

MindWell

Give a Hoot!



Make an owl

Join us in making an owl and share
your hopes, dreams and expectations
for the future of Leeds



Scan the QR code or visit www.mindwell-leeds.org.uk/news
for more about this campaign

Get involved



MindWell

We're inviting the people of Leeds to take part in our Give a Hoot! campaign.

Get creative and share your hopes, dreams and expectations for the future by making an owl. Owls will be placed on display at Leeds City Museum during Mental Health Awareness Week 13 to 19 May 2024.

Every owl we receive represents someone who gives a hoot – the more hoots the better!



1. How to make your owl

So long as it fits in the palm of your hand, you can create your owl using whatever materials you can find or have lying around at home. Crochet, painted, hand-drawn or origami – the more creative, the better.

If you are stuck for ideas, you'll find some inspiration on page 4, instructions on how to create an origami owl on pages 5-8, along with the story behind our 'Give a Hoot!' campaign on pages 9-10.



2. Include your hopes, dreams or expectations

Don't forget to include a message with your owl. You could write this on the owl itself or send your owl with a note. Here are some prompts if you're stuck on what to say:

If I could change one thing about Leeds for me, it would be....

For a better future, we must...

I hope that in future...

You can make a note of your message here:

3. Send your owl off to roost!



Once you're happy with your owl, drop it off at one of the below community libraries any time before Friday 12 April and we'll do the rest. Owls can be dropped off near the library desk – speak with the library attendant if you're unsure.

Alternatively, you can:

- Post your owl to:
MindWell – Give a Hoot!, Suite C24, Joseph's Well,
Hanover Walk, Leeds, LS3 1AB.
- Or take a photo of your owl and email it to:
mindwellleeds@gmail.com
- Or post to social media and tag us: @MindWellLeeds



Unfortunately, we can't guarantee the return of individual creations.



Participating Libraries



- **Headingley Community Hub & Library**, 9B North Ln, Headingley, Leeds LS6 3HG
- **Seacroft Community Hub & Library**, Deacon House, 1 Seacroft Avenue, Leeds, LS14 6JD
- **Compton Road Library**, The Compton Centre, Harehills Ln, Leeds LS9 7BG
- **Reginald Centre Library**, 263 Chapeltown Rd, Leeds LS7 3EX
- **Moor Allerton Library**, Moor Allerton Centre, King Ln, Leeds LS17 5NY
- **Morley Library**, Commercial St, Morley, Leeds LS27 8HZ
- **Rothwell Library**, Rothwell, Leeds LS26 0AG
- **Hunslet Library**, Waterloo St, Hunslet, Leeds LS10 2NS
- **Garforth Library**, Lidgett Ln, Garforth, Leeds LS25 1EH
- **Central Leeds Library**, Calverley St, Leeds LS1 3AB
- **Armley Library**, 2 Stocks Hill, Armley, Leeds LS12 1UQ
- **Pudsey Library**, Church Ln, Pudsey, Leeds LS28 7TY
- **Horsforth Library**, Town St, Horsforth, Leeds LS18 5BL

OWL FACT

What do you call
a group of owls?

A Parliament of owls
– hear, hear, hoot,
hoot!

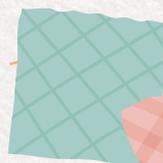


Photo by Paula Solloway

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For more creative activities, advice about how to stay well and information to support your mental wellbeing, visit MindWell, the mental health website for people in Leeds at www.mindwell-leeds.org.uk

Owl inspiration

Here are a few inspiring handmade owls we found to kick-start your creativity! Some even have online instructions so we've included the links. You can also find lots of free or very reasonably priced instructions for owls at www.lovecrafts.com



www.projectkid.com/yarn-owl-craft

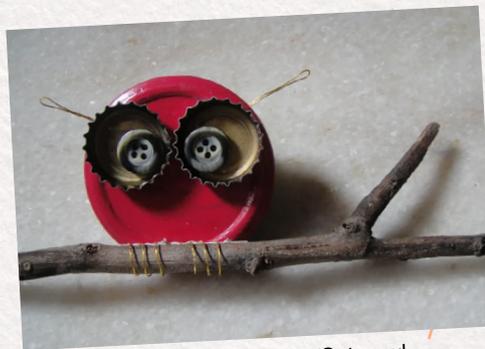
www.instructables.com/Cute-Owl-TP-Roll-Containers



