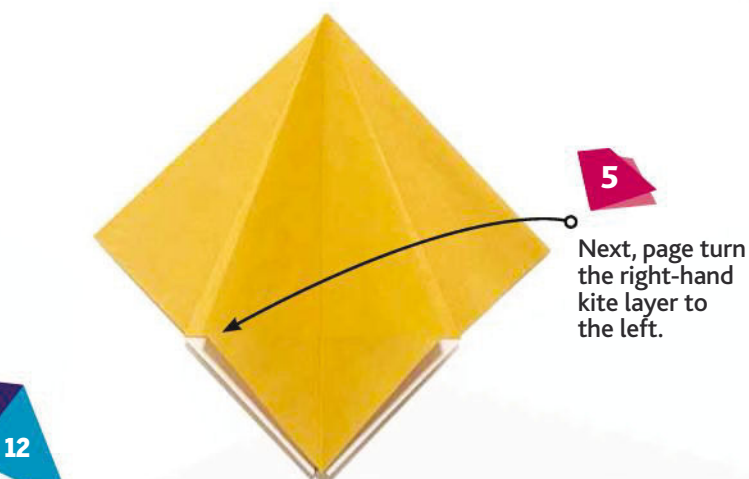
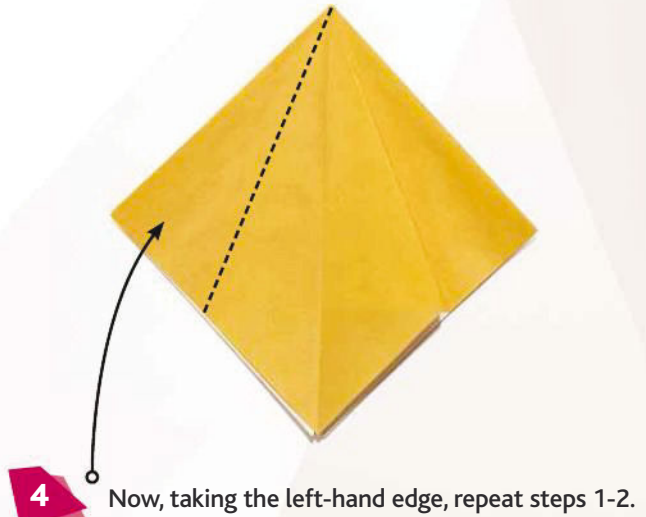
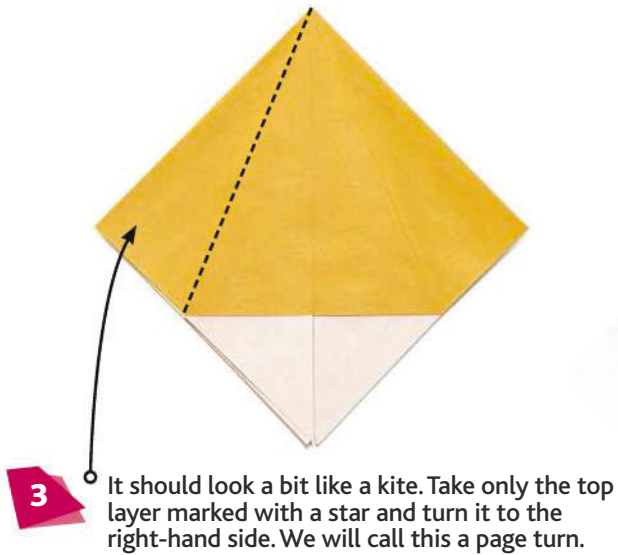
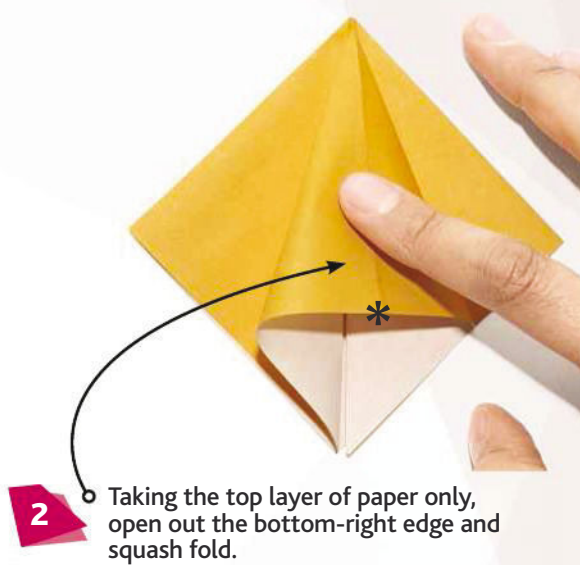
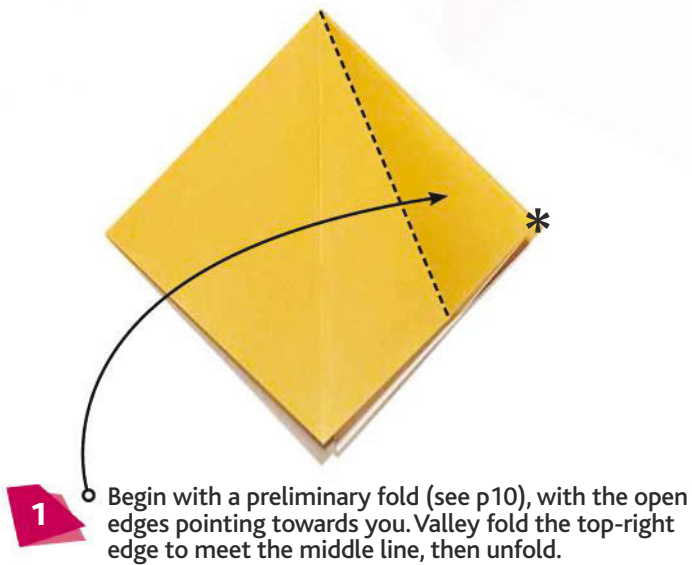


5 Turn over and repeat steps 4-5 on that side.



6 You now have a completed waterbomb base.

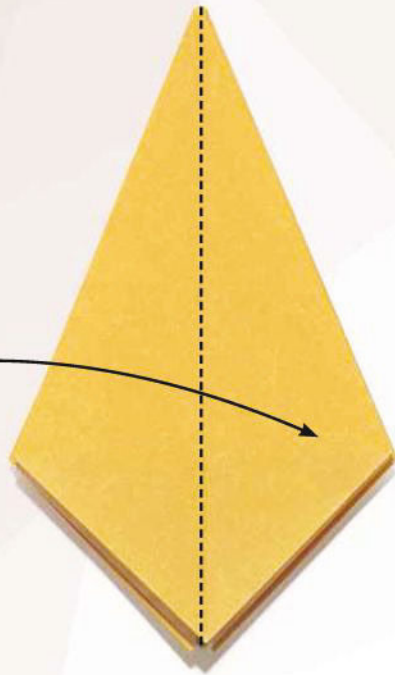
FROG BASE



Folds

7

Take the top layer on the right and page turn to the left.



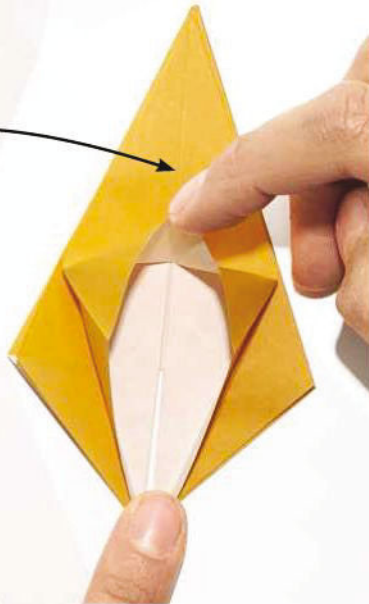
8

Fold along the lines shown to meet the middle fold line and unfold.



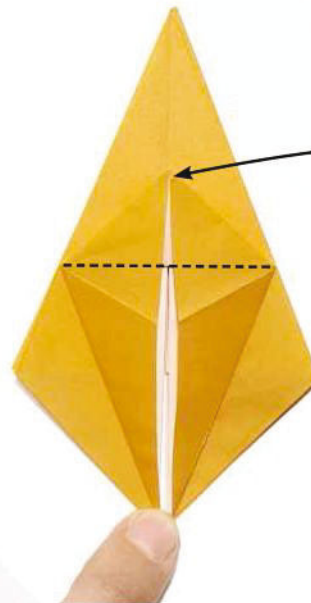
9

Taking the middle of the flap marked with a star in step 8, open upwards towards the top point of the kite until the sides meet in the middle. This is called a petal fold.



10

Take the top point of the petal fold you just created and fold it down.



11

You've now completed one side of the frog base. Repeat steps 8-9 with the three remaining sides.



12

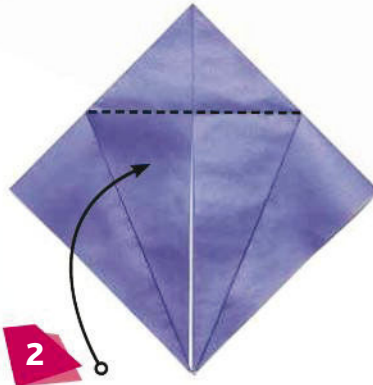
You now have a completed frog base. If you look at it from the top, you should have eight flaps to your base.



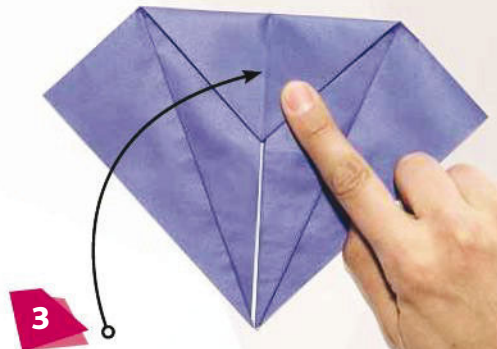
BIRD BASE



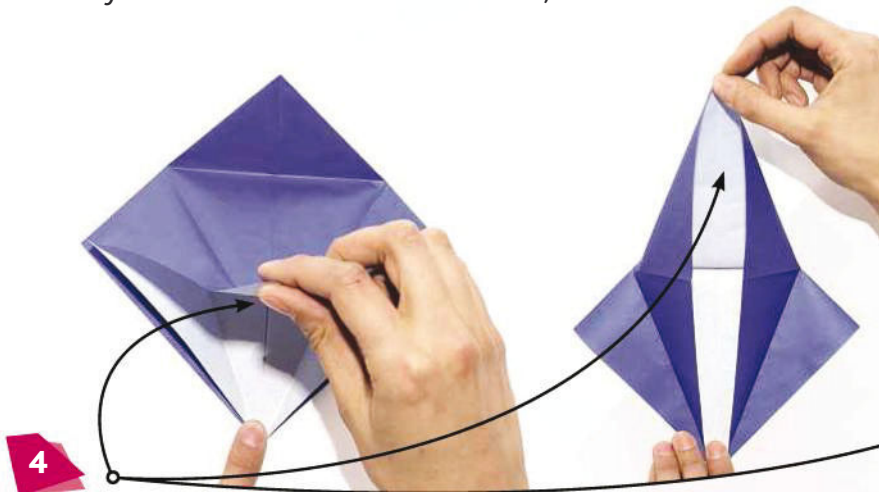
1 Begin with a preliminary fold (see p10), with the open edges pointing towards you.



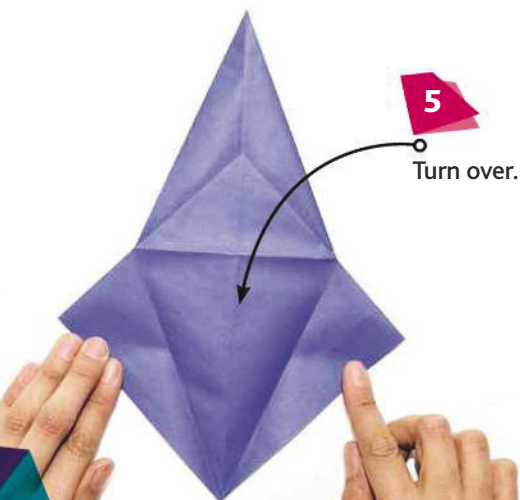
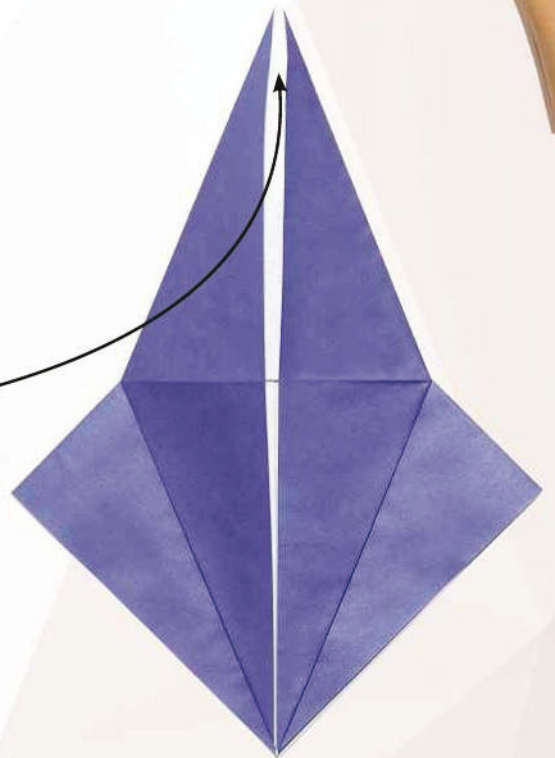
2 Fold the first layer of the two sides in to meet the middle fold line, then unfold.



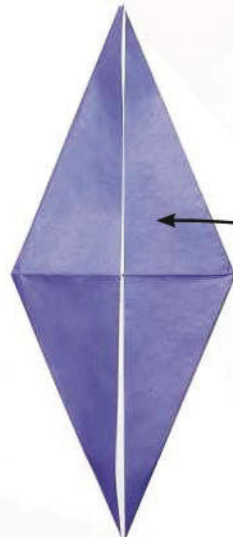
3 Fold down the top and unfold.



4 Take the bottom corner and lift up the first layer, performing a large petal fold.



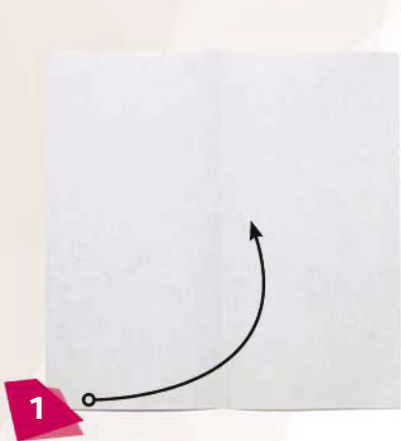
5 Turn over.



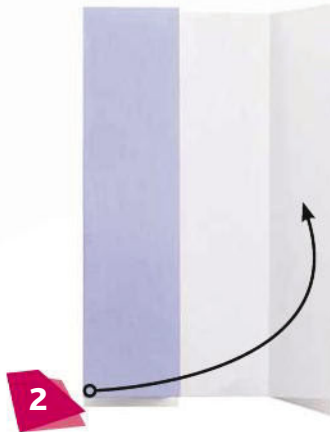
6 Repeat steps 2-4 on that side to complete the bird base.

SONOBE MODULE

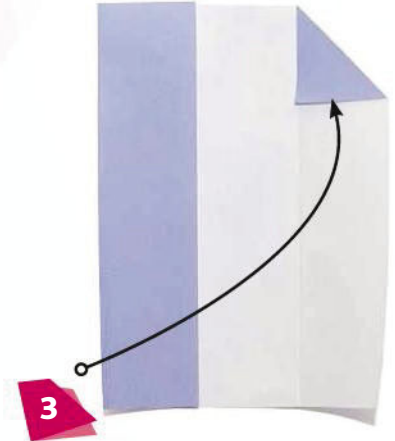
Despite this base being named after Mitsunobu Sonobe, he doesn't claim to be the creator of this fascinating model. Alone, one Sonobe module is a simple fold, but when you combine multiple units, you can create complex and beautiful geometric models.



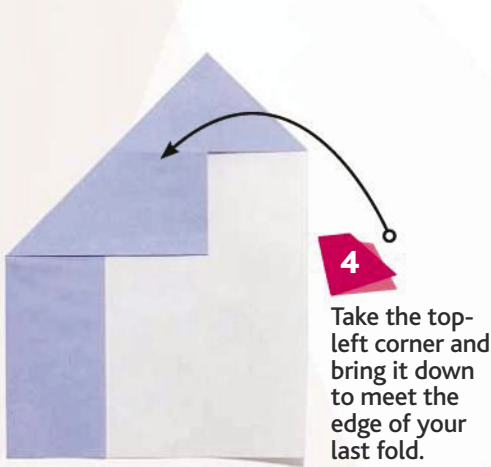
1 Take a sheet of paper, white side up.



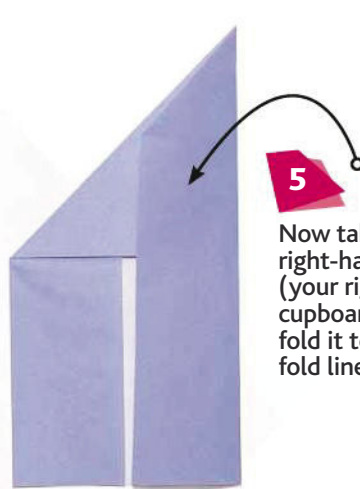
2 Cupboard fold (see p6), then unfold the right-hand flap.



