

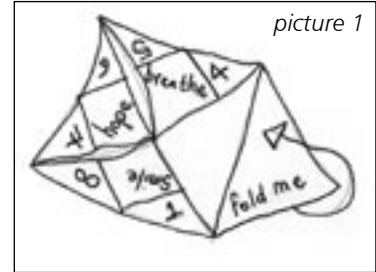


# The Origami Oracle

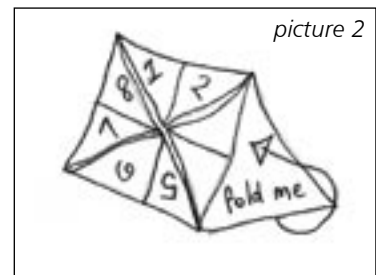
When Jean-Paul Sarte wrote "hell is other people", it looks like he was wrong.

Rather than money, it's our friendship circles and social contacts that make us happy, according to new 'happiness studies'.

With the pace and pressure of our busy schedules, it's all too easy to lose touch with our social life. This playful exercise gives you the perfect excuse to get in touch with family and friends to enjoy a few light-hearted activities.



picture 1



picture 2

## You will need:

Coloured pencils if you want to colour in the Origami Oracle (use our template by cutting it out, or trace or photocopy if you don't want to cut the page)

## Instructions

- 1 Apply colours of your choice if you wish.
- 2 Cut out the Origami Oracle
- 3 Turn paper over to back and fold each corner in towards you (picture 1)
- 4 Turn paper back over and fold each corner towards you (picture 2)
- 5 Turn paper back over and place thumbs and index finger into each of the flaps (picture 3).
- 6 You will find that by moving the index fingers of each hand, as a pair, and the thumbs of each hand, as a pair, away from each other, forwards/ backwards and side to side, you can open and close the Origami Oracle (picture 4)

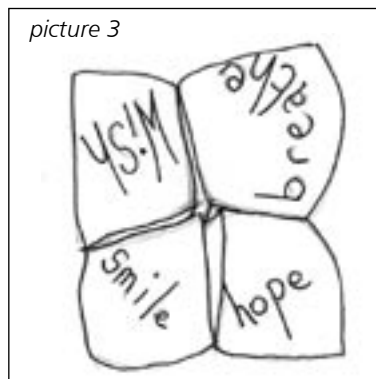
Now you are ready to try the Origami Oracle out.

Pick a word and spell it out - open / close the Origami Oracle once for each letter of the word. As you spell the word, opening and closing the Origami Oracle, you will reveal the numbers inside the Origami Oracle.

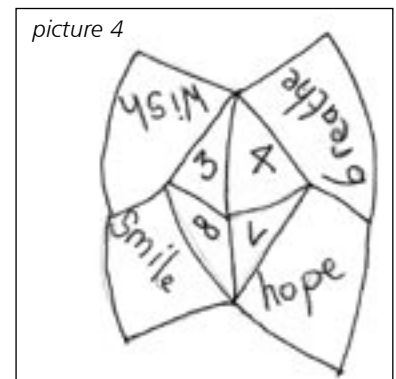
Pick a number and count it out, opening and closing the Origami Oracle as before

Pick a number and open the flap to show the friendship activity the Origami Oracle suggests for you.

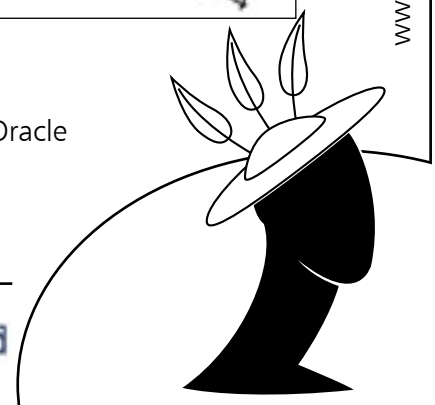
Get going on the activity - enjoy!