www.instructables.com/Cute-Pinecone-Owl



www.lovecrafts.com/en-gb/p/ozzi-the-owl-crochet-pattern-by-cara-engwerda



www.instructables.com/Cute-owl



www.instructables.com/Easy-Origami-Owl-Video-Tutorial

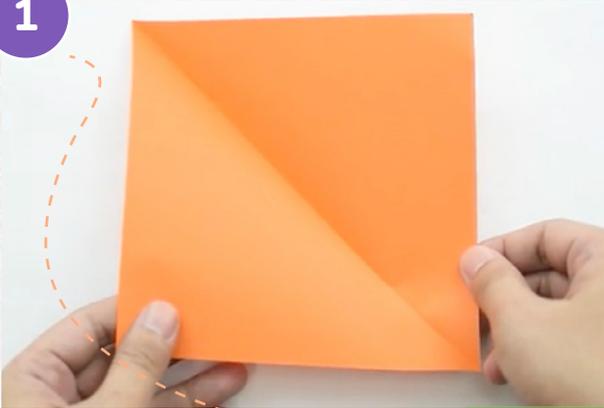


How to make an origami owl



Over the next 4 pages you'll find 2 simple Origami Owl tutorials. This first is only 6 steps and you can either follow these instructions, or go to www.wikihow.com/Make-an-Origami-Owl to watch the video tutorial where they also have a more advanced option to try.

1



Fold a square piece of plain or patterned paper in half diagonally, then open it back up.

Bring one corner over onto the opposite corner, creating a diagonal fold from one corner to the other. Crease the fold before opening the paper to lay flat.

Tip: If you're using a piece of paper that only has colour on one side, start with the paper colour-side down so that the white side is facing you.

2



Bring the left and right corners in about halfway to the centre, folding the top.

Fold each of the 2 corners on either side of the crease halfway to the middle to form the wings, which will look like small triangles at the upper half of the paper. Line up the edges of the folds so that they're parallel with the centre crease.

Tip: Try to fold the left and right corners the same amount on both sides so that the wings are even.

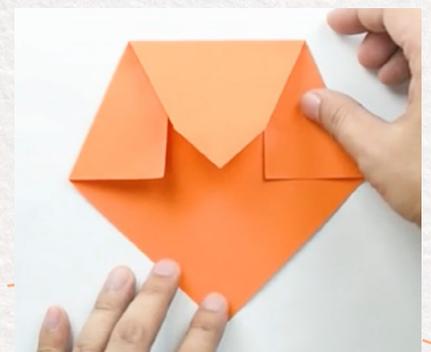
3



Fold the top corner down to the middle of the paper.

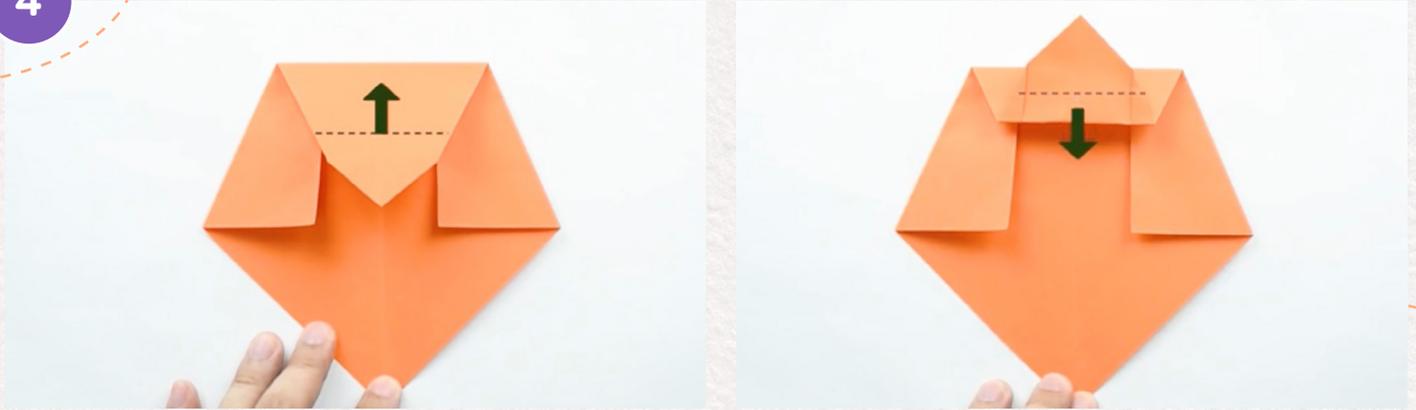
Bring the top corner down to make the head of the owl. Crease it so that the tip of the corner hits the exact centre of the paper.