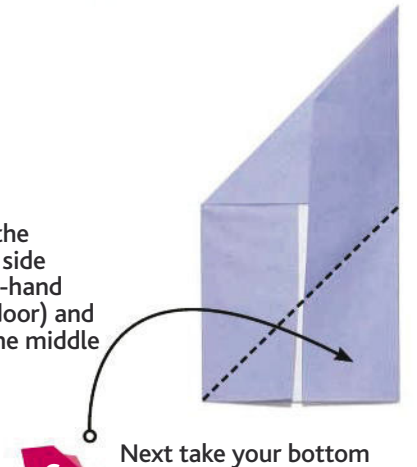
3 Fold down the top-right corner to meet the cupboard fold line.



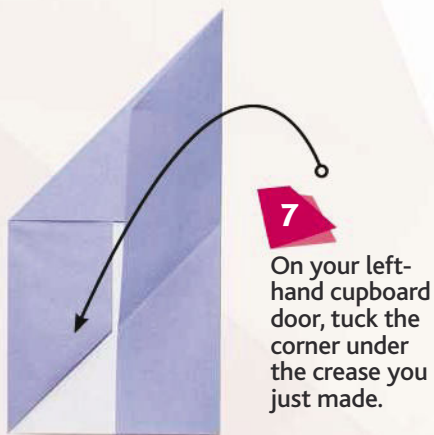
4 Take the top-left corner and bring it down to meet the edge of your last fold.



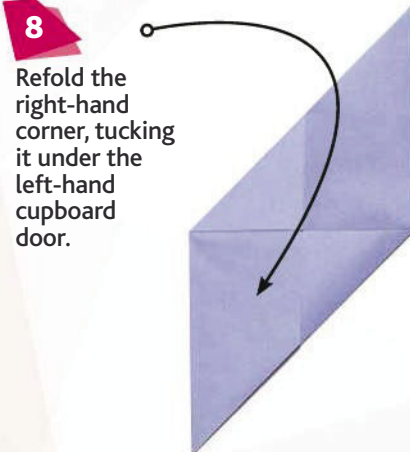
5 Now take the right-hand side (your right-hand cupboard door) and fold it to the middle fold line.



6 Next take your bottom right-hand corner and fold it up to meet the left-hand edge, then unfold.



7 On your left-hand cupboard door, tuck the corner under the crease you just made.



8 Refold the right-hand corner, tucking it under the left-hand cupboard door.



9 You now have a completed Sonobe module.



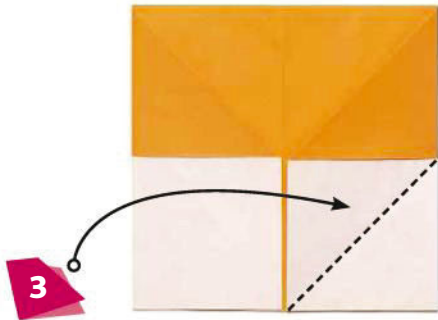
FOX PUPPET



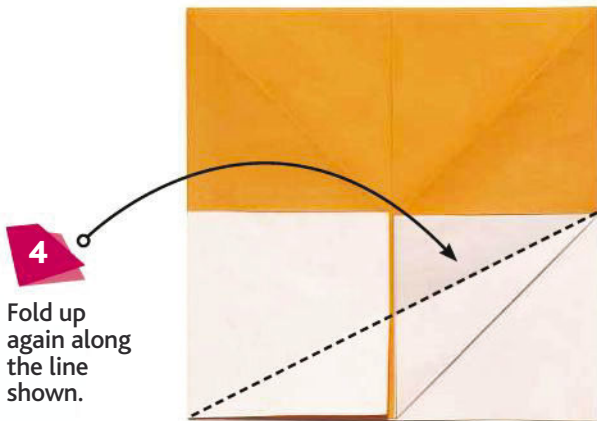
1 Begin with a completed house base (see p5).



2 Turn over. Cupboard fold the right- and left-hand sides to meet in the middle.



3 Fold the bottom-right corner up to meet the coloured edge.



4 Fold up again along the line shown.



5 Fold the entire white flap up over the coloured portion and press flat.



6 Turn over.

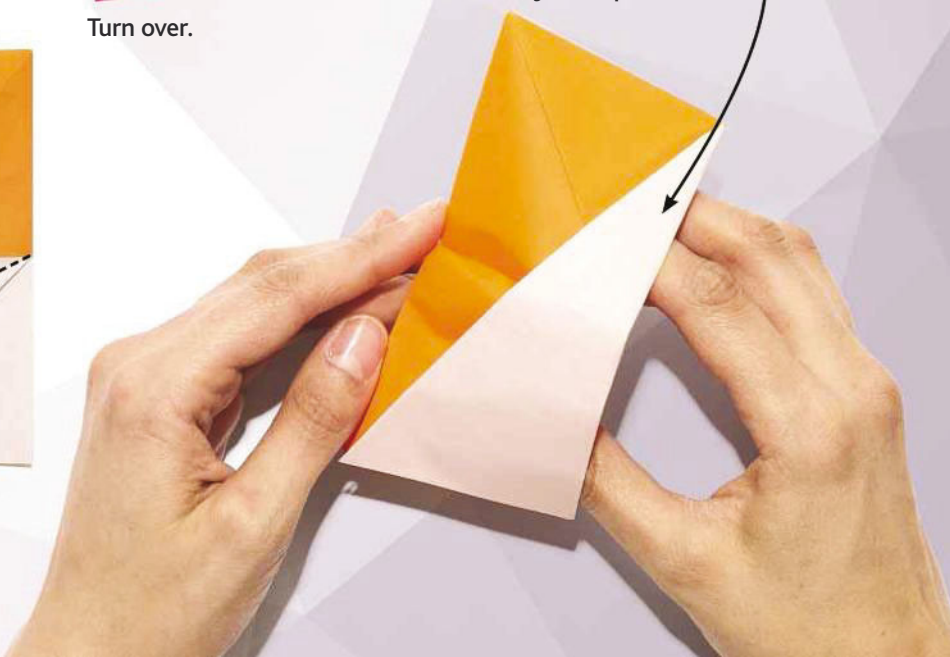


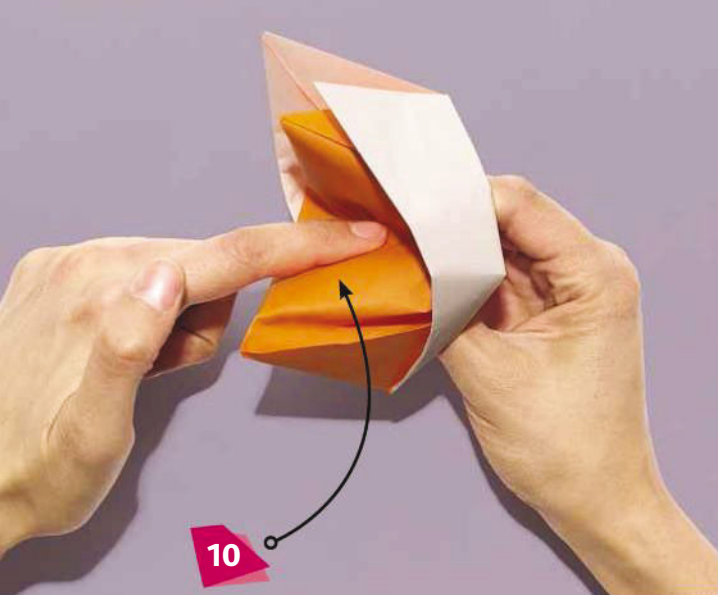
7 Repeat steps 5-7 with the bottom-left corner.



8 Turn over.

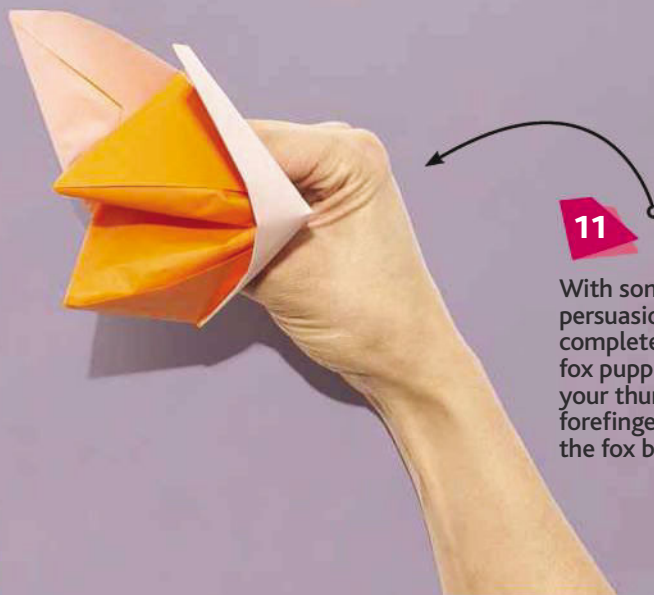
9 Insert your fingers into the white cavity and open.





10

Use your other hand to gently push the coloured side inwards.



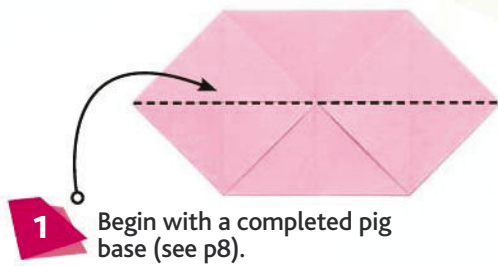
11

With some gentle persuasion, you've completed the fox puppet. Insert your thumb and forefinger to make the fox bark.

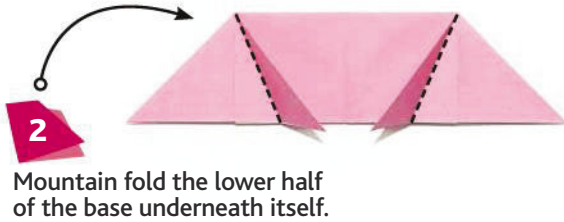




PIG



1 Begin with a completed pig base (see p8).



2 Mountain fold the lower half of the base underneath itself.



3 Take the left-hand flap and fold it back on itself to meet the middle fold line on that side. Then repeat with the right-hand flap.



5 Turn over and repeat steps 3-4 on that side.



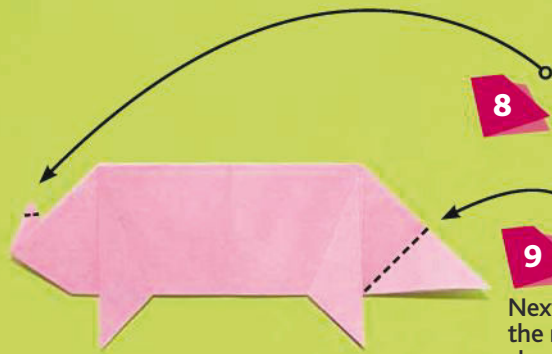
4 Press flat.



6 Fold the left-hand corner and unfold it again to make a crease.

7 Gently separate the two layers of paper whilst poking the creased portion in on itself. This is called a reverse fold and makes the pig's snout.





8 Now make a tiny reverse fold again on the very tip of the point to finish the snout.



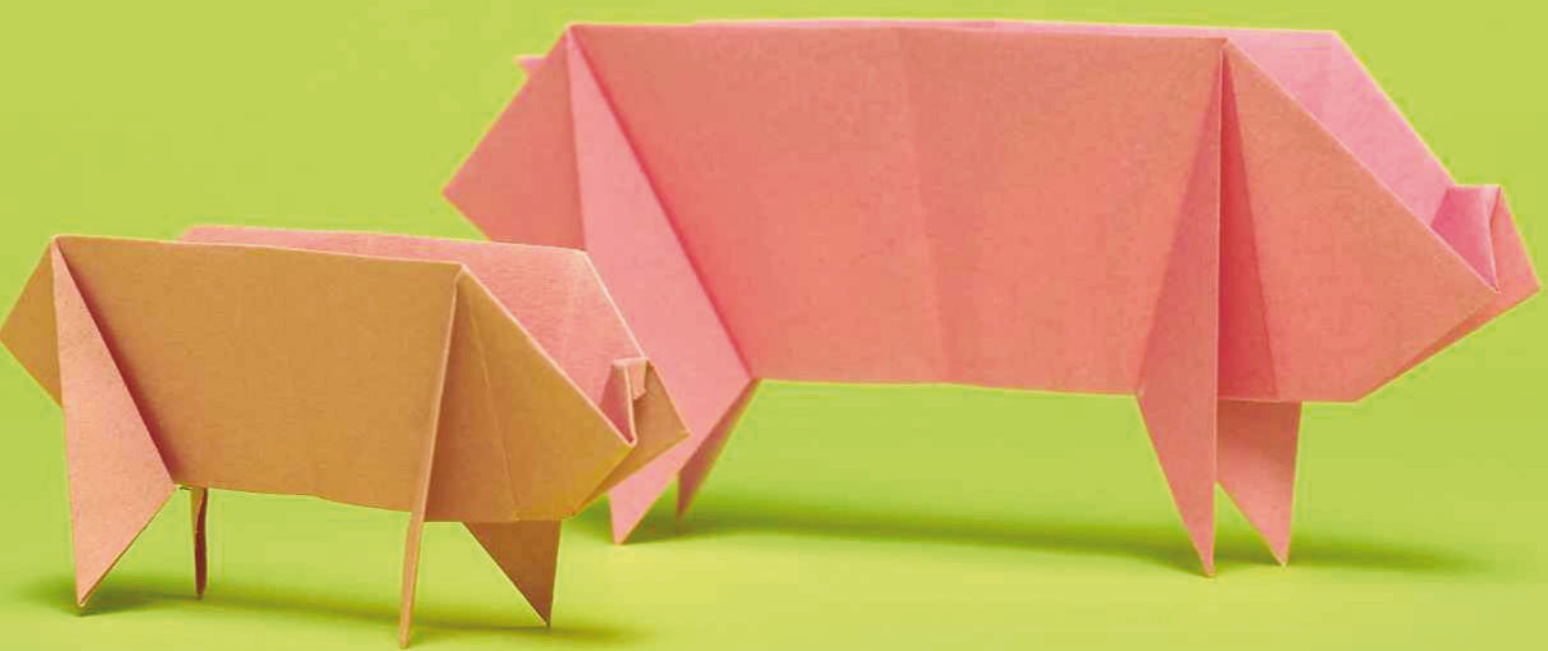
9 Next make a crease on the right-hand side, as shown.



11 Fan out the pig's legs so it can stand up.

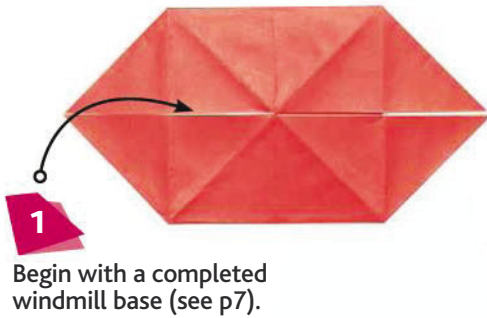


10 Reverse fold your last crease to make the tail.

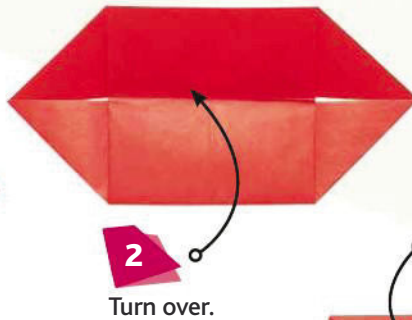




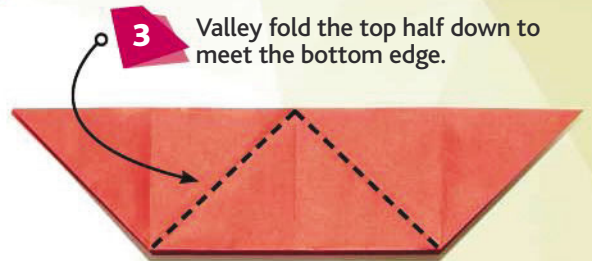
BUTTERFLY



1
Begin with a completed windmill base (see p7).



2
Turn over.



3 Valley fold the top half down to meet the bottom edge.



4 Pick up the top layer of the left- and right-hand corners and lift up to open down towards you.



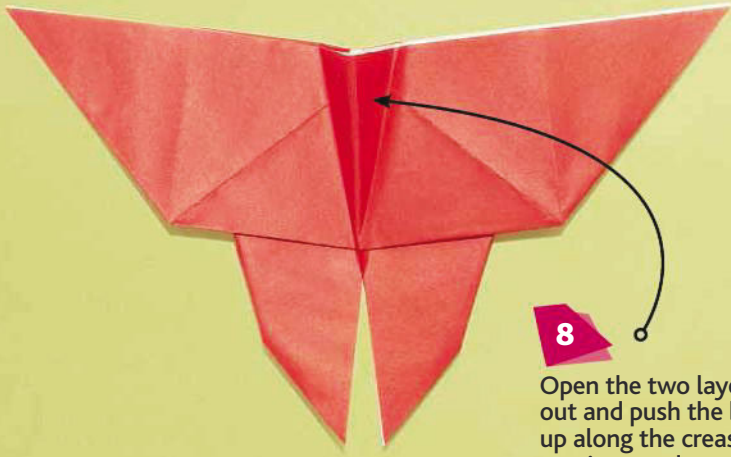
5 Fold the top layers of the left and right flaps in towards the middle.



6 Valley fold in half.



7 Fold the right-hand side as shown and unfold. This crease creates the body of the butterfly.



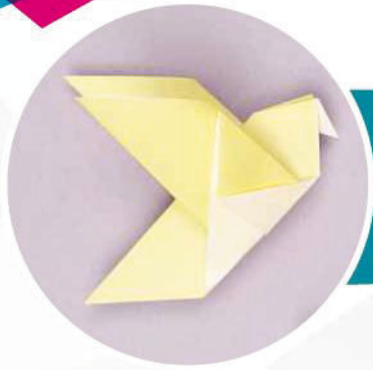
8

Open the two layers out and push the body up along the creases you just made.