picture 3

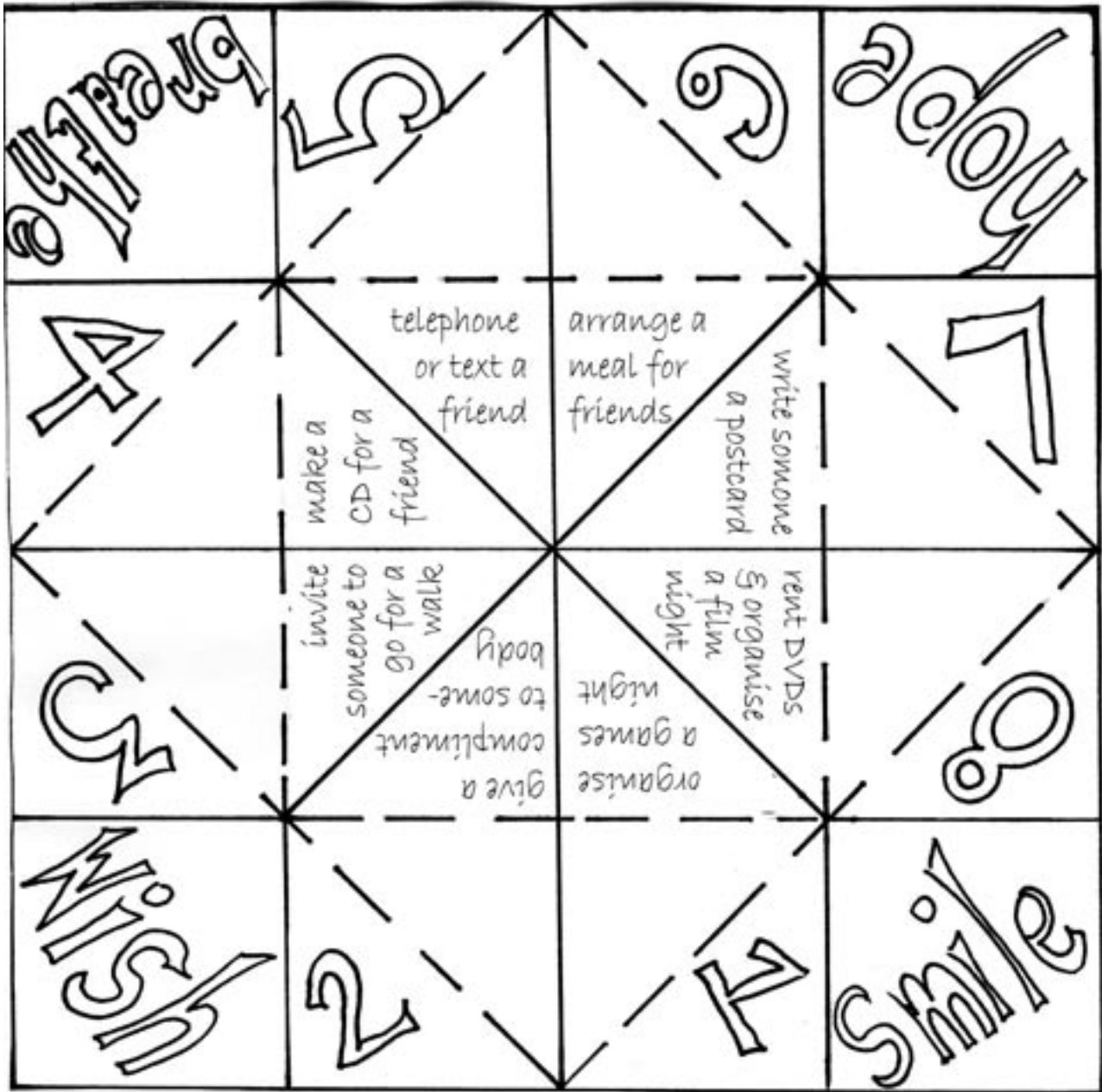


picture 4



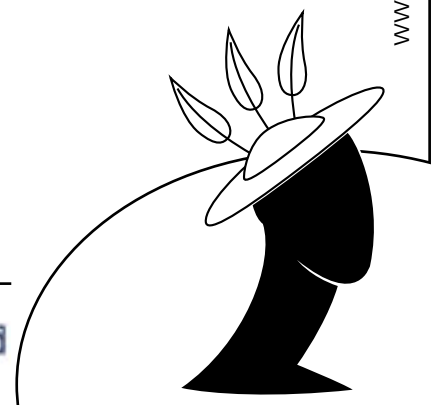


# The Origami Oracle - template



Trace or photocopy the template

**Tip:** Try making up your own words and activities to write on the Origami Oracle. Make sure that the 4 words on the front (corners) contain both odd numbers of letters (e.g. breathe) and even numbers of letters (e.g. wish) or you will always finish your 'Pick a Word and Spell it Out' part of the game on the same numbers





# Supa-stimulating brain games

It's official - physical exercise is good for our brains! It boosts the brain's efficiency by increasing blood and oxygen flow, and this sharpens thinking and concentration, and improves memory.

