



# Virtual Origami Workshop

Session Length: 1hr; 90 minutes.

Details: Boost social and emotional wellbeing with this recreational workshop - centered around the ancient art and technique of Japanese paper folding.

This session is designed to foster creativity, invigorate cognitive function, and increase remote team connectedness.

The practice of Origami holds multiple benefits for mental wellbeing including:

- A boost to cognitive development and brain health - stimulating mental concentration, enhancing fine motor skills, and improving short-term memory.
- Stress Relief - Use this session to aid relaxation amongst team members.
- Increased Emotional Wellbeing: Proponents of origami cite it as an activity that helps to reduce anxiety, and increase a sense of personal satisfaction.

Prep:

Participants should come to the session prepped with the following materials:

- Paper
- Scissors (or cutting tools)
- Glue