

## FOLDING

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

MATERIALS: wash cloth, hand towels, bath towels, magazines, paper

METHOD: These activities promote eye-hand coordination, bilateral upper extremity use, finger strength, and manual dexterity. Using different size materials and positions, they can be adapted from gross to fine motor function (shoulders and elbows to wrists, hands, and fingers).

### FOLDING ACTIVITIES

Dates completed

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1. Fold wash cloths, hand towels, bath towels, pillow cases, dish towels.

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2. Turn magazine page and slide hand along center to flatten the page.

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3. Fold a magazine page in half, using center as a boundary.

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4. Fold a pre-folded paper in half.

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5. Fold paper in half, then half again, until very small, using opposite edges as boundaries.

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6. Fold paper on a thick line drawn down the middle.

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7. Fold paper to a straight line drawn an inch from the opposite edge.

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8. Fold square paper diagonally (opposite corners), and again, until a very small triangle.

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9. Fold rectangular paper diagonally, then fold excess edges along triangle.

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10. Fold forward then backward producing reverse folds to make a fan.

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11. Tape two thin strips together at one end, one horizontal, the other vertical, then fold across each other. Use different colors at first, then the same colors.

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12. Begin simple origami projects requiring folding and cutting.

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