Exercise also makes us more cheerful, by stimulating the release of endorphins, the powerful, pain-relieving, mood-elevating chemicals in the brain.

## Easy - starter game to warm your brain and body up

This game works with a basic count of 8, using steps just as in ordinary walking steps. You'll step both forward and backwards during the game.

### 1st 8 counts

walk **forward 8 steps**

### 2nd 8 counts

walk **forward 7 steps** and **back 1 step**

### 3rd 8 counts

walk **forward 6 steps** and **back 2 steps**

### 4th 8 counts

walk **forward 5 steps** and **back 3 steps**

### 5th 8 counts

walk **forward 4 steps** and **back 4 steps**

### 6th 8 counts

walk **forward 3 steps** and **back 5 steps**

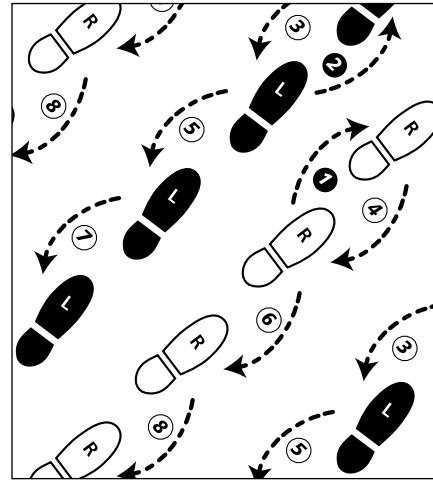
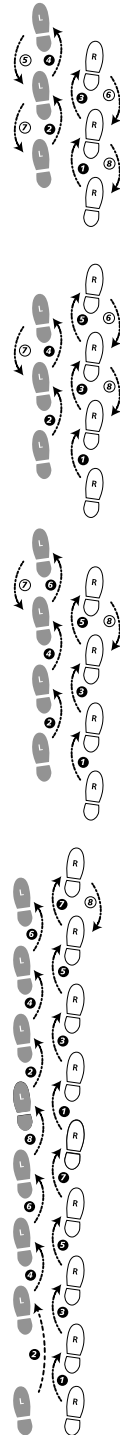
### 7th 8 counts

walk **forward 2 steps** and **back 6 steps**

### 8th 8 counts

walk **forward 1 step** and **back 7 steps**

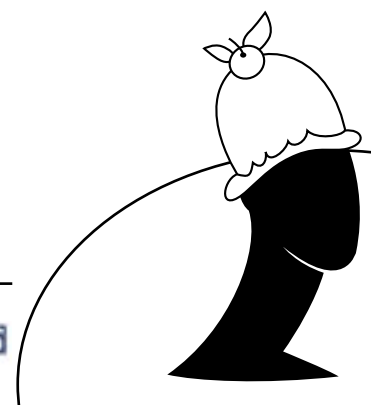
**Repeat 3 times or more, trying a little faster each time**



Physical exercises that challenge the mind, such as those using complex, changing movement sequences, can offer additional benefits to memory and concentration. This is because they are believed to increase brain efficiency by strengthening neural connections and even creating new ones.

Try these quick, brain-boosting games. They can be done on your own but could be even more fun with friends or family. They are suitable for all ages, and can be adapted for people with limited mobility by using head, shoulder or arm movements instead of steps and jumps.

Try them to music too!






# Supa-stimulating brain games 2

## Moderate challenge – now you’re warmed up, have a go at the next game


This game uses stamps, and jumps with both feet off the ground, if you can. Combine the jumps with a clap of your hands for maximum energising effect!

This game works with a basic count of 4.


