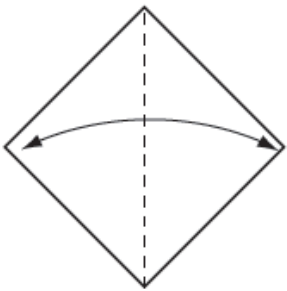


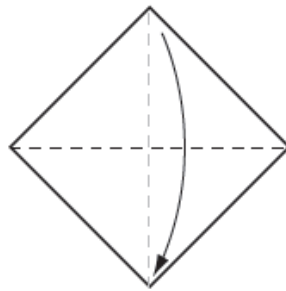
## Shropshire and Telford & Wrekin School Games Wellbeing Week

# ORIGAMI

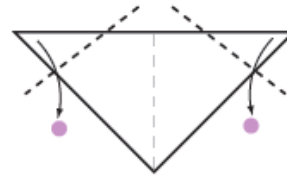
## Easy Talking Dog—KS1



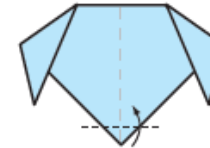
1. Start with your paper white side up. Fold in half then open.



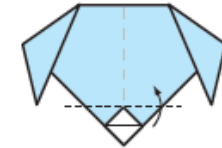
2. Fold the top corner down to the bottom corner.



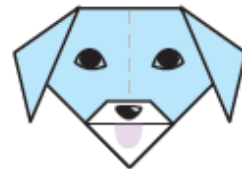
3. Fold the two top corners down to the points shown



4. Fold the uppermost layer of the bottom corner up a little way



5. Fold this layer up again, from the top of the triangle as shown



6. Add eyes and a nose to the dog's face. If you like you can even add a tongue!

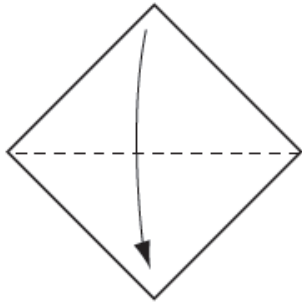


To make your dog talk, hold the model by the ears and move back and forwards shown by the arrows.

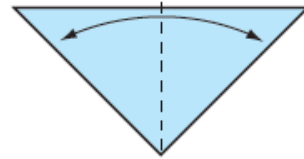
## Shropshire and Telford & Wrekin School Games Wellbeing Week

# ORIGAMI

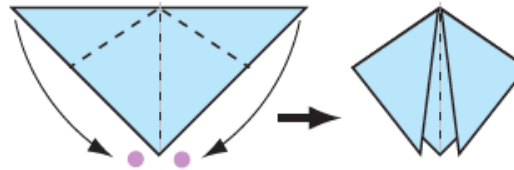
## Easy Ladybird—KS1



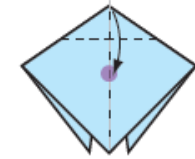
1. Start with a square piece of paper, white side up. Fold in half.



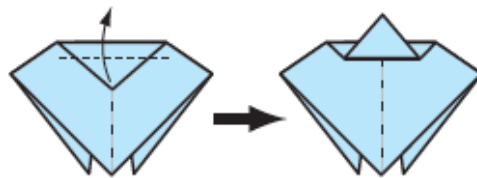
2. Fold this triangle in half, crease well then open.



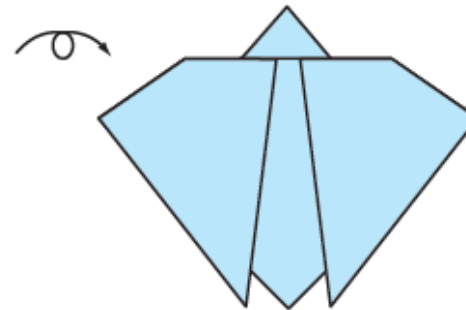
3. Fold the top 2 corners downwards, but not right to the centre line: leave a little gap.



4. Turn model over. Fold down top corner to the centre point of the model.



5. Now fold this corner upwards, and flatten.

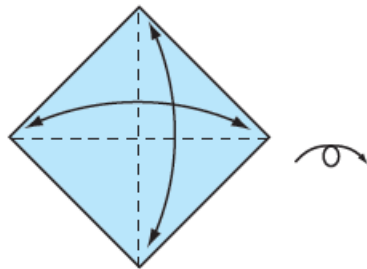


6. Turn back over. Finished Ladybug

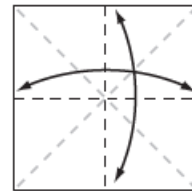
## Shropshire and Telford & Wrekin School Games Wellbeing Week

# ORIGAMI

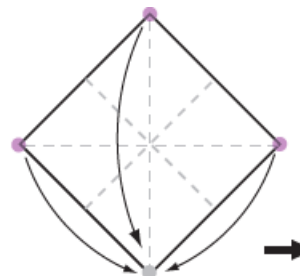
## Horse—KS2



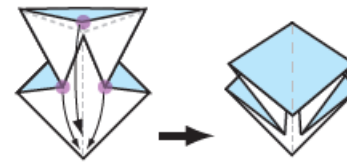
1. Start with a square piece of paper, coloured side up. Fold the paper in half, crease well and open, and then fold again in the other direction.