Tip: Line up the corner with the bottom of the wings when you fold it down.



half way there...

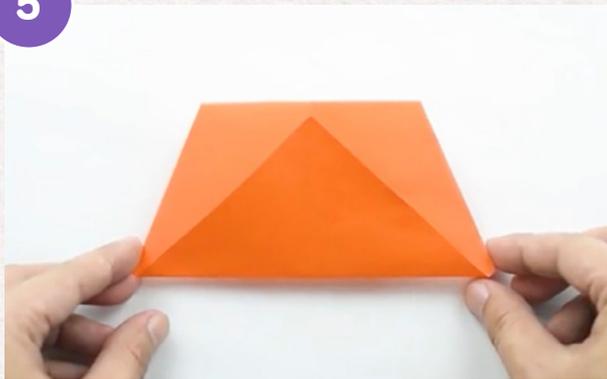
4



Fold the corner back up to the top, crease it, then fold the tip halfway down. To make the head of the owl, bring the corner in the center up towards you so it lines up with the top edge and crease the fold. Then, fold the corner back down about halfway to create the beak.

Tip: Bring the corner down past the bottom edge of the head when you're making the beak.

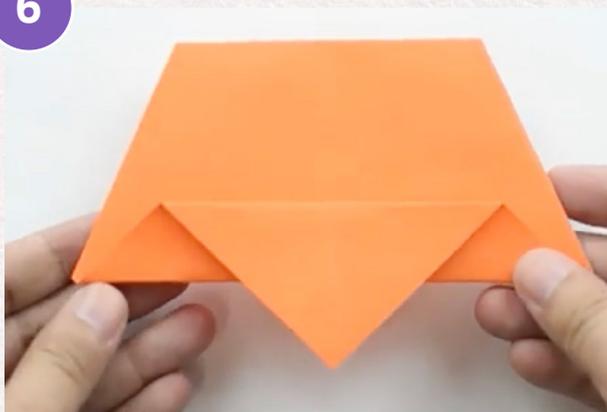
5



Flip the paper over and fold the bottom corner up to the top edge. Turn the paper so the back is facing you. Bring the bottom corner up, aligning it with the flat edge at the top of the owl before creasing it.

Tip: Make the crease at the base of the owl as straight as possible and parallel to the top edge.

6



Fold the corner back down, so the tip hangs over the bottom edge. Bring the corner down just slightly further than the bottom edge of the owl. Crease it, so it stays in place, forming the tail.

Tip: If you don't fold the corner down past the edge, you won't be able to see the owl's tail from the front.



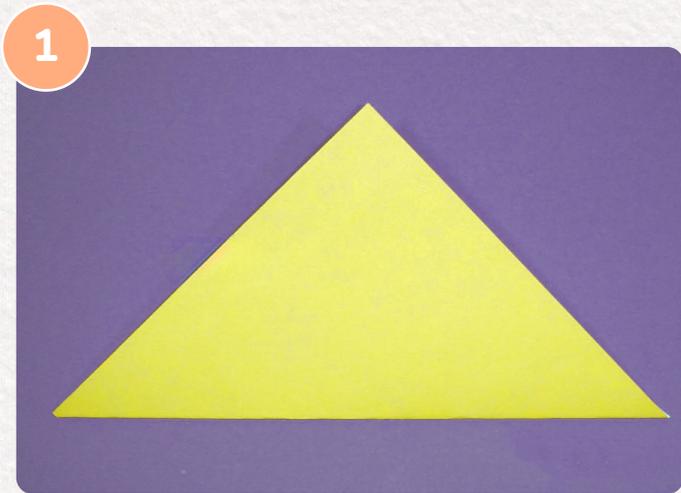
You did it! Now all you need to do is add some eyes and a bit of decoration!

You could even write your message in the space on the back.