9

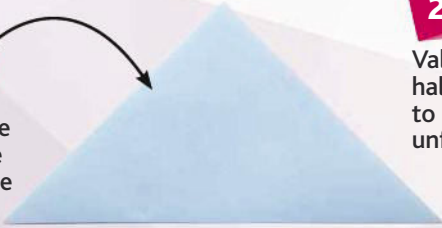
You've now completed the butterfly. If you press down on the body with one finger, the wings will flap.



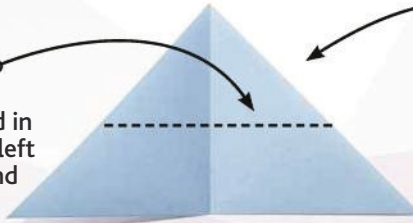


DOVE

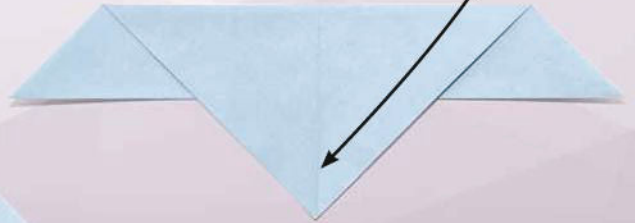
1
Begin with the triangle fold (see p4).



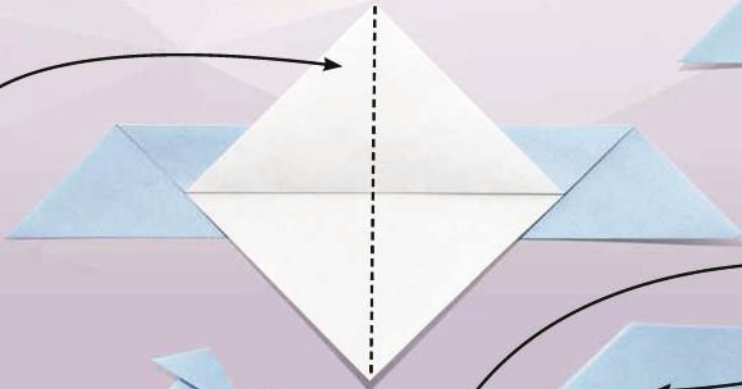
2
Valley fold in half from left to right and unfold.



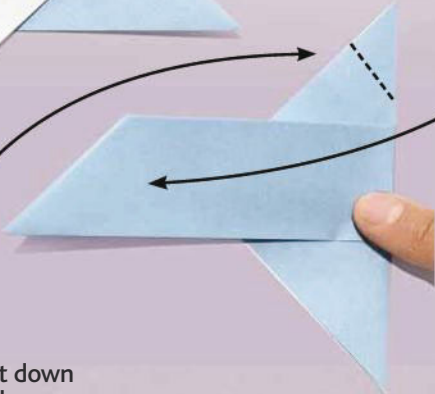
3
Fold the top point down below the bottom edge of the triangle.



4
Pick up the top layer and fold upwards.



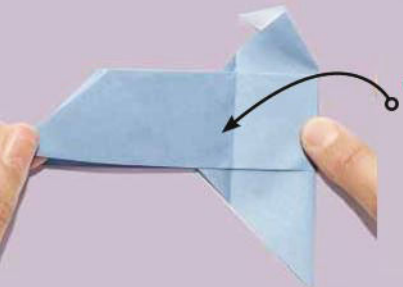
5
Valley fold in half from right to left.



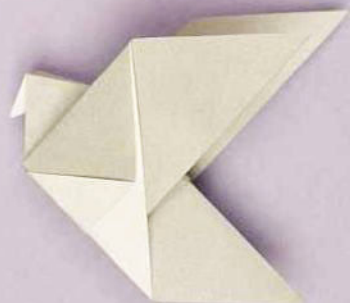
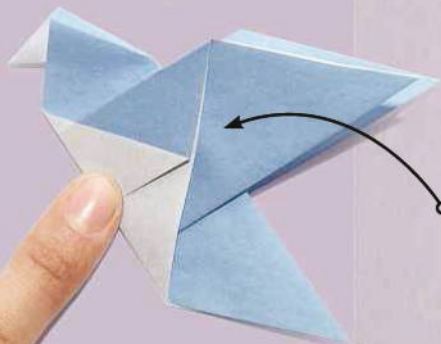
6
Fold the top point down and unfold to make a crease. Then reverse fold the creased area in on itself, creating a beak.



7
Fold the top layer on the left-hand side towards the right and repeat on the opposite side.



8
You've now completed the dove.





FROG

1

Begin with a completed frog base (see p12).



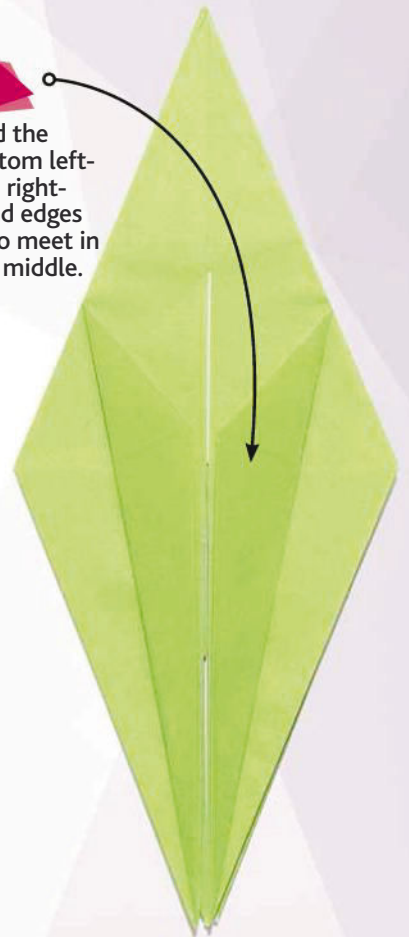
2

Turn one flap like a page to get a blank side.



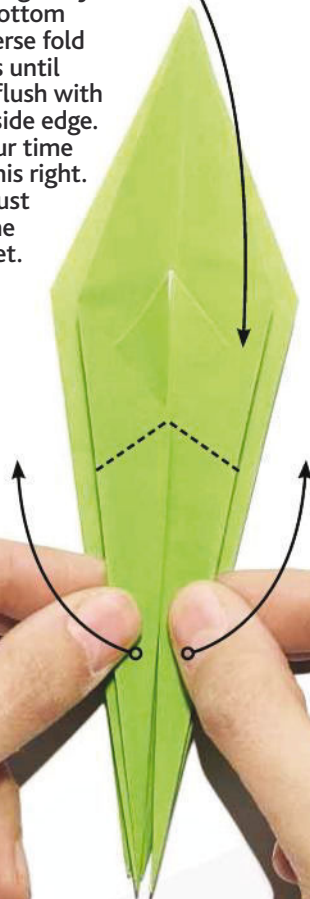
3

Fold the bottom left- and right-hand edges in to meet in the middle.



4

Now gently take the left and right layers at the bottom and reverse fold upwards until they're flush with the outside edge. Take your time to get this right. You've just made the front feet.



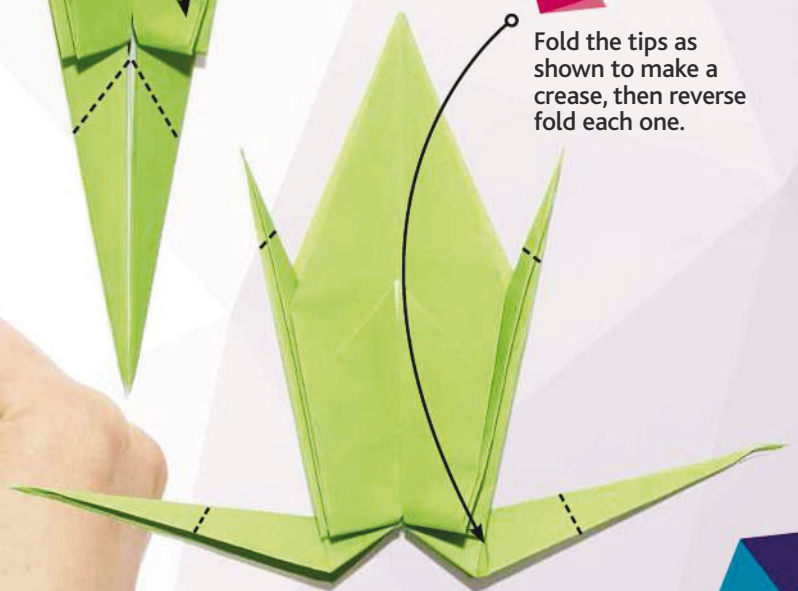
5

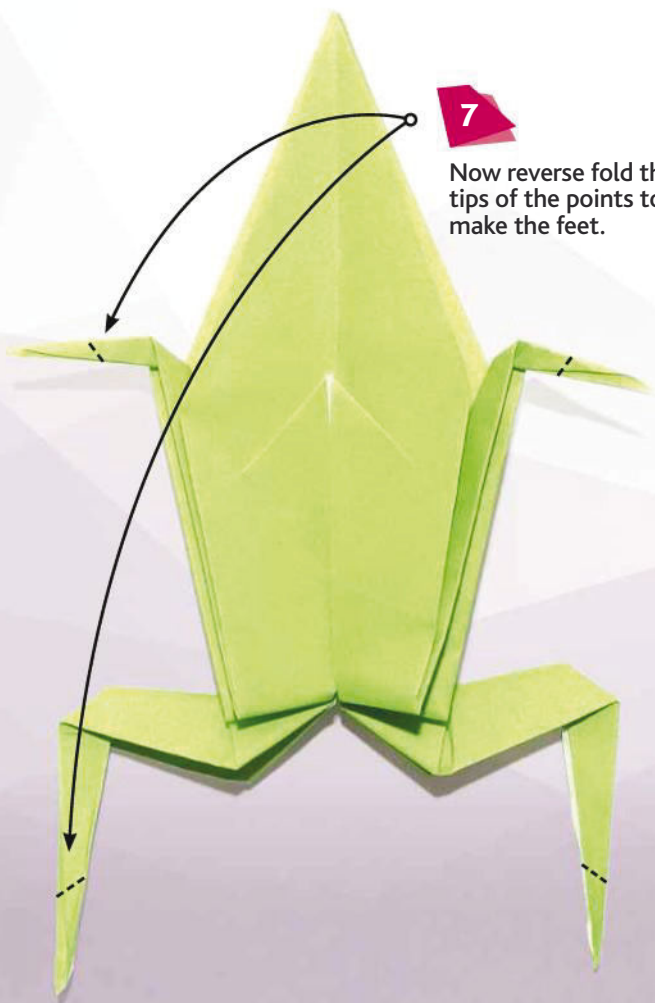
You're now going to do a similar fold with the remaining two points at the bottom, but leave them splayed out either side. These will make the hind legs.



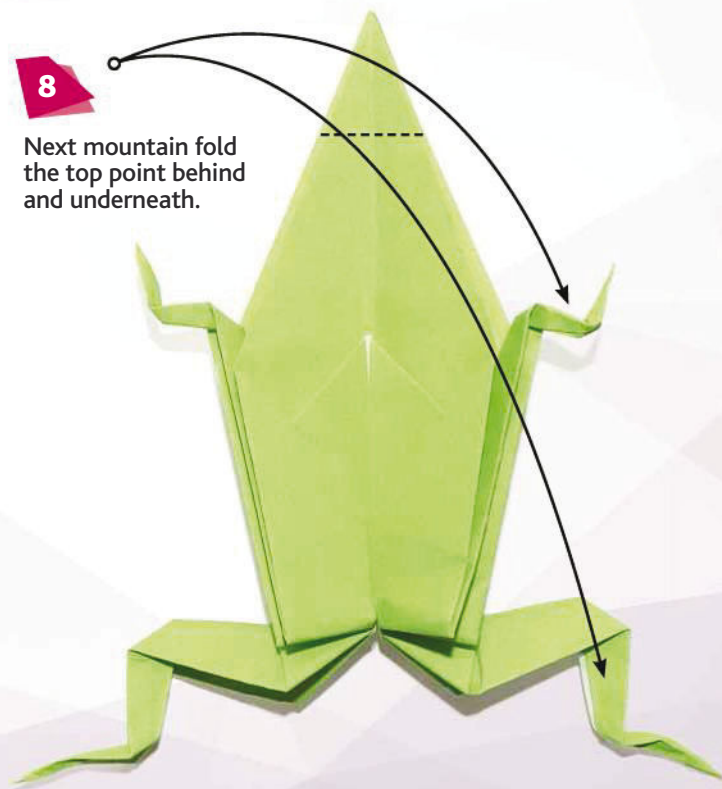
6

Fold the tips as shown to make a crease, then reverse fold each one.





7
Now reverse fold the tips of the points to make the feet.



8
Next mountain fold the top point behind and underneath.



9
You've now completed the frog.



SNAIL

1 Begin by completing up to step 7 of the frog base (see p12).

2 Page turn the top flap down.

3 Fold the top layer of the bottom-left edge to the middle, then fold over again to meet the middle.

4 Take the top layer of the top left-hand side and fold over twice to meet the middle fold line.

5 Take the top flap (marked with a star) and page turn it down to the bottom.

6 Fold the bottom flap twice to meet the middle fold line, and the top flap once to meet the middle fold line.

7 Fold the top flap over again to meet the middle fold line.

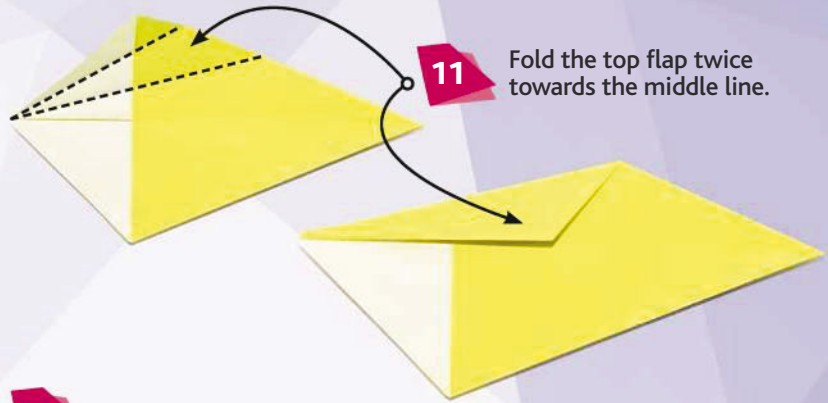
8 Now page turn the top flap down towards the bottom.

9 It should look like this.

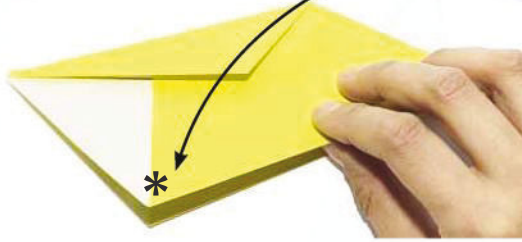
10 Turn over and take the top flap and page turn down.



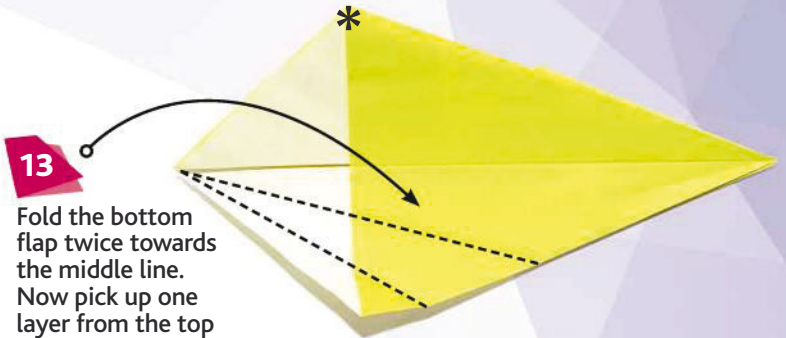
11 Fold the top flap twice towards the middle line.



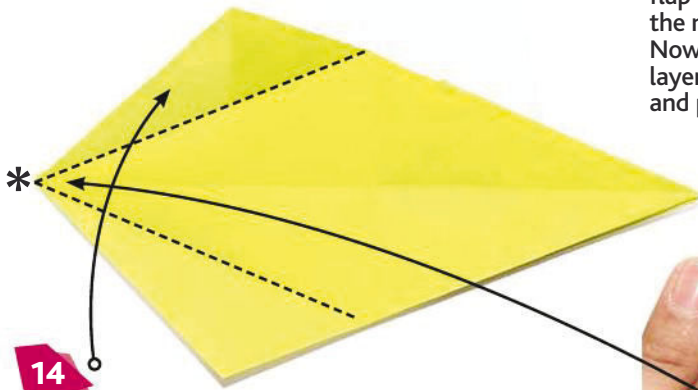
12 Pick up the two bottom layers and page turn up to the top (marked with a star).



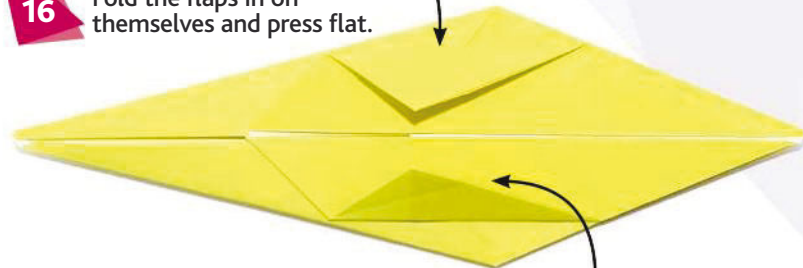
13 Fold the bottom flap twice towards the middle line. Now pick up one layer from the top and page turn down.