**1st 4 counts –**

1 = left foot stamp 


---

2 = right foot stamp 

---


3 = left foot stamp 

---


4 = jump and clap 

---


**3rd 4 counts –**

1 = left foot stamp 


---

2 = jump and clap 

---


3 = right foot stamp 

---


4 = left foot stamp 

---


**2nd 4 counts –**

1 = right foot stamp 


---

2 = left foot stamp 

---


3 = jump and clap 

---


4 = right foot stamp 

---


**4th 4 counts –**

1 = jump and clap 


---

2 = right foot stamp 

---

3 = left foot stamp 

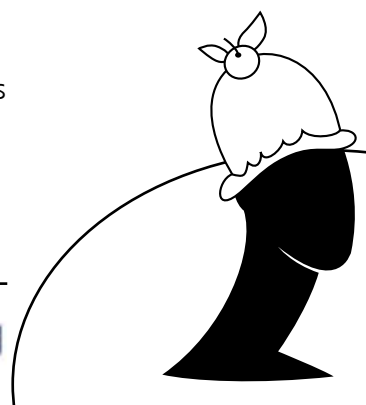
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4 = right foot stamp 

---

Try 3 times or more, a little faster each time.

Tip : Setting this to different pieces of music, some fast, some slow, makes this game more varied





# Supa-stimulating brain games 3

**Challenging – now you’re cooking, have a go at the next game. This game works with a basic count of 4.**

Practise the steps in column 1 a few times, before adding the arm movements in column 2.

### 1st 4 counts –

- 1 = with right foot, step to right
- 2 = tap left foot up to right, weight still on right foot
- 3 = with left foot, step to left
- 4 = bring right foot together with left, weight on both feet



### 1st 4 counts –

- 1 = extend left arm out to your side
- 2 = bring left hand in to touch the top of your head
- 3 = extend left arm out to your side again
- 4 = bring left arm down to side of body

### 2nd 4 counts –

- 1 = with left foot, step to left
- 2 = tap right foot up to left, weight still on left foot
- 3 = with right foot, step to right
- 4 = bring left foot together with right, weight on both feet



### 2nd 4 counts –

- 1 = extend right arm out to your side
- 2 = bring right hand in to touch the top of your head
- 3 = extend right arm out to your side again
- 4 = bring right arm down to side of body

### 3rd 4 counts –

- 1 = with right foot, step forward
- 2 = tap left foot up to right, weight still on right foot
- 3 = with left foot, step backward
- 4 = bring right foot together with left, weight on both feet



### 3rd 4 counts –

- 1 = extend left arm in front of you
- 2 = bring left hand in to touch your nose
- 3 = extend left arm in front of you again
- 4 = bring left arm down to side of body

### 4th 4 counts –

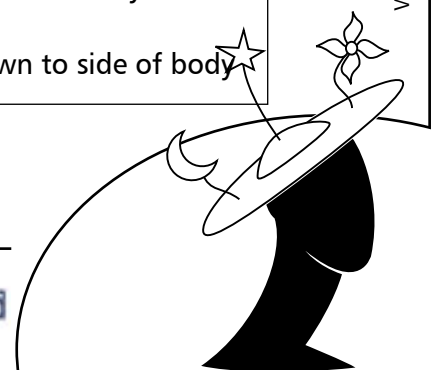
- 1 = with left foot, step backward
- 2 = tap right foot up to left, weight still on left foot
- 3 = with right foot, step forward
- 4 = bring left foot together with right, weight on both feet



### 4th 4 counts –

- 1 = extend right arm in front of you
- 2 = bring right hand in to touch your nose
- 3 = extend right arm in front of you again
- 4 = bring right arm down to side of body

**Phew!**





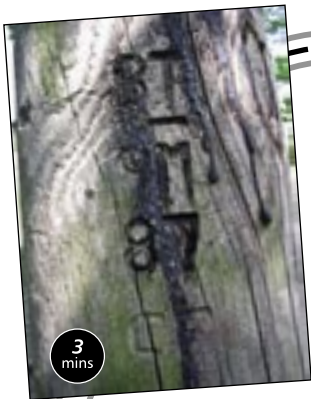
CREATE SPACE FOR YOUR CREATIVE SPACE MAKE YOURSELF SPACE CREATE YOUR OWN SPACE

# 10 minute walk

How often do you walk somewhere, busy thinking, talking or texting and not really noticing your surroundings... This exercise will help you to see your environment in a different way. You'll need a camera, or a mobile phone that takes photos. Take a ten minute walk, stopping every minute to take a picture of whatever you see when you look around.