How to make an origami owl

OPTION
2



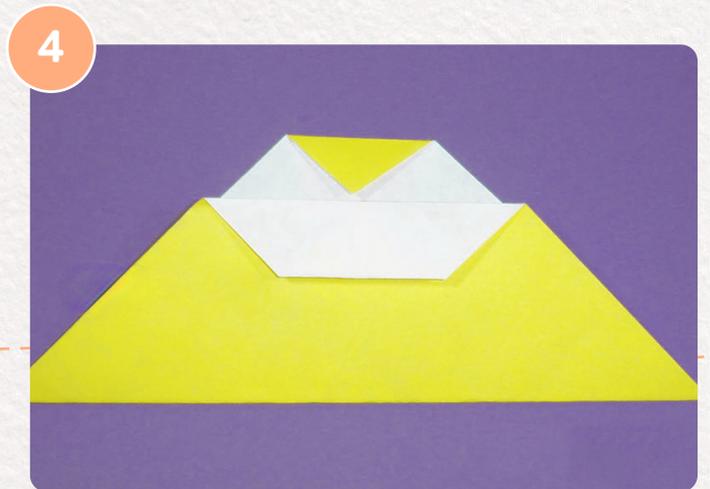
1 Fold the paper in half, connecting its opposite corners. You will get a yellow triangle.



2 Align the long edge of the triangle with a table, and bend its front tip downwards.



3 Fold in the protruding tip of this part – like it is shown on the picture.



4 Behind the folded corner you can see the white inside of the second triangle. You should pull down its tip reaching the bent front edge.

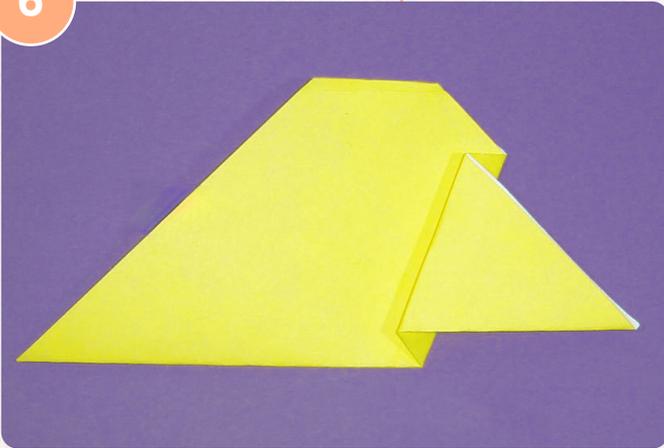


5 Next, you should turn your model backside, and then bend its right side to the left.



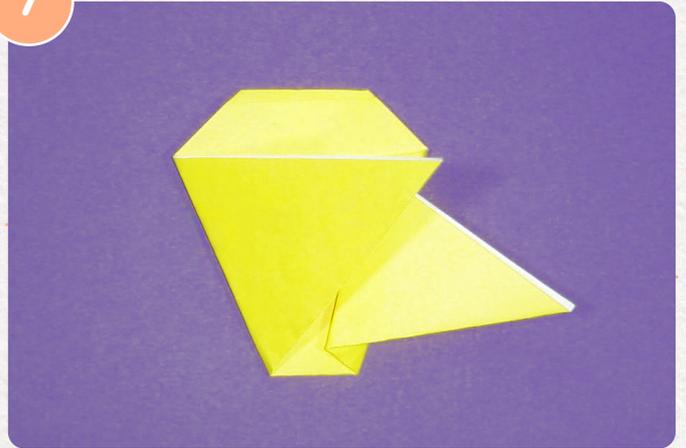
half way there...

6



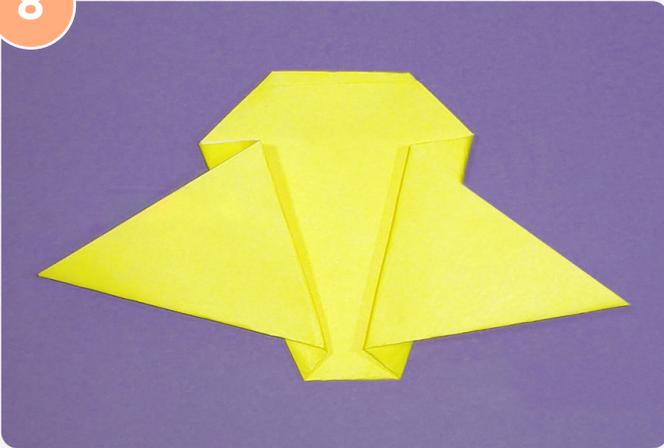
And then – bend the same part immediately to the right, forming a small fold.

