



Starter

Make a UFA T-Shirt!

- Individual
- Pairs
- Small group
- Whole group

Uses: This can be used as a table-top activity; one that can be completed when there are a few moments to spare. It could also be used as an activity for paired work to explore co-operation and support.

Resources: T-shirt paper printed on A4 paper; instruction sheet.

Time: 10-15 minutes.

What to do:

1. Ask participants to follow the instructions on how to fold the paper to create a stand up UFA t-shirt.
2. They could do this alone or in pairs. Ask them to be aware of their feelings as they do this task. Did they find it easy or hard? How did this make them feel? How did they deal with their frustration/s? Did it help to work with somebody else? What do they think they have learned from this experience?

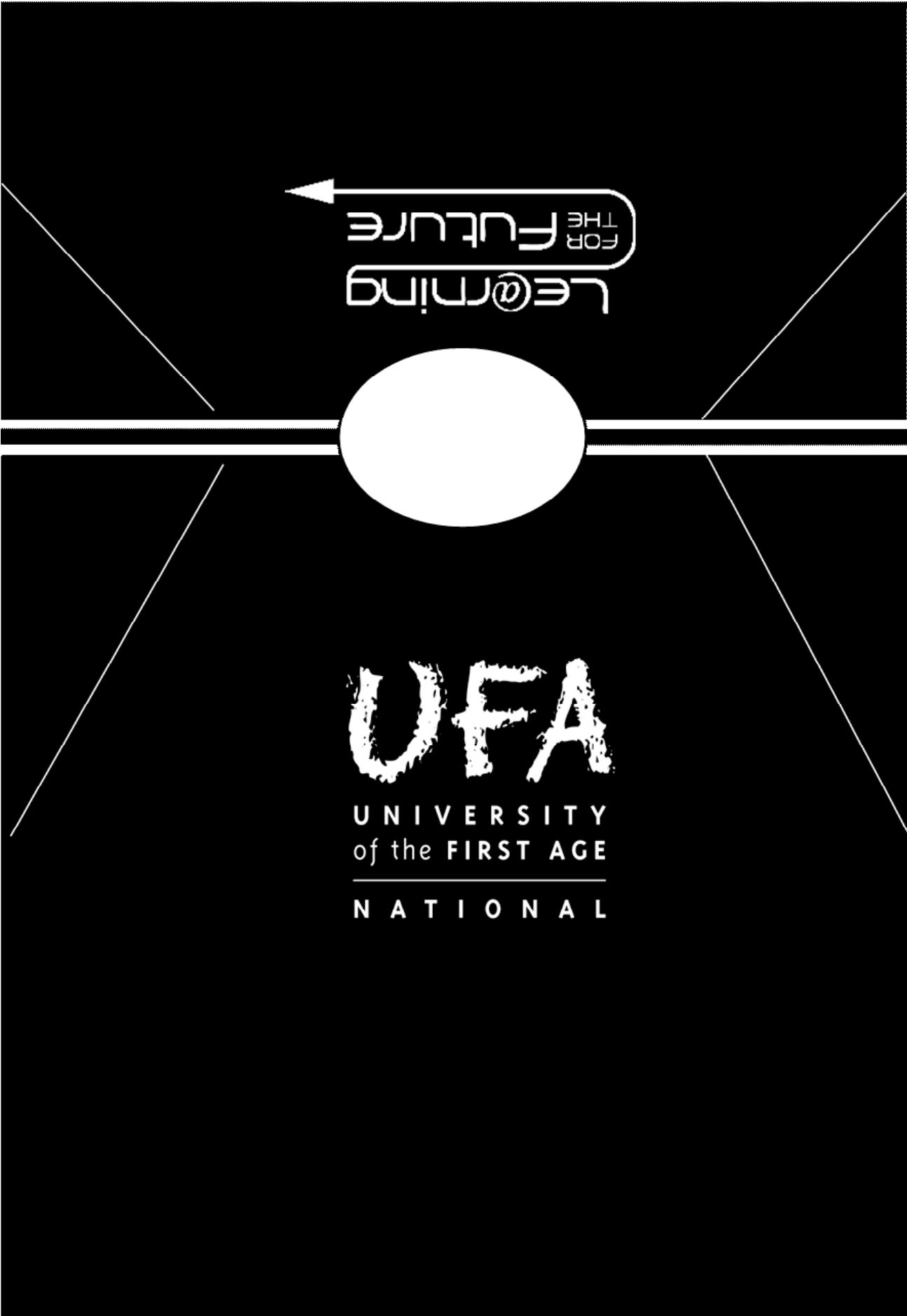
Make it different:

- Participants can design their own team t-shirt for others to origami. The design should reflect the good qualities of their team.

Points to make:

- We draw on previous experience to complete tasks and if we hadn't done this before we might have found it quite challenging. Explore through discussion.
- What strategies do we use to keep going, especially when we don't want to?
- How as a team member do we encourage other team members to keep going?





Make a UFA T-Shirt!

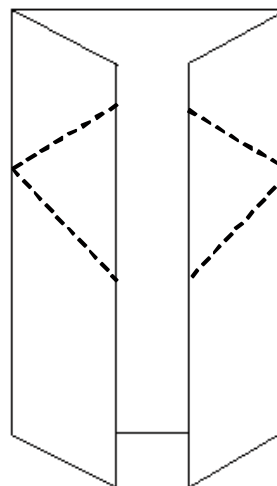


Front view of A4 sheet



Front view

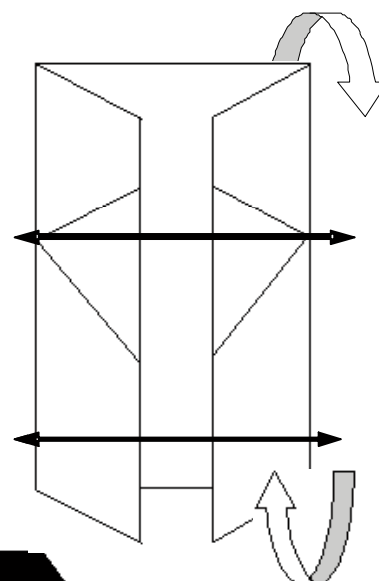
1. Fold two sides inwards to meet in the middle.



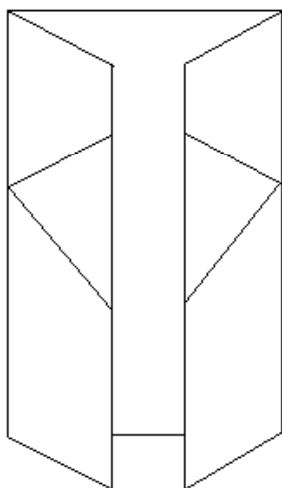
Back view

Back view

2. Fold along white line to make two creases on each side.
3. Then fold top section downwards pushing out the creases to create arms of T-shirt.
4. Fold bottom section upwards.



5. Completed T-shirt



Front view



Back view