

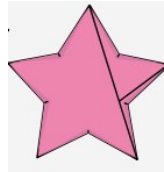
Origami Lucky Stars

Setting the context: Origami stars are said to be a gift of love and good wishes. The number of stars made and given has symbolism.

This versatile craft activity is meditative, relaxing and enjoyable. It can be a route into conversation-based activity for adults, families, people of all ages. The skill lies with carrying on conversations while making.

Suggestions for star giving

- 1 Star: You are my only love
- 2 Stars: Happiness and togetherness
- 9 Stars: Wishing you love for a lifetime
- 55 Stars: Loving with no regrets
- 99 Stars: A lifetime of giving & receiving love



Objectives:

- To CONNECT with each other through compassion, peace and hope for the future
- To reflect on connections of hopes, calmness, protection, security
- To find out where there are overlaps, to help with multifaith understanding and to start interfaith dialogue

Items needed: Re-use paper if possible for the making, if it's too thin, use doubled over.

- Strips of paper pre-cut (2cm x 29cm will make a final size star 3cm x 3cm) 29cm is A4 size.
- Scissors

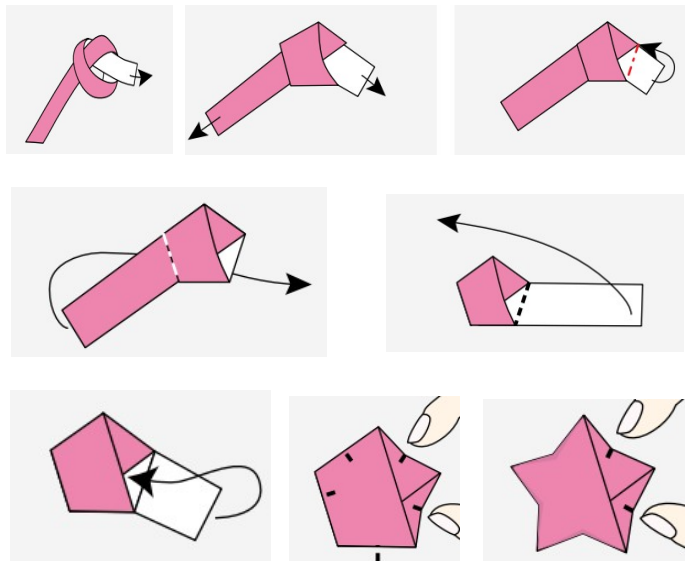
Time needed: 10 minutes+ depending on number of stars made and conversations taking place

Preparation:

Lay out items needed with at least one example of origami stars to handle

Activity details:

1. Loop the paper strip to form a loose knot.
2. Wiggle the loose ends and make firm creases, tucking the short end under so you have a pentagon shape.
3. Fold the long edge up and over the opposite edge, making a firm crease...
4. Again fold the long edge up and over the opposite edge, making a firm crease. The shape is always 5-sided, a pentagon
5. Repeat until you remain with a short loose end. Tuck this in, to form a neat 5-sided shape.
6. Pinch and push in, each edge in turn to create the star shape.



To request a workshop contact: Lynn@glade.org or Liz@glade.org

1 For more materials & activities visit: <https://interfaithbelief.glade.org/>

The GLADE Centre

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