

Origami

Description	Supports calm, concentration and cognitive flexibility through hands-on making.
What happens	Participants are guided step-by-step through structured paper folds to create practical items. A menu can be provided so you can choose the items you make.
Why it works	Encourages deep concentration and mindful focus, giving the brain a complete break from everyday work demands.
What's included	All materials.
Logistics	Tables and chairs for all participants.
Group sizing	Any size up to 40.
Price	£40.00 per person + travel.

Optional Enhancements

Energiser to open the session

Curated background music to support flow

