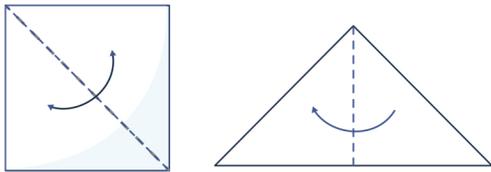


## ORIGAMI DOG CRAFT

Origami has a variety of benefits such as improved concentration and creativity as well as a good way to relieve stress.

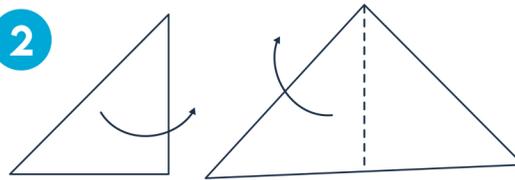
Have a go at this origami dog craft, all you need is a piece of paper and a pen to add decoration.

1



Start with a square piece of paper, fold it in half to create a triangle.

2



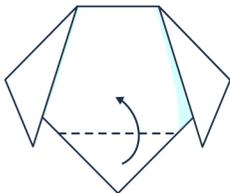
Fold the triangle in half again to create a light crease and open it back out.

3



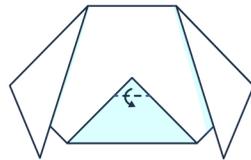
Fold the top left corner over so it looks like one of the dog's ears, repeat this step for the top right corner.

4



Fold the bottom point upwards.

5



Fold the tip of the bottom point back down to create the dog's nose.

6



Add on some eyes and any other details you want and you're done!



Did you know that origami was traditionally used to add decoration to temples and shrines?