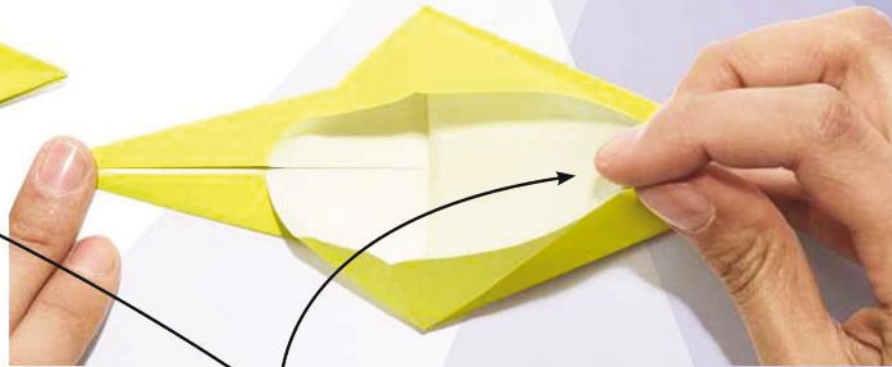
14 Fold the top and bottom edges in to meet each other and unfold.



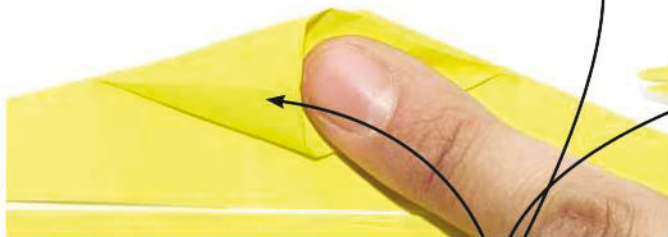
16 Fold the flaps in on themselves and press flat.



15 Gently take the top layer (marked with a star) and petal fold out to meet the right-hand point.

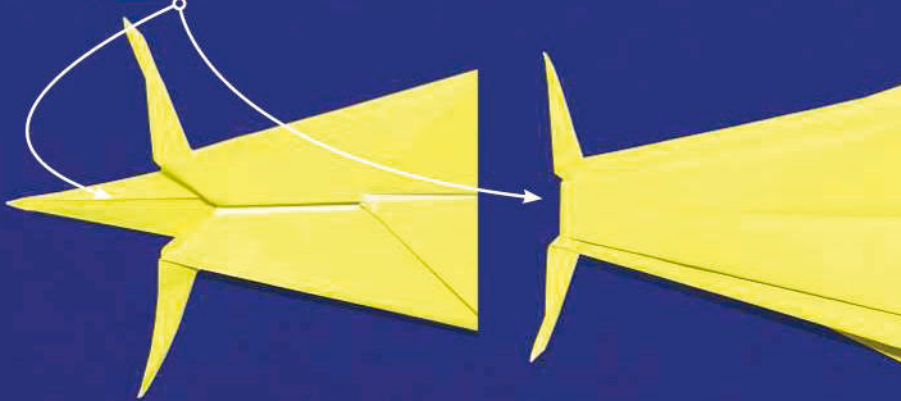


17 Insert your finger into the tiny cavity in the flaps and squash flat. Repeat on both flaps.



18

Almost there! On the left-hand side, reverse fold the tiny antennae, then take the remaining point and mountain fold behind and underneath to finish the snail's head.



19

Lift all but one of the right-hand side layers and fold them all the way over to create them.



20

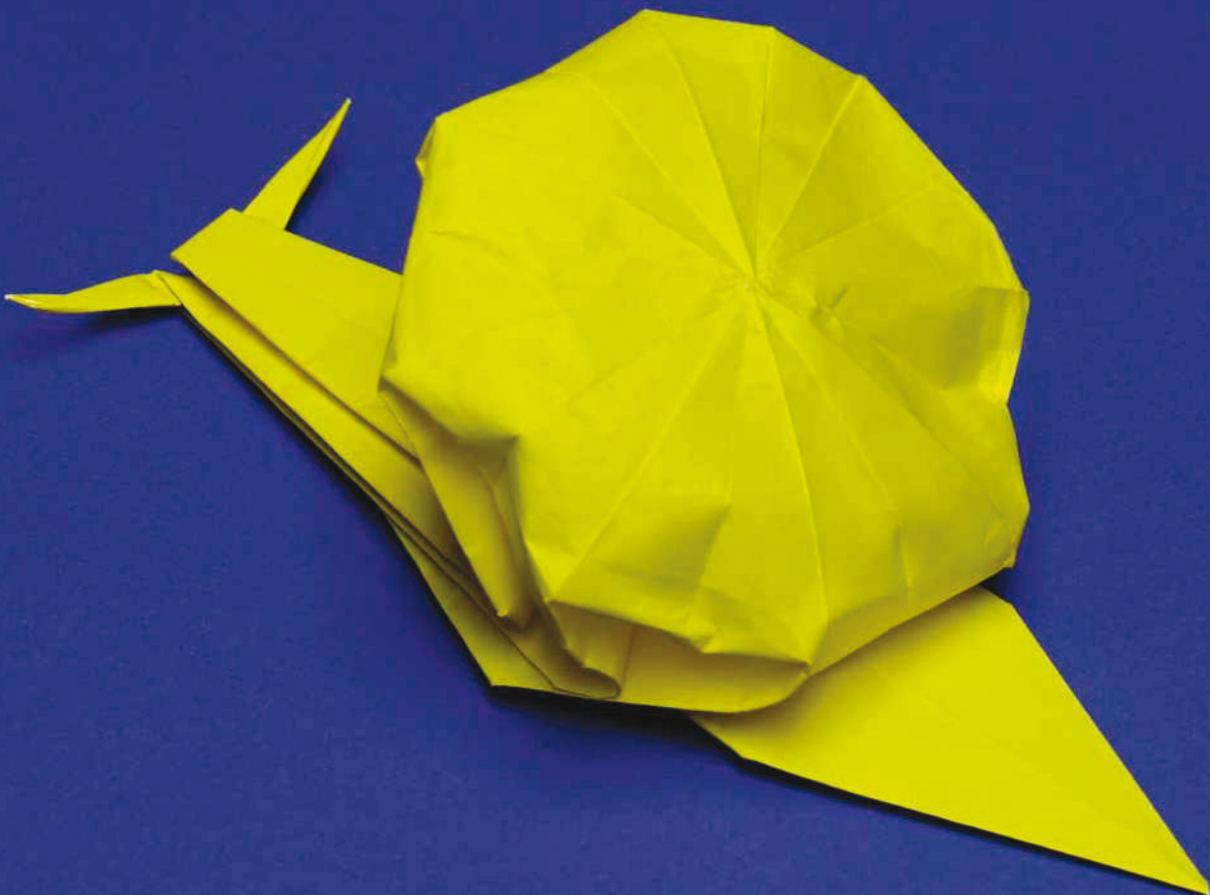
Now delicately pull out the edges to 'inflate' the shell.

21

This will take a little time to get right.

22

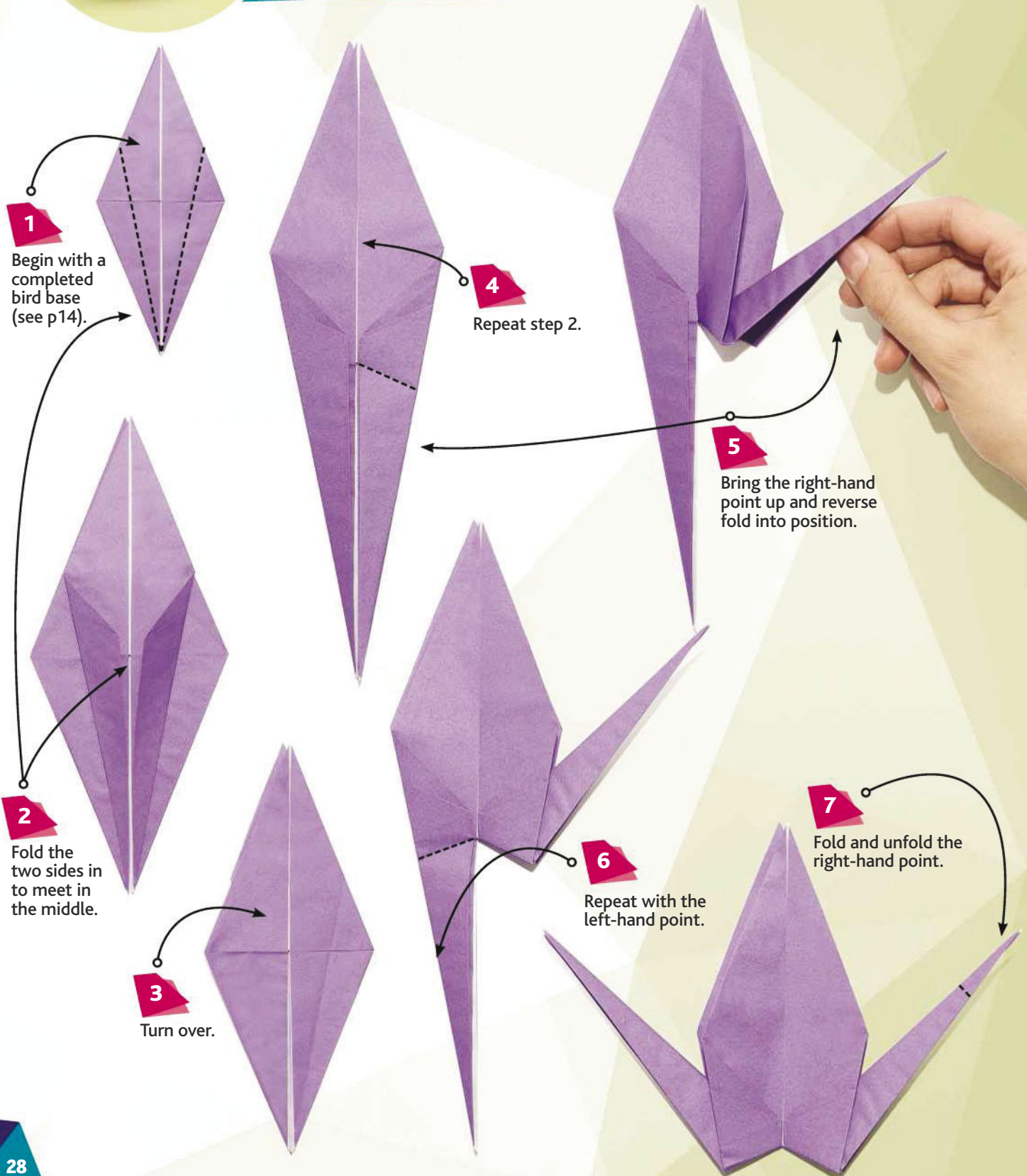
You've now completed the snail.

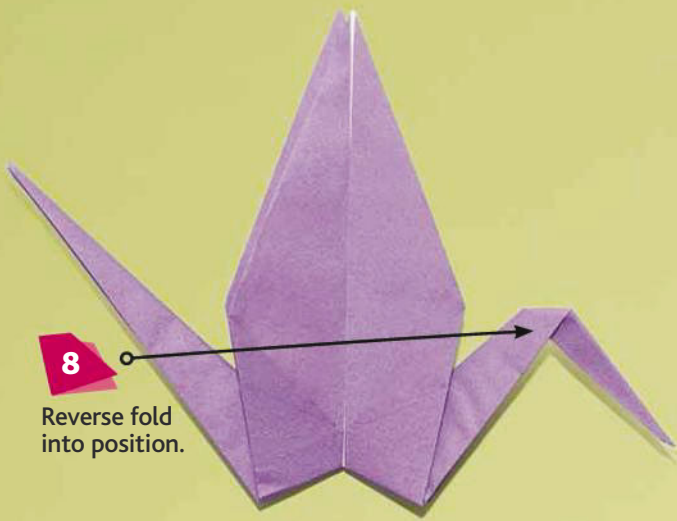




CRANE

The crane is considered the most classic of all traditional origami, and is often given as a gift. Stringing 1,000 paper cranes together is thought to grant wishes, and they're often left at shrines in Japan in the hope that the maker's prayers will be answered.

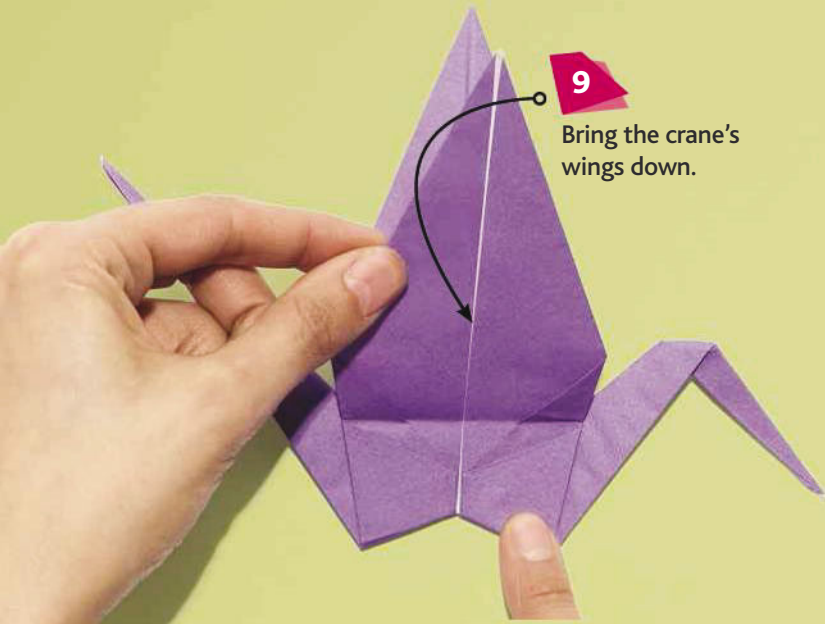




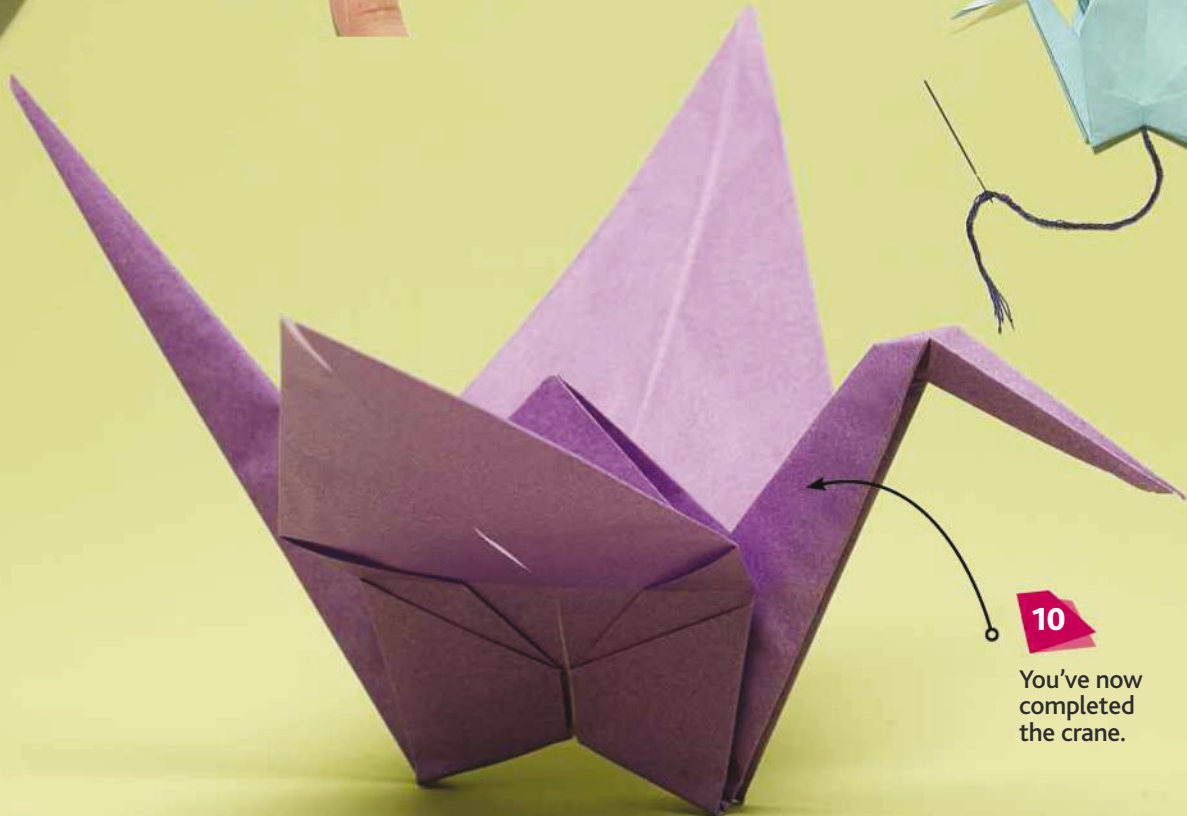
8
Reverse fold
into position.

One Thousand Paper Cranes

To string your cranes together, you'll need a length of thread and a needle long enough to reach from the top to the bottom of your crane's body. Make a knot in one end of the thread and, like beads, string the cranes together, starting with the one you'd like at the bottom of your string.



