

Activity: Creative Expression/Arts Goal: Psychological/Emotional
Populations: All

TH Activity Plan – Origami Calendar with Seeds & Pressed Flowers

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ACTIVITY DESCRIPTION: Participants will create a monthly calendar with seasonal garden-based artwork on card stock.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Recognize the time of year & seasons; awaken curiosity

Physical: Strengthen eye-hand visual motor integration skills; maintain hand dexterity; practice attending to task

Psychological/Emotional: Use creativity as personal expression; generate interest in horticultural activities

Sensory: Recognize personal responses to flower colors & sizes & different sensory inputs from material like Washi and Origami paper

Social: Discuss responses & preferences for flowers within group; share calendars with family and friends to increase positive interactions

Materials

Pressed flowers,
seeds

Origami & Washi
(traditional Japanese paper)

Pre-printed monthly calendar
on card stock

Glue, tweezers, blank sheet

Wipes, gloves

STEP-BY-STEP PROCESS:

1. **Pre-Session Preparation:** Facilitator and participants create pressed flowers as a preparatory activity one or two weeks before Origami calendar TH session, printing the date on a blank piece of paper for later reference during the Origami calendar session.
2. Facilitator begins session by showing the previously made pressed flowers. To focus on sense of time, a discussion of the season and date, thinking back to when the flowers were picked and pressed, is the starting point for the day's session.
3. Participants choose 6-10 pressed flowers as an expression of their creativity & preferences.
4. Cut Origami paper to make flowerpot shapes. Tear Washi paper to make leaf shapes creating rough (realistic) edges.
5. Glue flowerpot, flowers & leaves onto pre-printed monthly calendar page using tweezers or fingers.
6. Participants show their completed calendars to each other.
7. Display the calendars in their rooms checking the dates & attuning to sense of time/date/season. Participants also can share calendars with family and friends.

APPLICATIONS FOR POPULATIONS: This activity can be conducted as a one-time event or as a series of sessions. When conducted over multiple sessions, the group can engage in the process of sowing flower seeds, planting

flower seedlings in planters, nurturing their growth, and harvesting flowers to create pressed flowers before creating a calendar. And it can be a monthly TH activity creating each month's calendar, reinforcing sense of time, passage of time, seasonal changes and creative expression.

The physical requirements of this Origami calendar activity can accommodate a range of abilities including those with strong eye-hand coordination and hand dexterity as well as people who are recovering from hand injury or hand surgery. Larger flowers, larger diameter glue tools and larger calendar pages can ease hand and finger movement/precision. Using hands and fingers instead of tweezers or scissors will reduce some fine motor requirements. These adaptations will accommodate for people with low vision as well.

The Origami calendar TH activity can strengthen eye-hand visual motor integration skills. Essential for most functional activities because it requires a person's hands and eyes to work together to guide their movements, visual motor integration involves the eyes, brain and body and includes visual perception and motor control. Tasks like tearing, folding, scrunching up paper can work eye-hand coordination as can making origami figures both simple and complex. And skills like using an index finger, two fingers or whole hand to fold paper, using a photograph to then replicate an origami figure or model, recognizing patterns, drawing and copying shapes can also help strengthen visual motor integration. Related skills of visual perception, visual imitation skills, sensory tolerance, scissor skills and handwriting can be integrated into this TH activity.

SAFETY CONSIDERATIONS: It is essential to check with staff and individuals before the activity to align physical and cognitive abilities as well as emotional stability for this activity. For people with hand injury, be careful with scissors to avoid further injury. When conducting this activity with individuals living with dementia, be mindful of the use of glue and handling of flowers and the potential risk of ingesting materials. Precautions should be taken accordingly.

NOTES OR OTHER CONSIDERATIONS: Using Viola for this activity can make it a multi-season activity summer through winter, allowing for extended enjoyment of the activity. As a continuous on-going activity, participants can experience the changing seasons and the passage of time through the growth of the plants and creation of monthly calendar pages. The versatility of this activity, involving the simple task of pressing flowers and leaves, is adaptable for children, elderly, individuals living with dementia, and those with physical disabilities. Multiple health goals can be integrated into the sessions.

REFERENCES/ RESOURCES:

Beck, C. (2017). Easy eye-hand coordination activities using paper.

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Smith, L. (2023). *Origami Book for Kids: Transform Paper Into Art & Enhance Your Child's Focus, Concentration, Motor Skills with our Activity Book for Kids*. Nrinteractive LLC

Edits were made for THAD purposes in 2023.

TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2023.