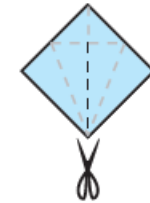
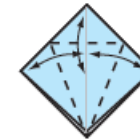
2. Turn the paper over to the white side. Fold the paper in half, crease well and open, and then fold again in the other direction. Your creases should look like this.



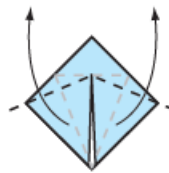
3. Using the creases you have made, bring the top 3 corners of the model down to the bottom corner. Flatten model.



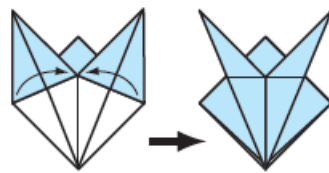
4. Fold upper layer's outside corners toward centre line, then fold the top downward along the crease shown. Unfold.



5. Cut only top layer up to the top crease.



6. Fold the "legs" upwards along the creases shown.



7. Fold these sections in half, toward the centre.



8. Turn model over and repeat steps 4-7 on other side. The model should now look like this.



9. Rotate model and make creases as shown. Unfold.



10. Inside Reverse Fold the head and the tail. Finished Horse!



Optional Step: Blunt the 4 feet of the horse by folding the tips upward on the inside of the model.

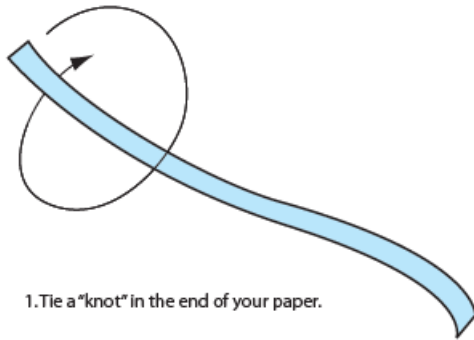


To make the horse do a somersault, sharply tap upwards under his tail.

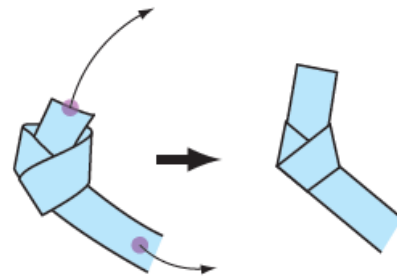
## Shropshire and Telford & Wrekin School Games Wellbeing Week

# ORIGAMI

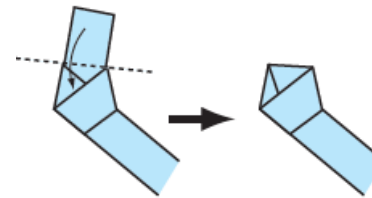
## Lucky Star—KS2



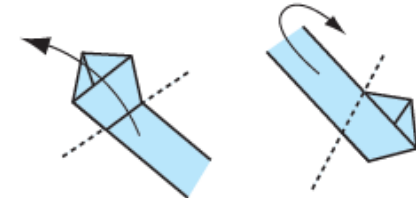
1. Tie a "knot" in the end of your paper.



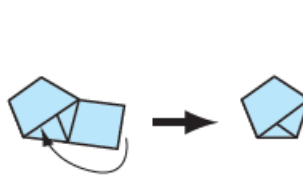
2. Pull gently to tighten, then flatten.



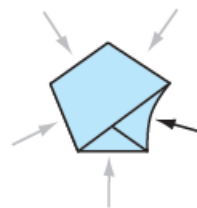
3. Fold the end of the strip down and tuck it into the knot. You can cut a bit of it off if it is too long.



4. Now wrap the other end of the strip around and around this pentagon you have formed, creasing gently as you go.



5. Keep wrapping until you get to the end of the strip. Tuck the last bit of the strip into the pouch. You should be left with a cute little pentagon.



6. Now to make this little pentagon into a star, very gently and slowly use your fingernail to press on the centre of each of its edges. The star should puff out.



And you should have a lovely little lucky star! It may take some practise to get the star to puff out perfectly, but stick with it... you'll get it!

If you are having a lot of trouble, try different papers, or try wrapping the strip of paper around without creasing it too much. This helps a bit!



Shropshire and Telford & Wrekin School Games Wellbeing Week

# MINDFULNESS VIDEOS

Reception and KS1



[Cosmic Kids—Mini the Puppy \(7 mins\)](#)



[Space Breathing Guided Meditation \(6 mins\)](#)



[Sleeping Dragon Guided Meditation \(10 mins\)](#)



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SPORT  
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#Mindfulness

Shropshire and Telford & Wrekin School Games Wellbeing Week

# MINDFULNESS VIDEOS

KS2



[How to let go of worries Guided Meditation—8 mins](#)



[Cosmic Kids 5 Mindfulness Exercises—14 mins](#)



[Yoga to calm minds - \(41 mins\)](#)