9
Bring the crane's
wings down.



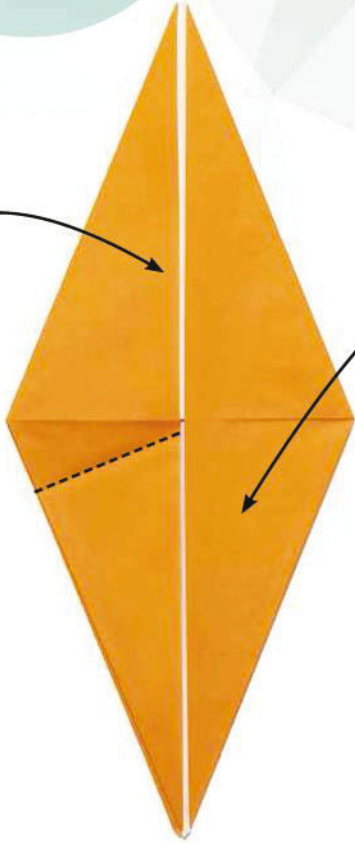
10
You've now
completed
the crane.



FLAPPY BIRD

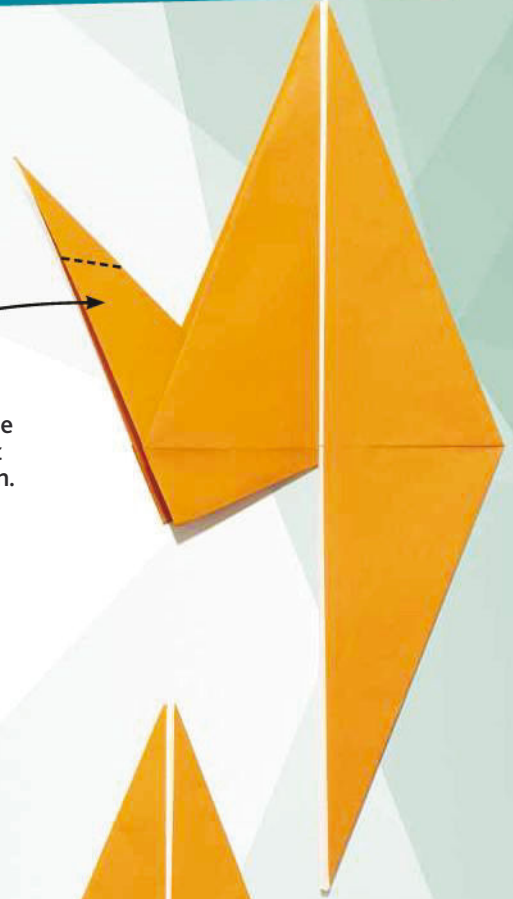
1

Begin with a completed bird base (see p14).



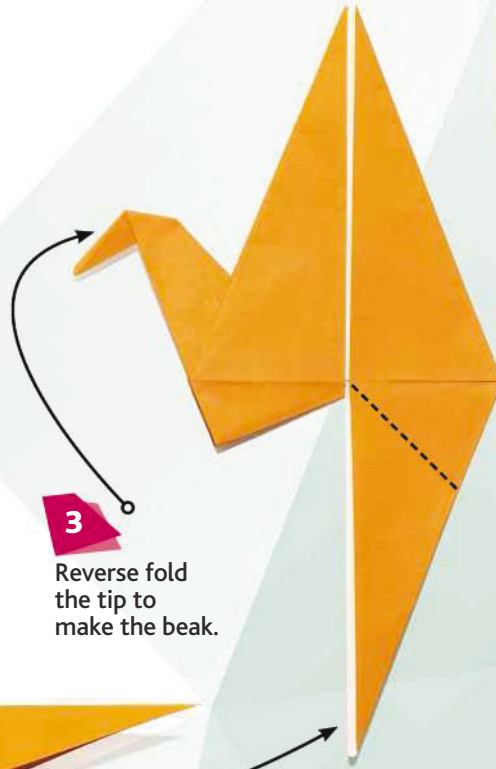
2

Reverse fold the left-hand point up into position.



3

Reverse fold the tip to make the beak.



4

Reverse fold the remaining point up to the right.



5

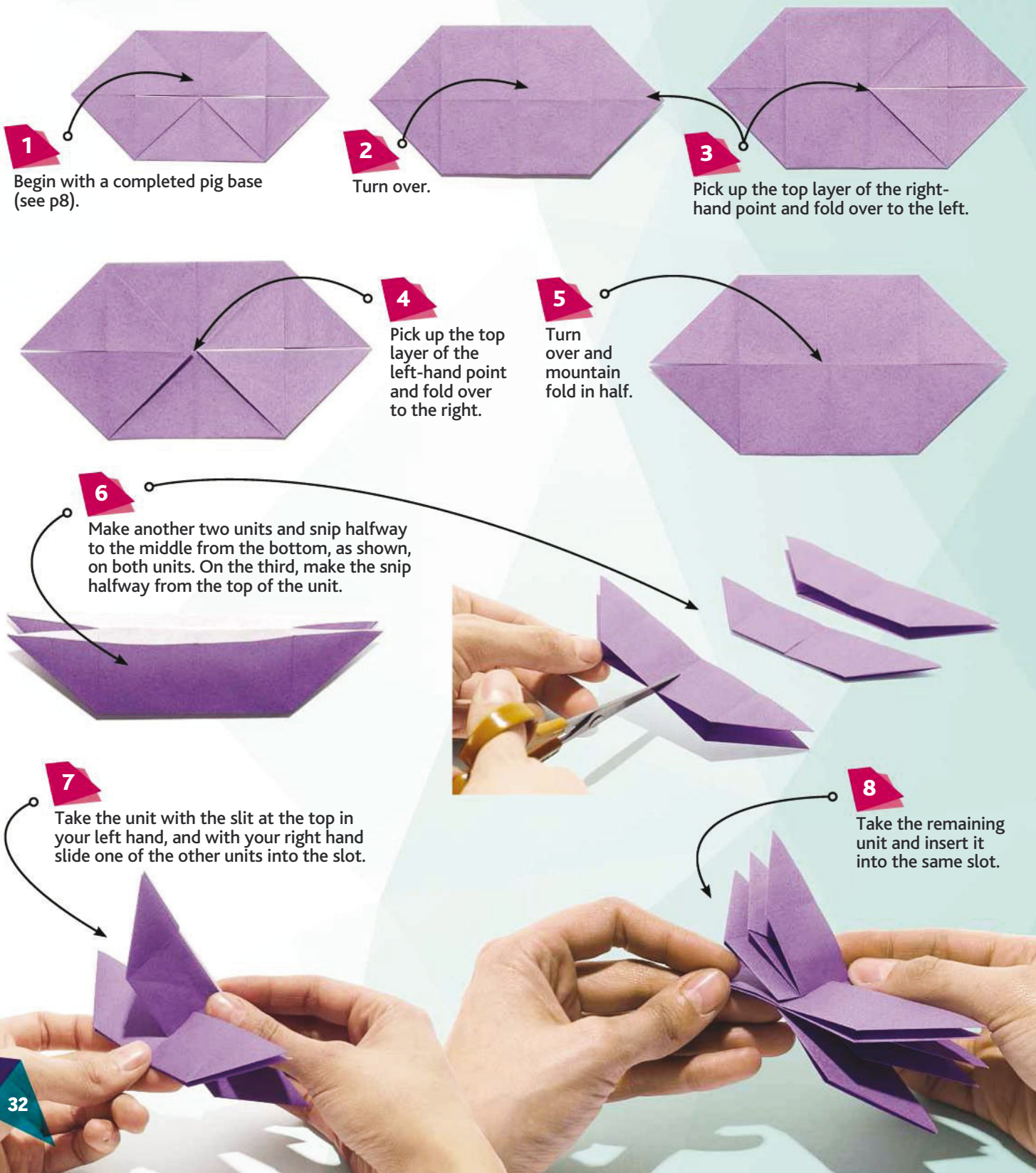
You've now completed the flappy bird. If you hold the bird by the points at the bottom and pull out, you can make it flap.

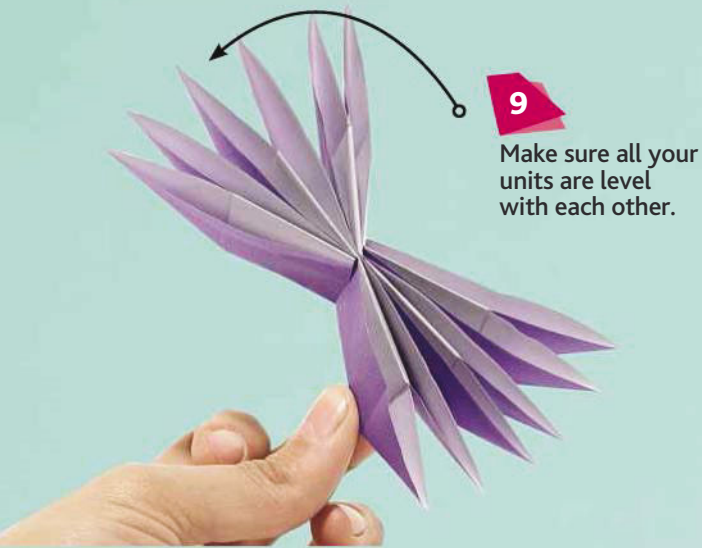




DAHLIA FLOWER

You need to make three units to create this simple flower, using scissors and paper glue.





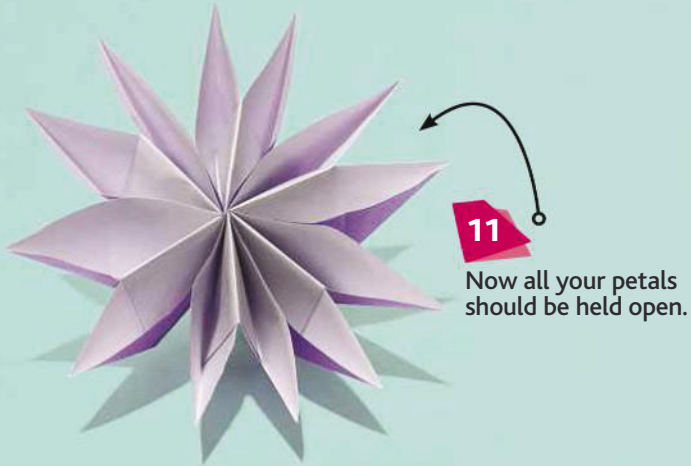
9

Make sure all your units are level with each other.



10

Apply a little glue to the area shown and press it to the unit/petal next to it. Repeat with all the petals.



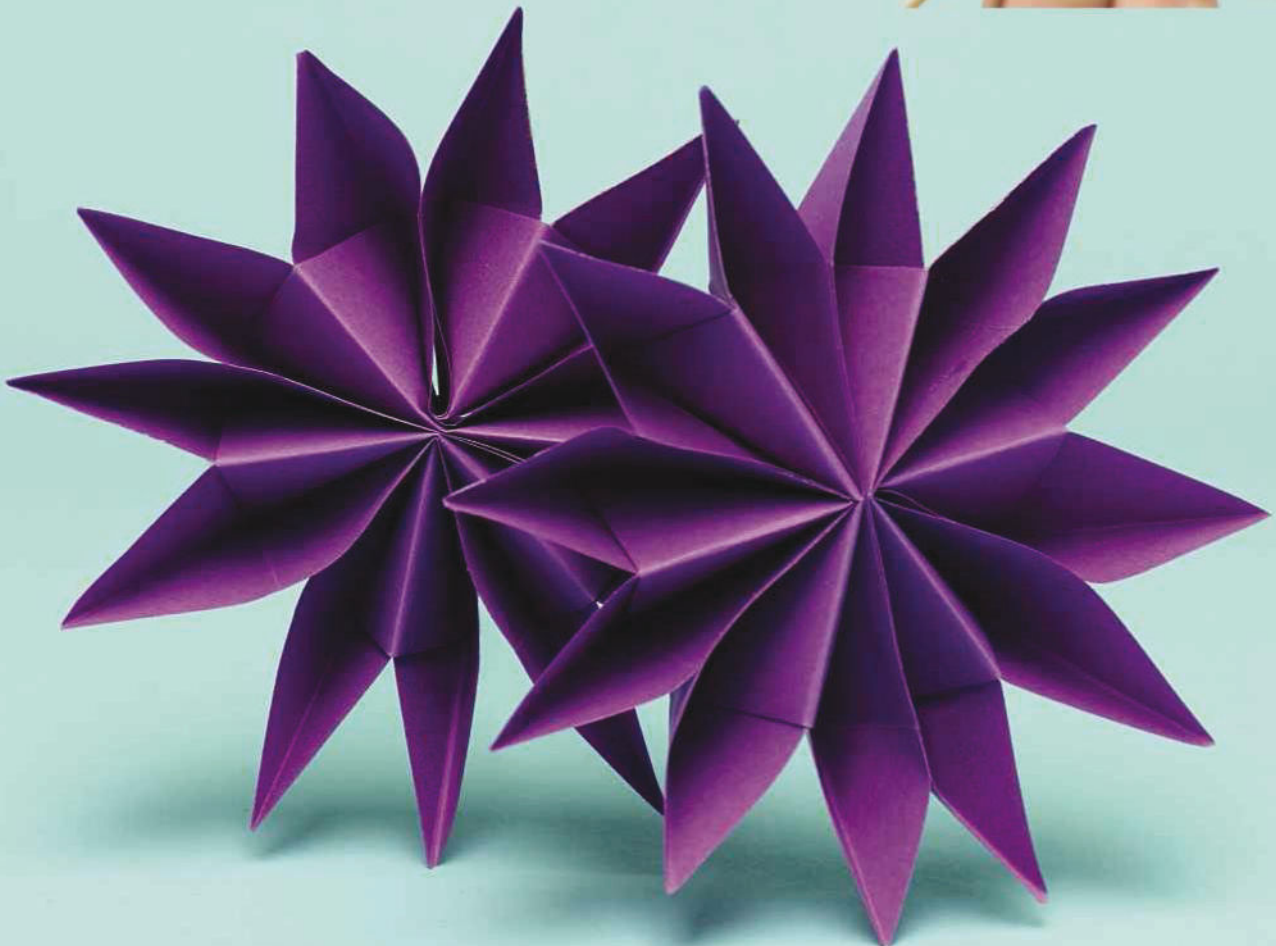
11

Now all your petals should be held open.



12

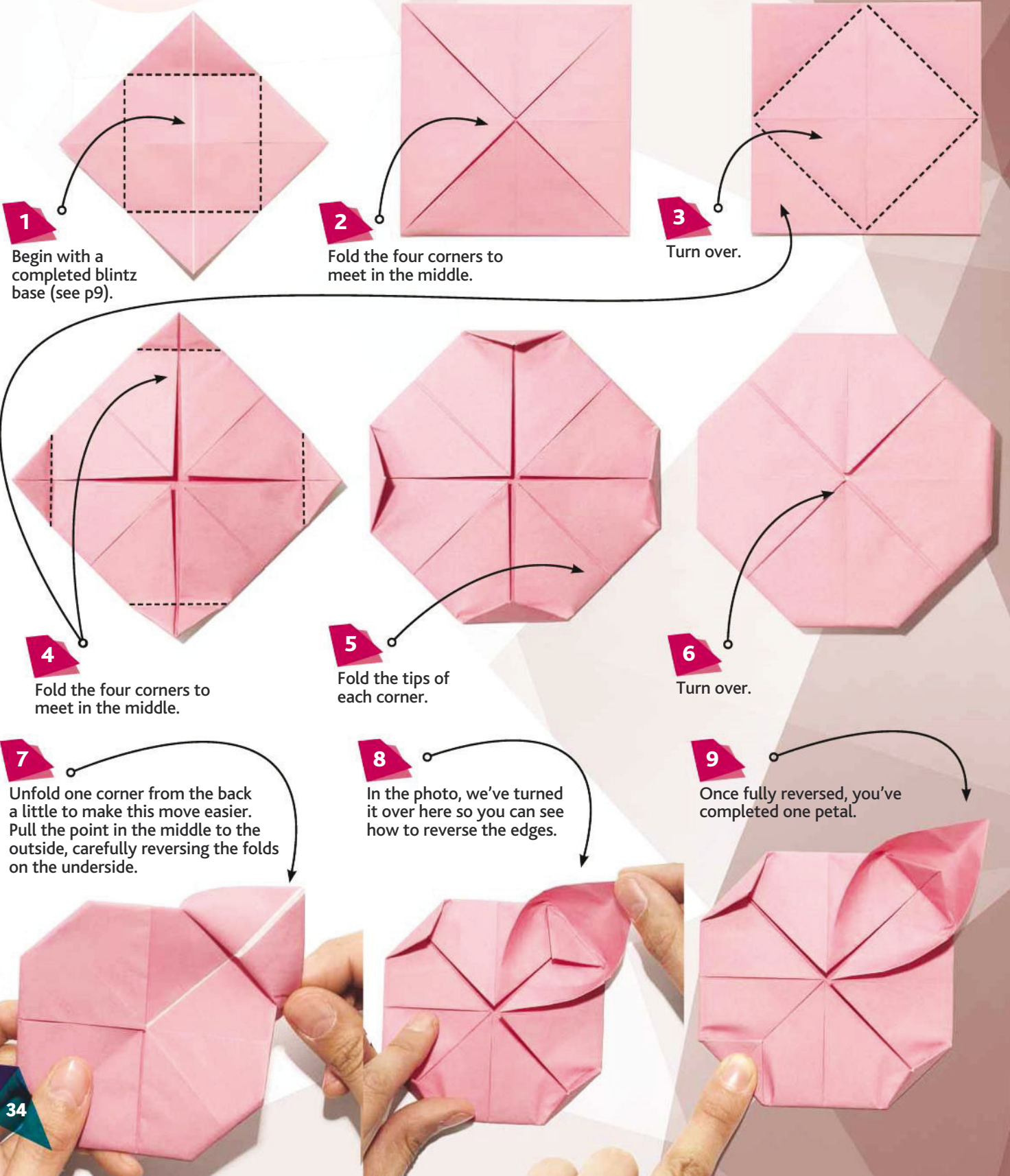
If you'd like to give your flower a stem, use a wooden skewer. Apply a little PVA glue and insert the stick into the centre of the underside of the completed dahlia.





