

# Love Yourself Project

## 10,000 Hearts Campaign

### Origami Heart Making Workshop

#### **Objective:**

This guided project is designed to inspire its participants to reflect and discuss the concept of self-love. Through this awareness, the LYP seeks to plant a small seed and spread the consciousness of self-love with art, words, discussion and practice.

Time: 20-45 minutes. This can be adjusted based on needs. If you have less than 20 minutes for this activity, we recommend removing the “decorating of the heart” portion and use colorful origami paper instead of white.

#### **Facilitators:**

You as an educator should be knowledgeable of the LYP’s mission and be able to communicate this with participants. It is important for everyone to feel free to be self expressed. At the same time you should encourage and listen to those who may be suffering. NOTE: We recommend you learn and practice how to fold an origami heart so you may be confident and comfortable helping your participants.

#### **Materials (not included with Kit):**

- 1- 4 pieces of Origami Paper per participant. (colored or white paper: you can use light weight computer copy paper and cut it into squares. 5 x 5 inches or larger is best especially for small hands.)
- Color pencils, pens, markers, crayons, etc.
- A protective cover (plastic is useful and re-useable) for work stations/tables

#### **Creative Process**

1. Facilitators will lead a discussion forum (classroom setting) and/or talk with individuals (in festival/ large event setting). Questions should invite participants to engage and consider the task at hand. You can start by having each participant say their name and one word to describe how they are feeling right now. (Try to remember what they said or have them write it down) Spend at least 5 minutes doing mindful exercises such as closing the eyes and listening deeply. With their eyes closed ask them to concentrate on their heart, can they feel or hear the beat?, what size do they think their heart is?, what color? At the end ask what they experienced.
2. Questions may include: (A list of question suggestions is provided in the kit)
  - 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. Participants then get a chance to decorate the other side of the paper. Encourage them to think out of the box and use their creativity and imagination to be expressive.

5. Prepare to demonstrate how to make an origami heart. (There is a video demonstrating how to fold an origami heart with complete instructions on our website’s front page: [www.loveyourselfproject.org](http://www.loveyourselfproject.org))

6. Facilitators will guide participants in sharing their creations, emphasizing the importance of loving and respecting oneself and each other. Each person will make at least two (2) hearts: These can be digitally sent to [michael@loveyourselfproject.org](mailto:michael@loveyourselfproject.org) where they will be exhibited on social media.

7. Before the event is over, ask the participants to write one sentence about how they feel.