



## The Love Yourself Project Origami Hearts

### **Objective:**

This guided project is designed to evoke its participants to reflect and discuss the concept of self-love. Through this awareness, the LYP seeks to plant small seed and spread the consciousness of self-love. How to make: <http://www.origami-instructions.com/easy-origami-heart.html>

**Time:** 45-60 minutes. This can be adjusted based on needs

### **Facilitators:**

Will provide 2-3 LYP members for classroom setting  
Will provide up to 5 LYP members for larger events

### **Materials Included:**

2 pieces of Origami Paper  
Markers/pens in various colors  
One LYP Sticker per participant

### **Process:**

1. Participants are introduced to LYP members who will be facilitating the activity.
2. Facilitators will lead a discussion forum (classroom setting) and/or talk with individuals (in festival/ large event setting). Questions are meant to invite participants to engage and consider the task at hand. Questions may include:
  - How often do you stop to think about loving yourself or hating yourself?
  - How much time do you spend reflecting on your self-worth?
  - What does it mean to love and/or show love?

- Have you ever thought about the reasons why you love yourself?
- How do you take care of yourself in a way that reflects this love?

**NOTE:** Questions are asked in an age appropriate manner depending on the participants.

In this dynamic, you may find it helpful to write some of these responses on a board; writing out the answers may assist visual learners in processing the discussion points. The facilitator's role is to stimulate the conversation and to make the participants feel comfortable. No answer is right or wrong.

3. Participants are given 2 sheets of paper and pen/markers. Facilitators ask the participants to decide upon one thing that they love most about themselves. Participants will be instructed to write "I love myself because \_\_\_\_\_," or "I love my \_\_\_\_\_." We encourage them to write something meaningful in their lives. Maybe something they do to keep them healthy or maybe something they do for others.
4. Facilitators will guide participants in sharing their creations, emphasizing the importance of loving and respecting oneself and each other. Each person will make two (2) hearts: one which will be used for the 10,000 Hearts exhibition and the other one they can share with their family. The installation will be the second exhibition where participants can share with their family and friends. The first Exhibition was held in May of 2011 called 1000 Hearts. It was part of the City Ideas/ New Museum. The messages were also tweeted @loveyourselfNYC.