LOTUS FLOWER

The lotus flower enjoys a special place in Japanese and East Asian cultures. It's usually a symbol of peace and purity.



1

Begin with a completed blintz base (see p9).

2

Fold the four corners to meet in the middle.

3

Turn over.

4

Fold the four corners to meet in the middle.

5

Fold the tips of each corner.

6

Turn over.

7

Unfold one corner from the back a little to make this move easier. Pull the point in the middle to the outside, carefully reversing the folds on the underside.

8

In the photo, we've turned it over here so you can see how to reverse the edges.

9

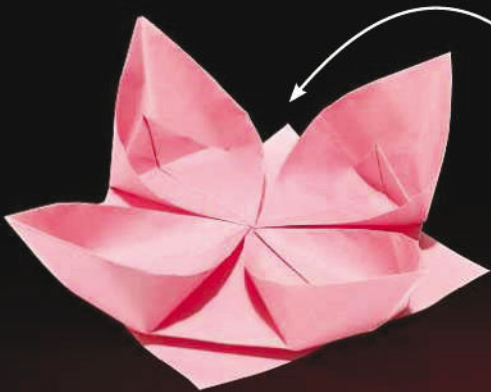
Once fully reversed, you've completed one petal.



10 Repeat with the three remaining quadrants.



11 Once the petals are complete, turn over and pull the flaps from the middle out to the edge. These make your final petals.



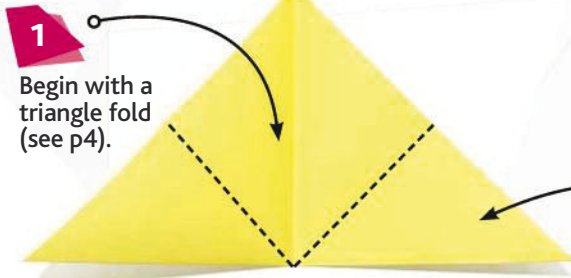
12 You've now completed the lotus flower.



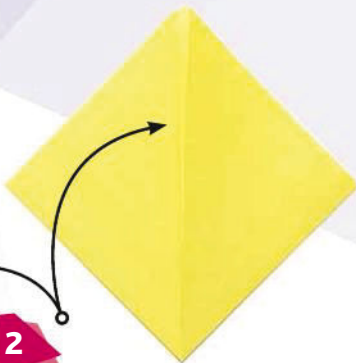


KUSUDAMA FLOWER

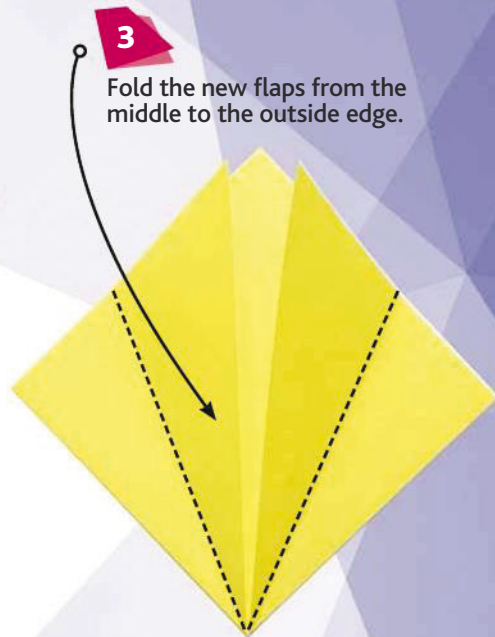
The Japanese word kusudama actually refers to the ball you can make using 12 of these flowers by stitching or gluing them together. They were traditionally made from real flowers to scent a room. Now they're made from paper and used as decorations or given as gifts. Even individual flowers make lovely gifts.



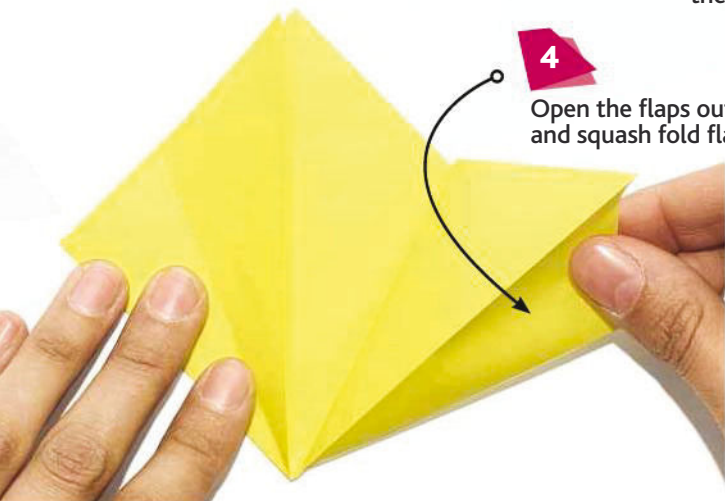
1
Begin with a triangle fold (see p4).



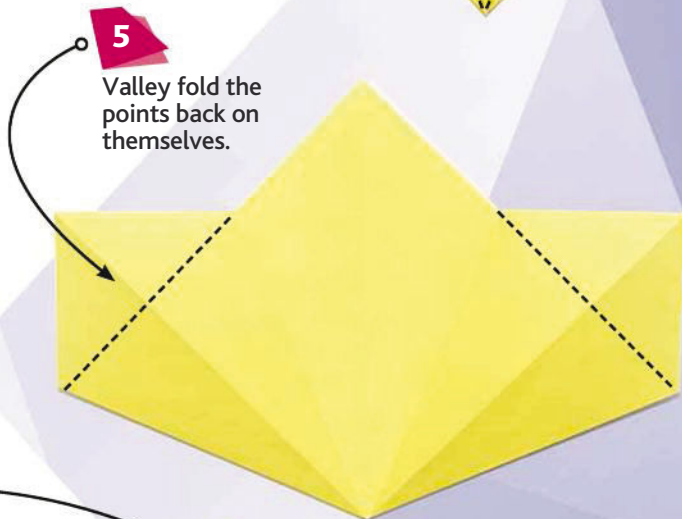
2
Valley fold the left and right points up to meet the top of the triangle.



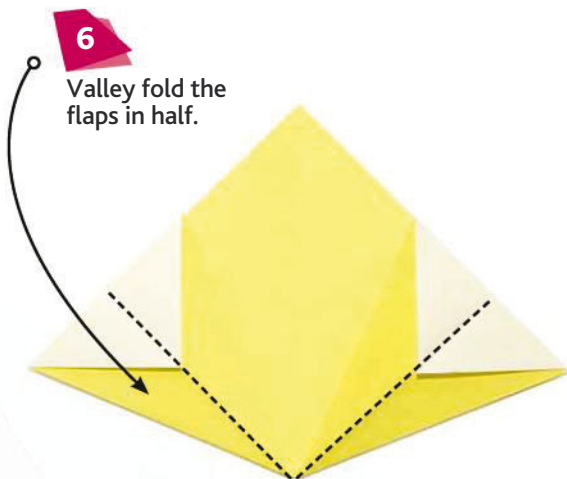
3
Fold the new flaps from the middle to the outside edge.



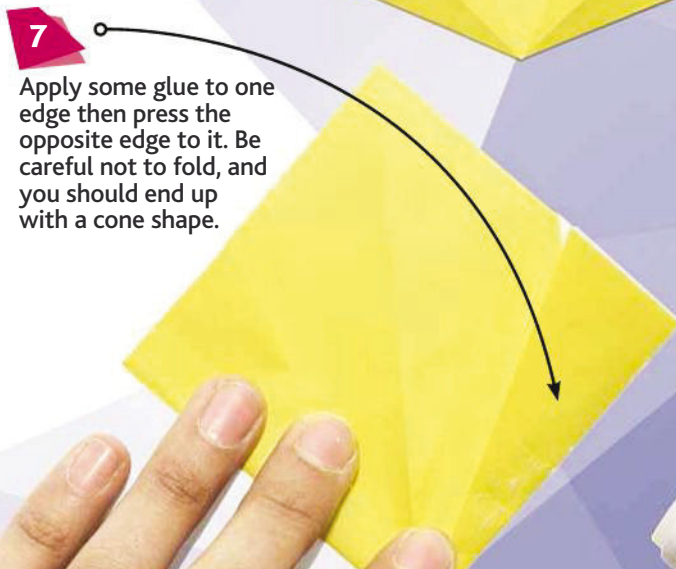
4
Open the flaps out and squash fold flat.



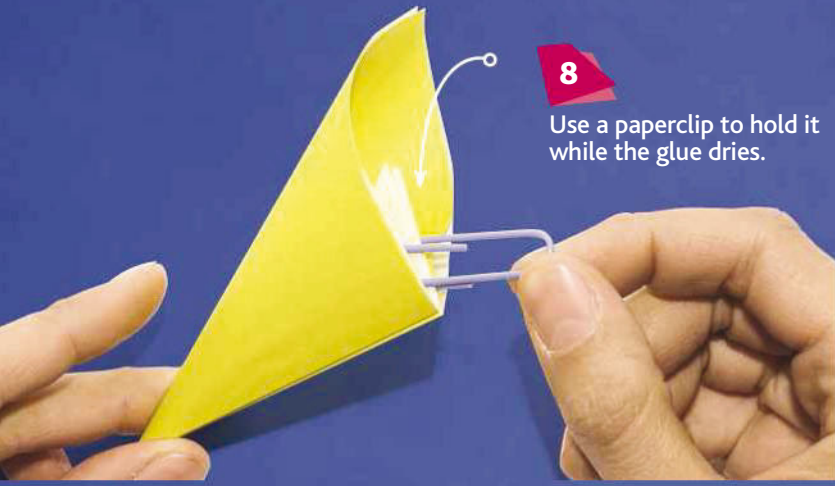
5
Valley fold the points back on themselves.



6
Valley fold the flaps in half.



7
Apply some glue to one edge then press the opposite edge to it. Be careful not to fold, and you should end up with a cone shape.



8

Use a paperclip to hold it while the glue dries.



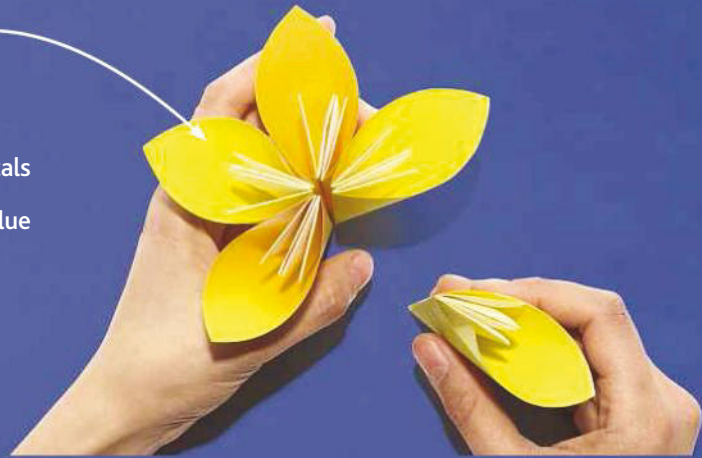
9

You've completed one petal of the flower.



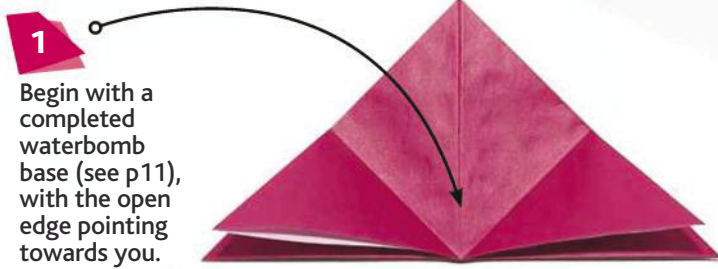
10

Make five petals in total, and apply some glue to join them together.



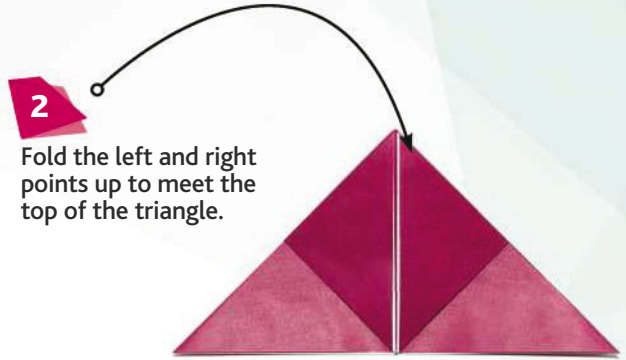


TULIP



1

Begin with a completed waterbomb base (see p11), with the open edge pointing towards you.



2

Fold the left and right points up to meet the top of the triangle.



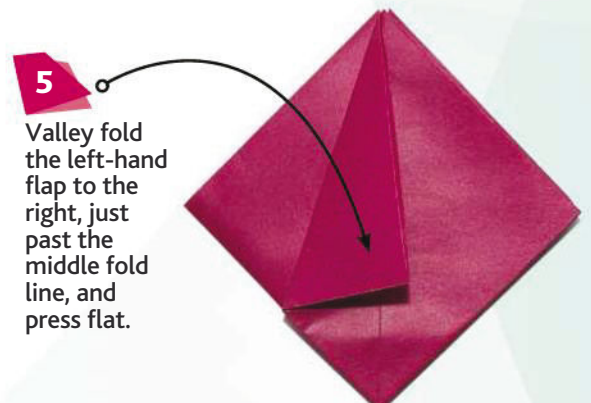
3

Turn over and repeat step 2. This should be your result.



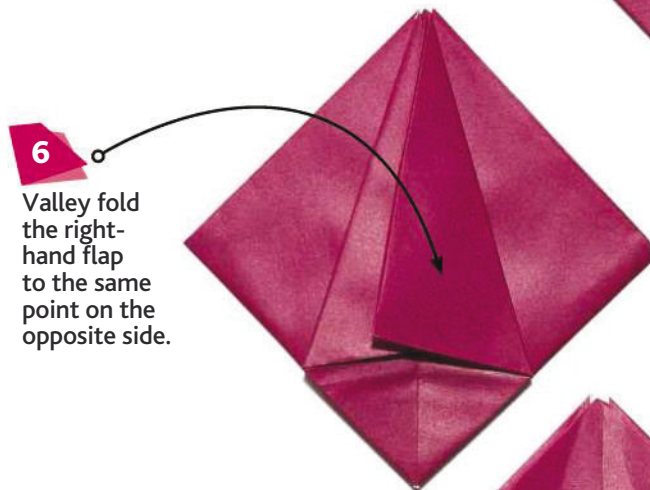
4

Page turn one flap over. You should have a blank side.



5

Valley fold the left-hand flap to the right, just past the middle fold line, and press flat.



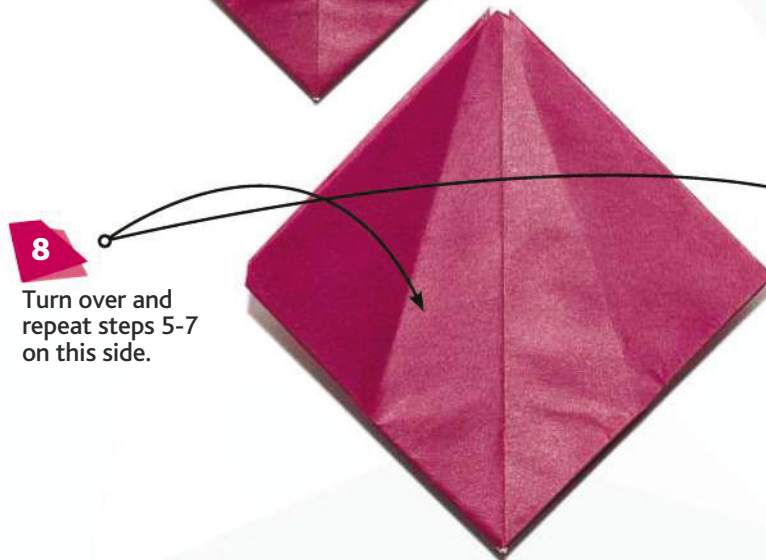
6

Valley fold the right-hand flap to the same point on the opposite side.



7

Insert the right-hand flap into the cavity in the left-hand flap as far as it will go and press flat.

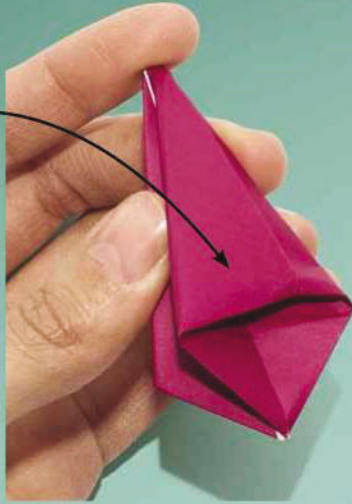


8

Turn over and repeat steps 5-7 on this side.

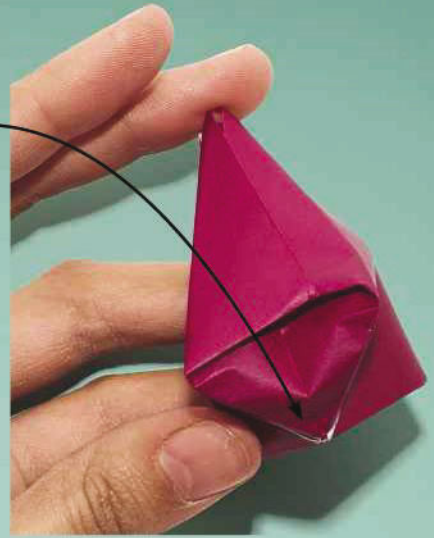
9

Take the paper in your left hand and tease out the edges using your right hand.