*"Some things stand out more than others as you're passing by"*

*"Looking at something from a different angle can alter the meaning of your life"*



*"This reminds me of childhood - carving names into trees"*

*"It's easy to become desensitized and lose the curiosity you had as a child"*



*"Anything can be art, anything can be beautiful"*



*"It's the details of your life that make it what it is"*



**How often do you pass this spot? Is this a journey you make every day? Do you see anything you've never noticed before?**





# Back to nature - environmental art

'Nature heals' is a well-known phrase, and many of us identify with this sentiment in its widest sense, feeling that we'd like more contact with the natural world. Being outside is healthy for our mind and body. Sunlight improves our mood, and boosts our Vitamin D levels, whilst being surrounded by nature can relax and refocus us in a positive way, helping us get our lives in better perspective.

Yet these days we spend so much time indoors, disconnected from nature, that we can lose touch with all it can offer.

This exercise encourages us to get outdoors, whether into the countryside, a park or garden, and observe the natural world - its seasonal colours, its many textures, shapes and forms. It also shows you how to get creative with natural resources, making impermanent works of environmental art.

Making fleeting, impermanent 'creations' can be liberating, as we can't become too precious over what we make. We enjoy the moment of creating, and then move on!

## Environmental art:

**Andy Goldsworthy:** [www.sculpture.org.uk/](http://www.sculpture.org.uk/)

**John Dahlsen:** [www.johndahlsen.com/](http://www.johndahlsen.com/)

[www.greenmuseum.org/](http://www.greenmuseum.org/)

### Parks and gardens to visit:

[www.manchester.gov.uk/leisure/parks/](http://www.manchester.gov.uk/leisure/parks/)

[www.salford.gov.uk/leisure/parks/](http://www.salford.gov.uk/leisure/parks/)

[www.getoutguide.co.uk/outdoors/parks.htm](http://www.getoutguide.co.uk/outdoors/parks.htm)

## You will need:

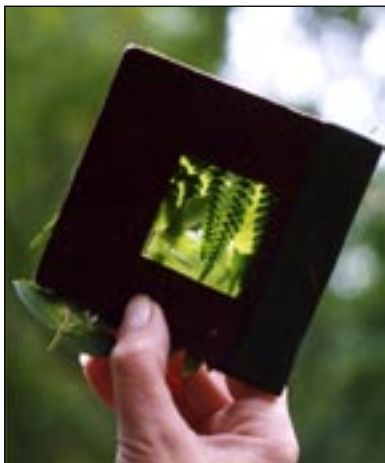
Two pieces of light card, 10-15 cm square

Scissors, or a craft knife and cutting surface

Sticky tape

A plastic or paper bag

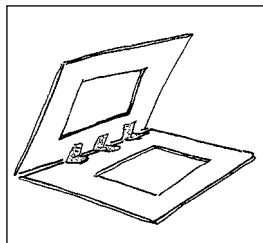
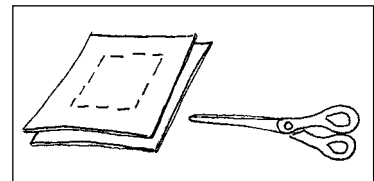
A camera or mobile phone that takes photos (optional)



## What to do:

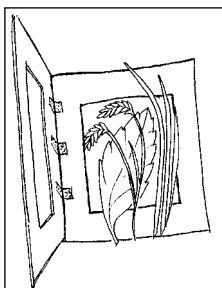
Cut matching windows in your cardboard squares.

Tape together at one side to create a hinge.



Go for a walk, gathering fallen leaves, twigs, petals, grasses etc into your bag (don't pick flowers etc unless they are yours!).

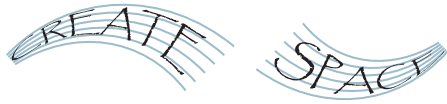
When you have a good selection, sit down and create a collage:



Lay items in the frame, and when you have a composition you like, close the frame and hold the collage up to admire.

These are impermanent creations, but of course you could snap a photo before dismantling and trying more collages.





## Where have all the Create Space exercises come from?

We have compiled the Create Space book from a range of starting points. Some activities are our own invention, some have been adapted from other sources including nature walk worksheets, movement and physical health workshops and worksheets, Waldorf teaching techniques and arts resources.

## Acknowledgements

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Glyn Thomason



Catherine



Irene Clare Garner



Annie Tortora-Cailey



T. Cole



Marilyn Hashim



Trish



Rachel Cooke



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Lucilla Jones



Steve Waterworth



Robin Colville



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Pat Culbert



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