7



Do the same with the left side...

8



...and the Owl's wings are done.

9



But they are on the Owl's back, so turn the owl face up to finish your work.

10



You did it! Now all you need to do is add some eyes, a beak and a bit of decoration!

You could even write your message in the space on the back.



Why origami?



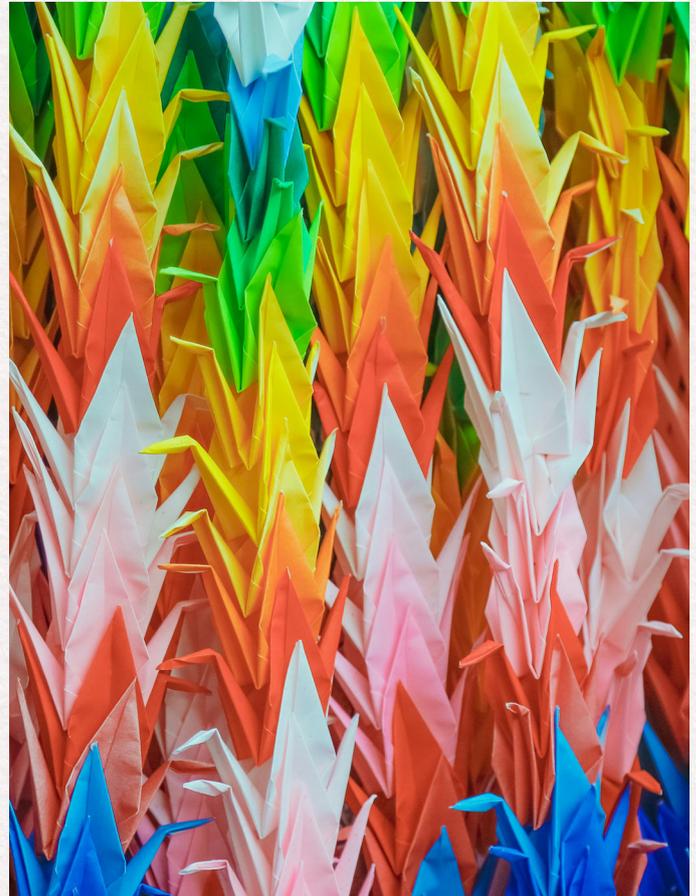
Origami is an ancient Japanese art form that involves folding paper into intricate designs without the use of scissors or glue. The art of origami has been practised for centuries and is now enjoyed by people all over the world.

One of the most well-known origami myths is the story of the 1000 origami cranes.

According to this myth, folding 1000 origami cranes will grant the folder one wish. The story became popular after Sadako Sasaki, a young girl who survived the bombing of Hiroshima, began folding cranes while she was in the hospital, hoping to recover from leukemia.

Although Sadako did not reach her goal of folding 1000 cranes before she passed away, her story inspired others to continue folding cranes as a symbol of hope and peace.

We want to create as many owls as we can to show that people of Leeds give a hoot and have something to say about the future of the city. Who knows, we might even make it to 1000 owls and be granted a wish!



Why owls?

Instead of cranes, we're making owls to represent the people of Leeds. Owls feature on the Leeds Coat-of-Arms and can be spotted all around the city on buildings and signs. In fact, there are twenty-five owls on the official Leeds Owl Trail!

Learn more about the link between Leeds and owls at www.leedsowltrail.com/owl-map



Mindful making



Origami isn't just about crafting beautiful paper creations; it's a mindful activity that boosts mental wellbeing.

Folding paper in a focused way can be a calming escape from the hustle and bustle of daily life, helping us relax by connecting our minds and bodies to the present moment.

And while we can't always control what happens in the future, reflecting on the changes we want to see can shine a light on what we care about. Taking time to get to know ourselves better, without judgment, is another way to feel better.

Plus, you'll be joining a community of local voices, raising awareness about what matters most to people in Leeds!



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