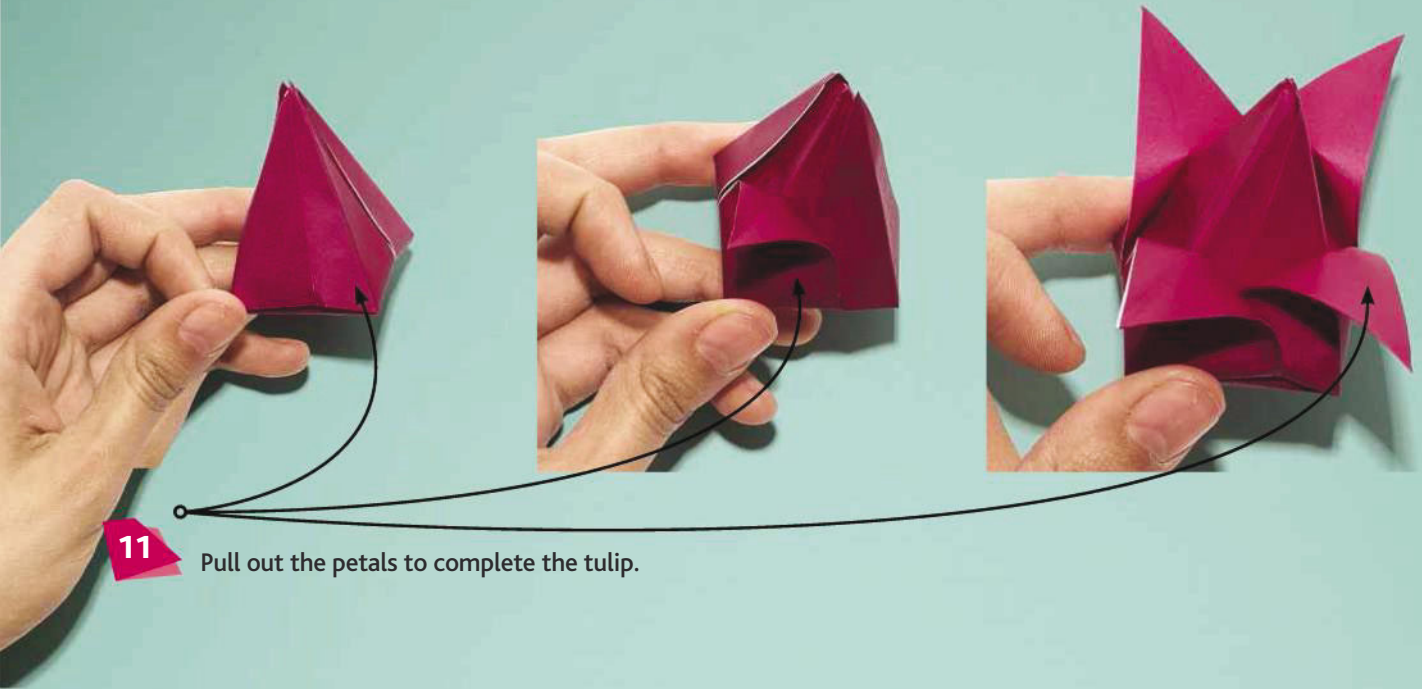
10

Blow into the hole in the bottom to fully inflate the tulip.



11

Pull out the petals to complete the tulip.

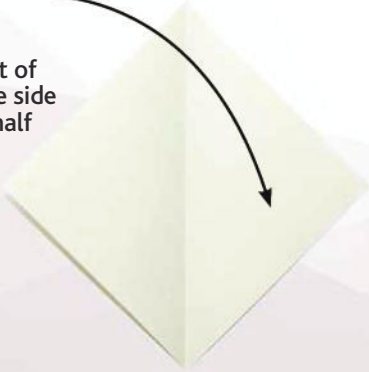


Combine your tulip flowers with the stem on the next page!

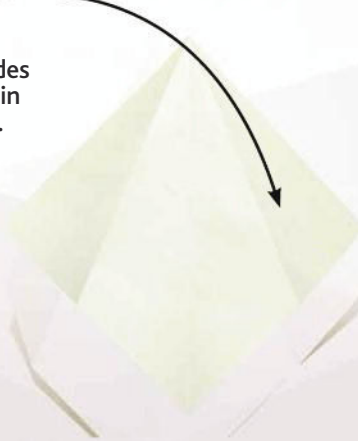
STEM



1 Take a sheet of paper, white side up. Fold in half and unfold.



2 Fold the sides in to meet in the middle.



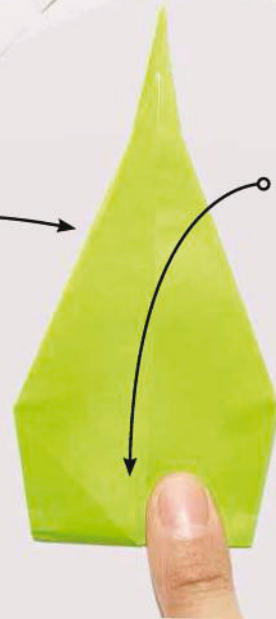
3 Fold the sides shown in step 2 to the middle, then fold over a second time to the middle again.



4 Mountain fold the bottom point back underneath to meet the top point.



5 Pull out the top flap a little and ease into the creases shown.



6 Pull out the top flap a little and ease into the creases shown.



7 Adjust the angle of your new stem so it can stand up and press it flat.



8 Add the stem to the tulip by inserting the tip into the hole in the base of the tulip.





KUSUDAMA BALL



1

Make 12 kusudama flowers (see p36).



2

Join together two flowers, as shown, using a bit of glue.



3

Add glue to the three areas shown in preparation for the third flower.



4

Glue the petals of the third flower to the existing two.



5

Continue to surround the central flower until it has flowers on each of its five sides.

6

Repeat steps 2-5 with your remaining six flowers to create the other half of your kusudama ball, then glue the two halves together.

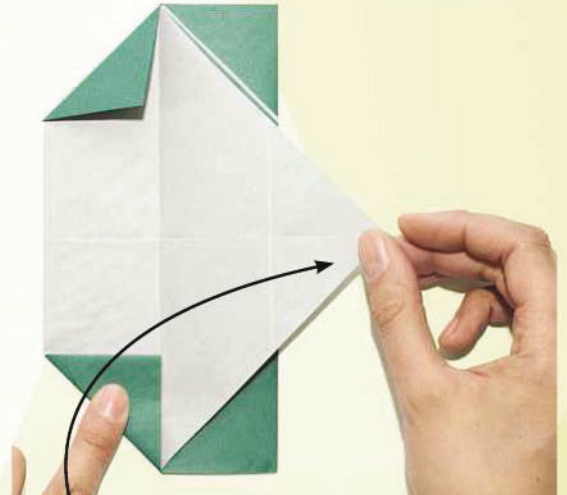
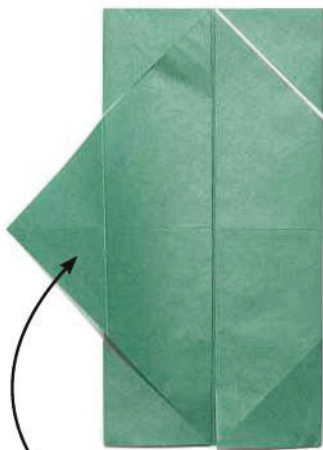
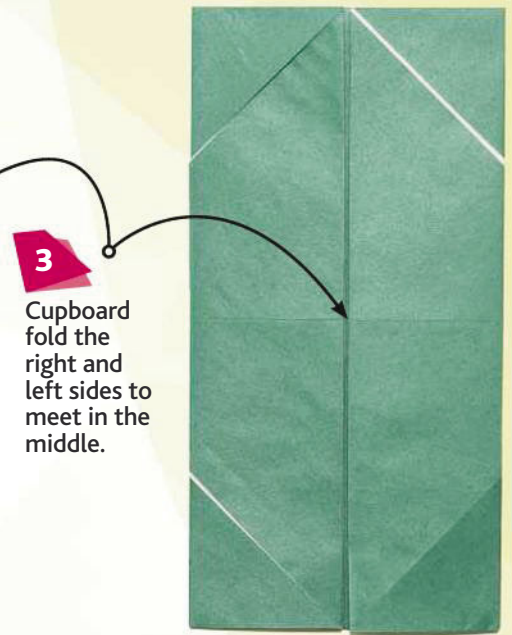
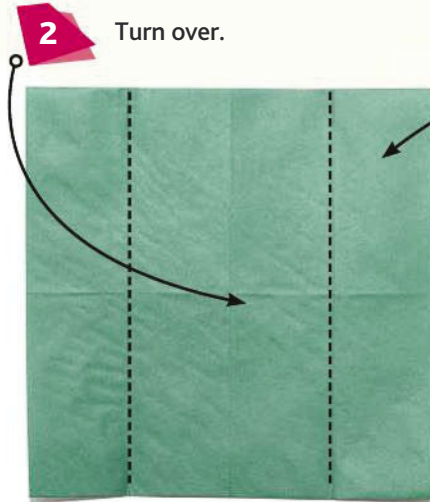
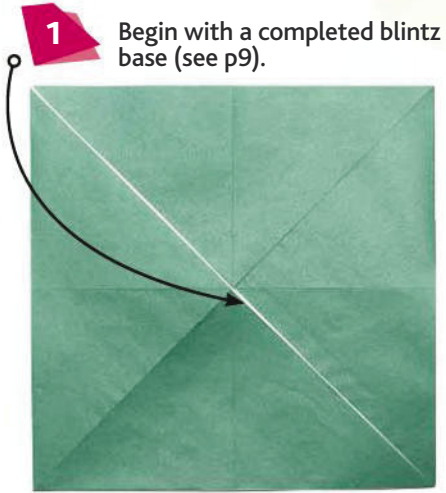
7

Add a string to your kusudama ball to hang as a decoration.





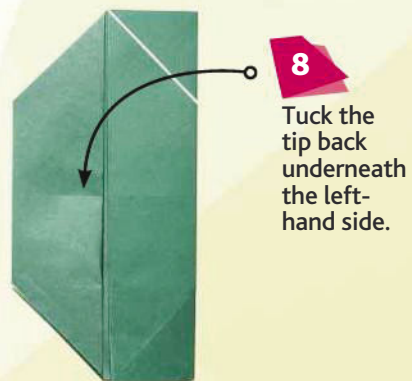
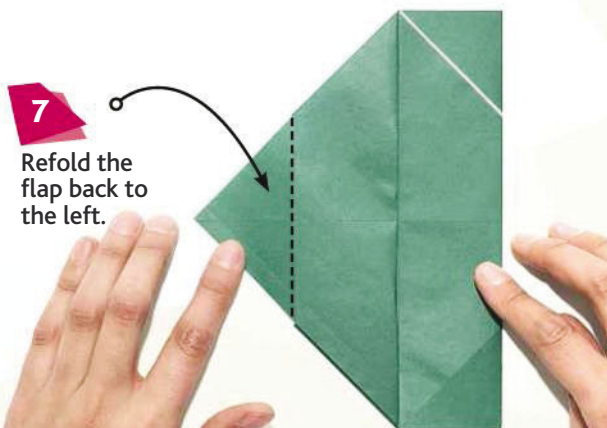
OPEN BOX



4 Pull out the loose flap from underneath the left-hand side.

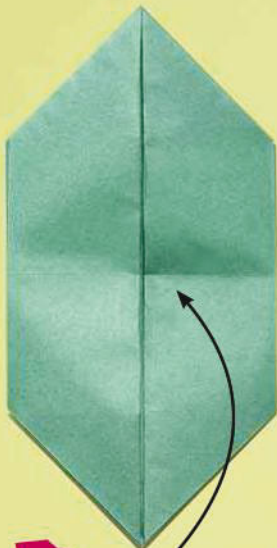
5 Lift the flap and page turn it to the right-hand side.

6 Fold in the top-right and bottom-left corners.

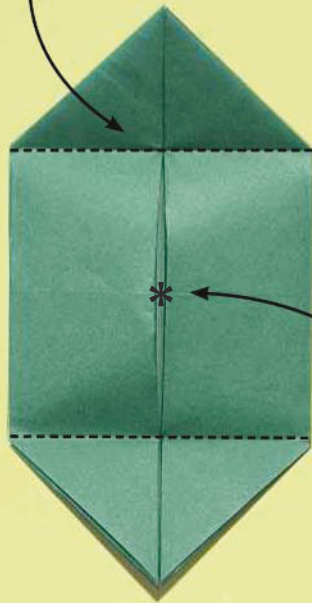


7 Refold the flap back to the left.

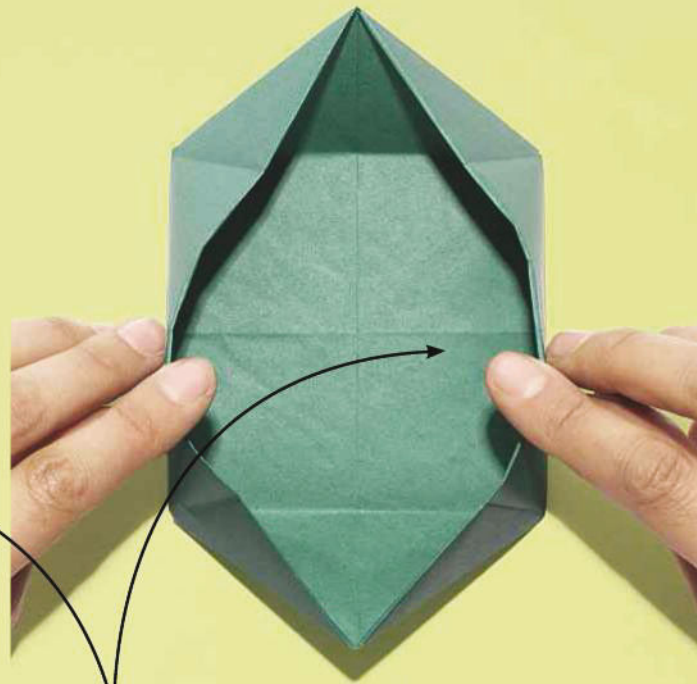
8 Tuck the tip back underneath the left-hand side.



9
Repeat steps 4-8 with the right-hand side.



10
Fold the top and bottom points in towards the middle and unfold to crease.



11
Insert your fingers where the star is shown and pull the left and right flaps away from each other to open out into a box.





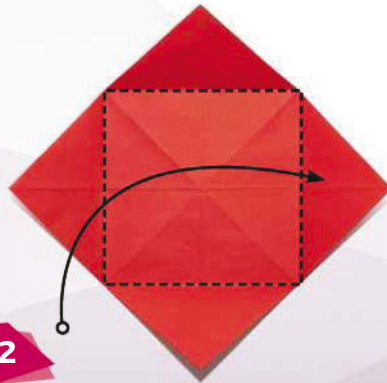
PRETTY BOX

This shallow box is great for putting sweets in.



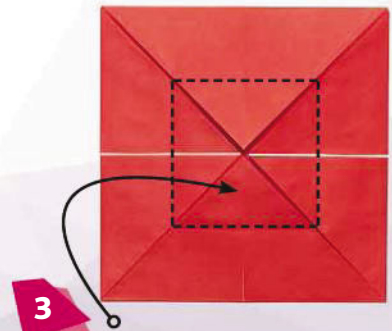
1

Begin with a completed blintz base (see p9).



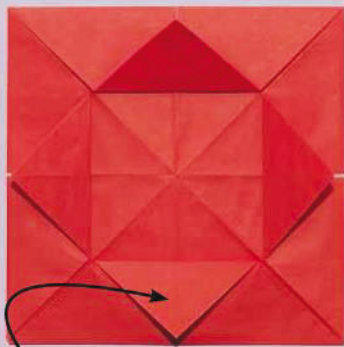
2

Turn over and fold the corners into the middle.



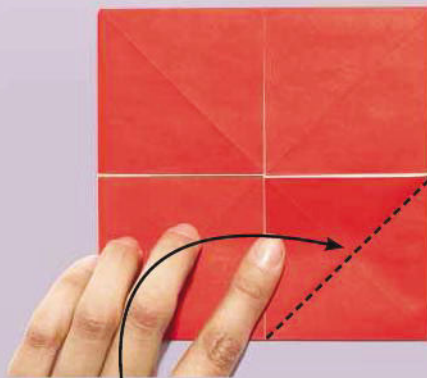
3

Fold the points of those corners back out so the tips align with the paper's edge.



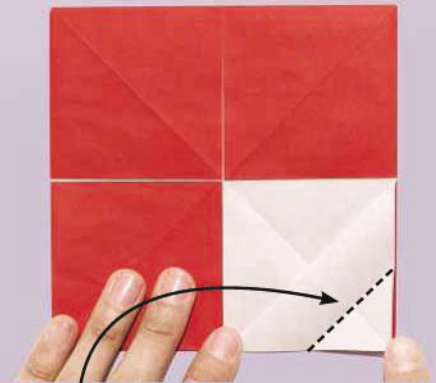
4

This is how it should look.



5

Take the bottom right-hand quadrant and open the flap out towards the edge.



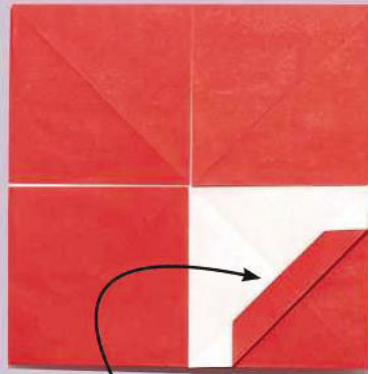
6

Now fold that corner back in to meet the previous fold line.



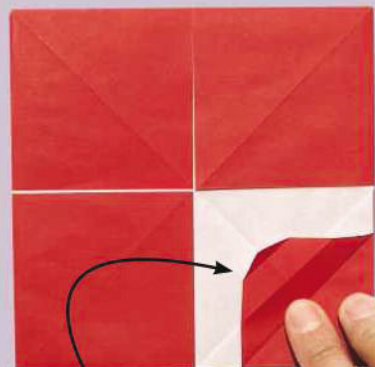
7

Fold the edge in half to meet the middle of that quadrant.



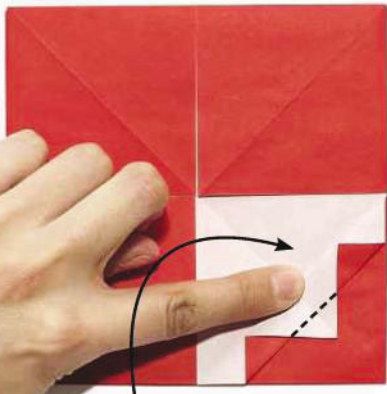
8

Gently unfold the last fold to pull out the corner that had been tucked under.

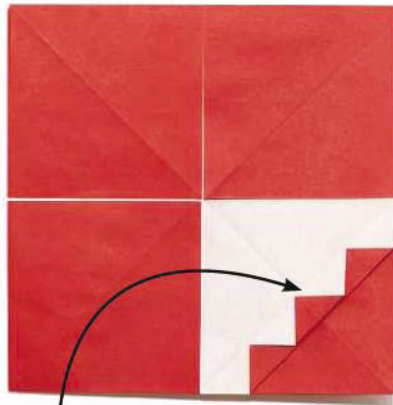


9

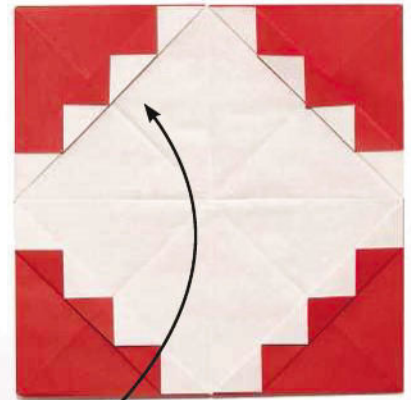
Pull it free and refold.



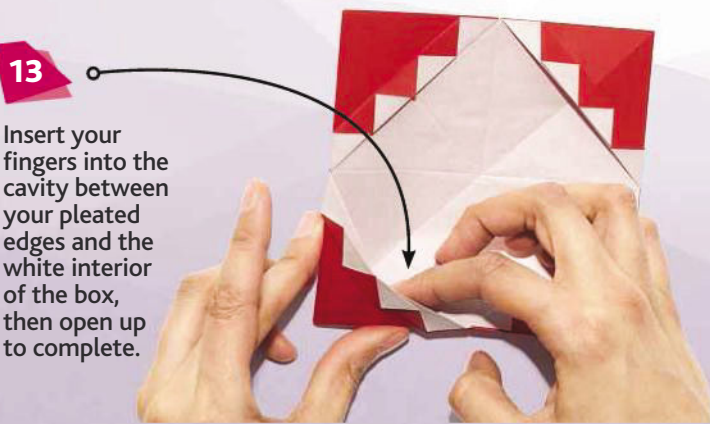
10 Valley fold out towards the corner.



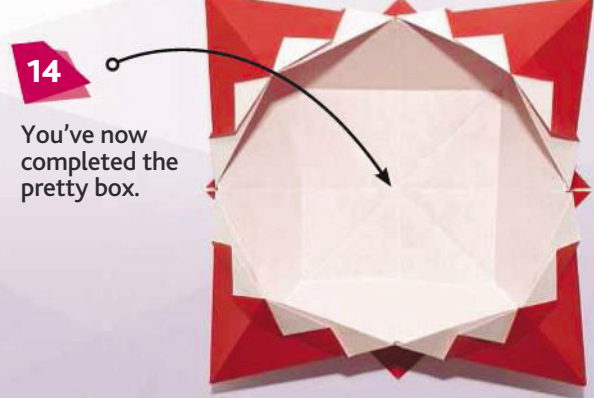
11 Then valley fold in towards the middle of that quadrant. You've now completed one quadrant.



12 Repeat steps 5-11 with the remaining quadrants.



13 Insert your fingers into the cavity between your pleated edges and the white interior of the box, then open up to complete.



14 You've now completed the pretty box.





8 POINTED STAR

This model is really two four-pointed stars joined together.

1 Begin with a completed windmill base (see p7).

2 Take the top-right point and lift it to point away from you, then press flat. Do the same to the bottom-left point, only point it towards you. You've now made a pinwheel shape.

3 Lift the bottom-left flap back up and squash fold into the middle.

4 Press flat and repeat step 3 with the remaining points.

5 On each corner, fold in the outside edges to meet each other, then unfold to make a crease.

6 Take the bottom-right flap (shown by a star) and open it out away from the middle towards its respective corner.

7 Keep going until the edges meet. This is a petal fold.

8 Repeat with the other three flaps.

9 You've now created a four-pointed star.

10 Make a second star.

11 Turn over each star and fold down the triangle flaps into the centre.

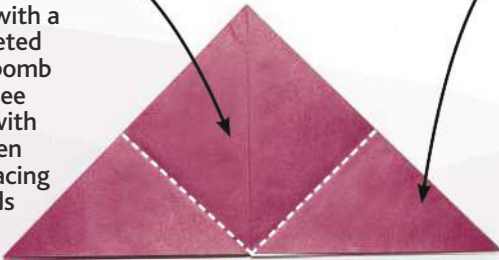
12 Turn one star the right side again, then join them by folding over the triangle flaps to hold the two stars together. You've now completed the eight-pointed star.



WATERBOMB

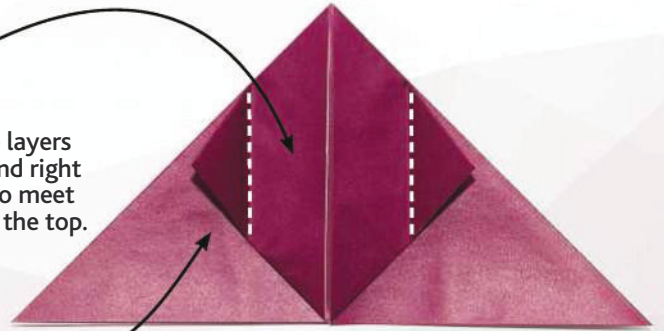
1

Begin with a completed waterbomb base (see p11), with the open edge facing towards you.



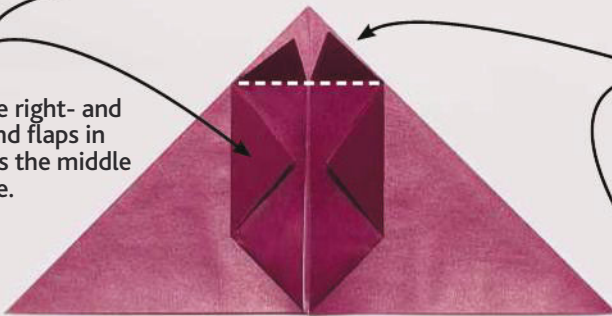
2

Fold the top layers of the left and right corners up to meet the point at the top.



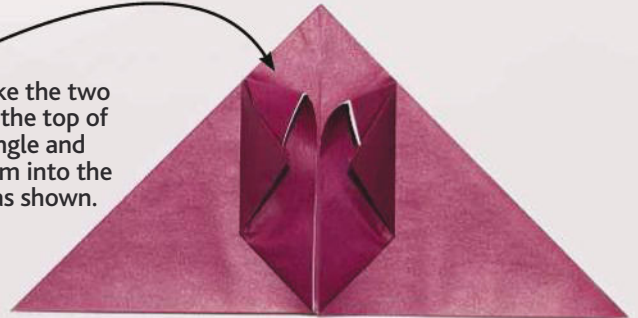
3

Fold the right- and left-hand flaps in towards the middle fold line.



4

Now take the two flaps at the top of the triangle and fold them into the cavity, as shown.



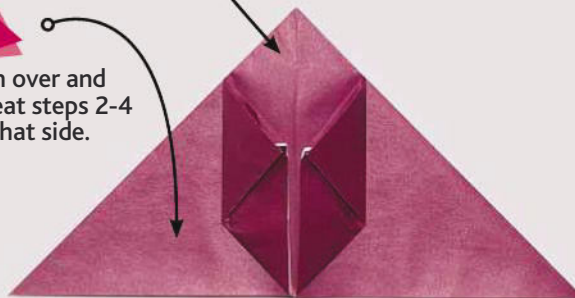
5

This is how it should look.



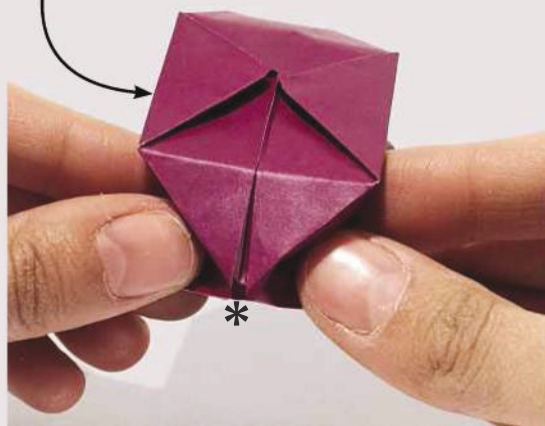
6

Turn over and repeat steps 2-4 on that side.



7

Now gently separate the layers and blow into the hole to inflate and complete the waterbomb.





CLOSED UMBRELLA

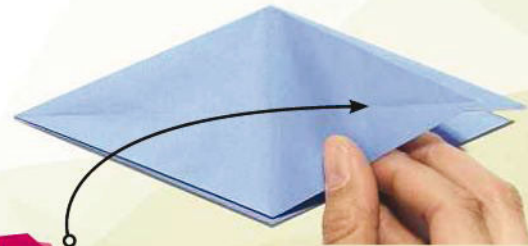
For this model, you'll need a pair of scissors, a pipe cleaner and some PVA glue. Although not a traditional model, it uses traditional folds, and with the addition of a pipe cleaner for a handle it makes a quirky hanging ornament.



1 Begin with a completed frog base (see p12).



2 Page turn the top layer down.

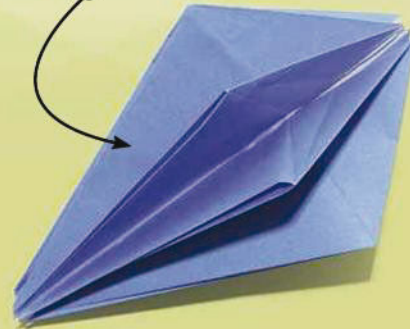


3 Take the right-hand flap and page turn to the left, then press flat.



4 Now repeat with all of the layers.

5 This is all the folding complete.



6 Find the closed end and snip off the tip with the scissors.



7 Insert a pipe cleaner through the open end and thread through your hole.



8 Bend the top of the pipe cleaner to make the hook of the handle, then apply a little glue to where the paper meets the pipe cleaner.

9 Use paperclips or bulldog clips to hold the paper tight whilst gluing. Once the glue is dry, remove the clips and you'll have completed the closed umbrella.

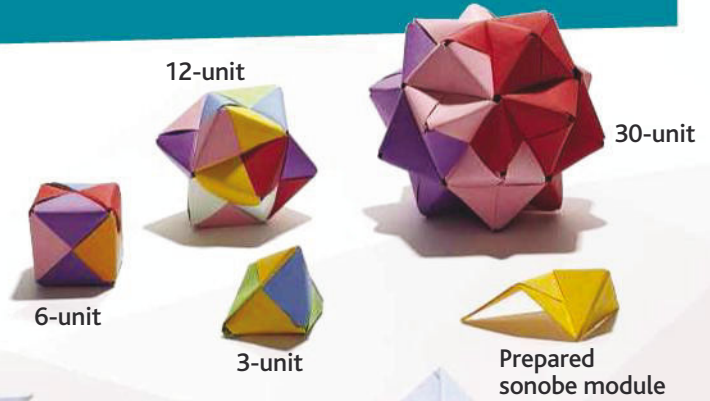




SONOBE BALLS

Module preparation

There are endless ways to create shapes from your Sonobe modules, depending on how you fold the module and assemble them together. Here, we'll show you how to prepare your module for making a 12- or 90-unit Sonobe ball.



1 Begin with a completed Sonobe module (see p15) and valley fold along the line shown.

2 Valley fold the bottom point towards the top.

3 Turn over.

4 Valley fold the right-hand point over to the left.

5 You've now prepared your Sonobe module for creating the balls overleaf.



SONOBE BALLS

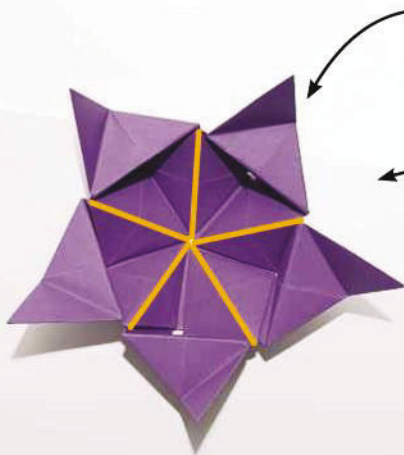
12-unit ball (octahedron)

- 1** Make 12 Sonobe modules and prepare as on p49.
- 2** Taking the point of one module as shown, insert it in between the layers of a second module, but don't push it all the way in.
- 3** Now add a third module, inserting it into the other two as in the previous step.
- 4** Push the three modules together to make a pyramid.
- 5** Begin to make another pyramid by adding another module to one side.
- 6** Add one more module and you've completed another pyramid.
- 7** Continue to add modules until you have a third pyramid.
- 8** Now tuck a point from your first pyramid into your last, as shown, to begin a fourth pyramid.
- 9** Finish the fourth pyramid by adding one more module, and you'll have completed one side. By now, you should see a pattern in how you assemble the modules.
- 10** Create a fifth pyramid, as shown.
- 11** Now let the pyramids fold inwards to start creating the curve of the ball.
- 12** Close another side as you did in step 9.
- 13** Turn over the ball and you'll see the open side more clearly. You should have three points. By adding your final two modules, you'll turn these into your final pyramid.
- 14** Adding the last module can be fiddly, but then you'll have completed the 12-unit octahedron.
- 15** Here's another side of the same octahedron.



SONOBE BALLS

90-unit ball

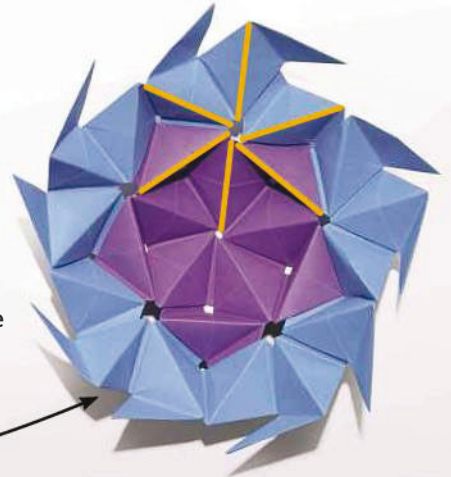


1

Start by folding 90 Sonobe modules. We've shown ours in different colours to help you identify the different steps.

2

Create a pentagon of five pyramids using the same technique you've learned in the 12-unit ball. Look at them from the inside this time and notice your point in the centre has five lines leading out of it like a five-pointed star. We will call this the first 'ring'.



3

Add three units to each side of the pentagram. This will form your second ring, which will be five groups of six-pointed stars – one coming off each point of the star in step 1.

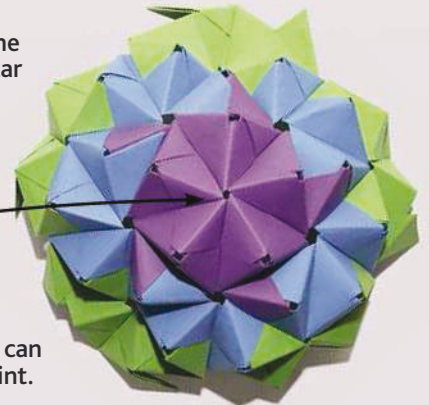
4

In the next ring, you'll create five groups of five-pointed stars.



5

If you turn the ball over, you can see you're at the halfway point.



6

Turn it over again to see the opening, and with the next ring you'll begin to pull your pyramids in to close the second half of the ball. This ring will be made of six-pointed stars, then five.



7

Closing the ball is fiddly and requires patience but the principle is the same as on the 12-unit ball.



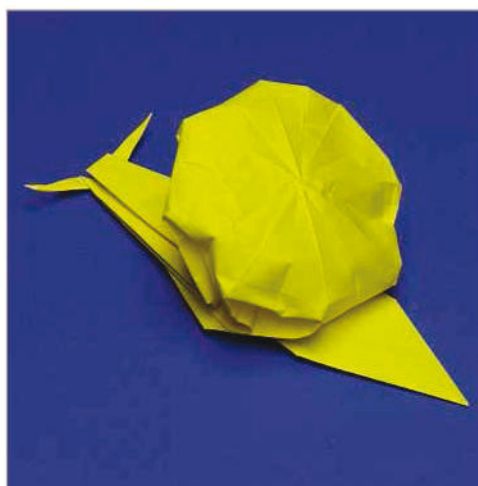
IDEA:

How about folding one of these from tracing paper and putting fairy lights inside, or an LED lightbulb to make a fantastic designer lamp?

ORIGAMI

THERAPY BOOK

Origami is internationally recognised for its therapeutic qualities and the artform is a great way to relax - let the day's tensions melt away and refocus your attention. Forget your surroundings, gently unwind your body and mind, and you'll be amazed at what you can create with just a few sheets of paper!



ISBN 1-78106-539-X



9 781781 065396 66.63

www.magbooks.com