Origami chicken of mental disorders

Learning objectives

Deconstruct prejudices and stereotypes about mental health disorders in a more engaging and playful way.

Participants

Can be used by everyone and can be **played alone, with 2, 3, 4 and more people**. This workshop is suitable for all age groups, you might need though to adapt the content of the origami chicken to fit the audience.

Needed tools and resources

- A square piece of paper, some sticky notes, some pen, and your imagination.
- You can also use our ready-made origami chicken if you have fewer time (attached in second page).

Duration of the workshop

45 minutes.

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Description of the workshop

1 Energiser: Introduce the workshop by having a reflection on what prejudices are and how they are built.

Example: Provide the participants with two sticky notes. On the first one, ask the participants to write their definition of "stereotypes" and on the second one, ask them to write a common prejudice they have encountered about mental health disorders.
Then, take the time to have a group discussion to define what prejudices are and how they are conveyed.

2 Origami chicken

Option 1: If you are in a hurry, you can use the provided template.

1. Cut your origami following the external dots.
2. Follow the folding instructions.
3. Once you've folded the origami, put your fingers in the flaps to start playing.

Option 2: Invite the participants to create their own origami chicken.

Ask the participants to gather the stereotypes they wrote during the warm-up activity. In smaller groups, invite the participants to deconstruct those stereotypes. These two elements will be part of the origami chicken. Ideally, you should obtain enough sentences for the different origamis.

Then, the participants prepare the origami chicken.

Once the folding is done, they can write the prejudices and the deconstructing sentences gathered together. Let's have some fun by decorating the origami.

Ask the participant to stand and move around the room to exchanges about the content of their origami. One participant may read the statement/ prejudice and ask the other if it's true or false and then provide with the correct answer.

3 Debriefing: Conclude the workshop with a group discussion.

Once the game finished, take the time to have a debrief with the participants. Ask them to confront one opinion they had prior to the activity with a new knowledge they have acquired during the workshop.

Examples of a questions you could ask:

- What can you do at your own level to fight those prejudices?
- What behaviours do you identify as conveying stereotypes?

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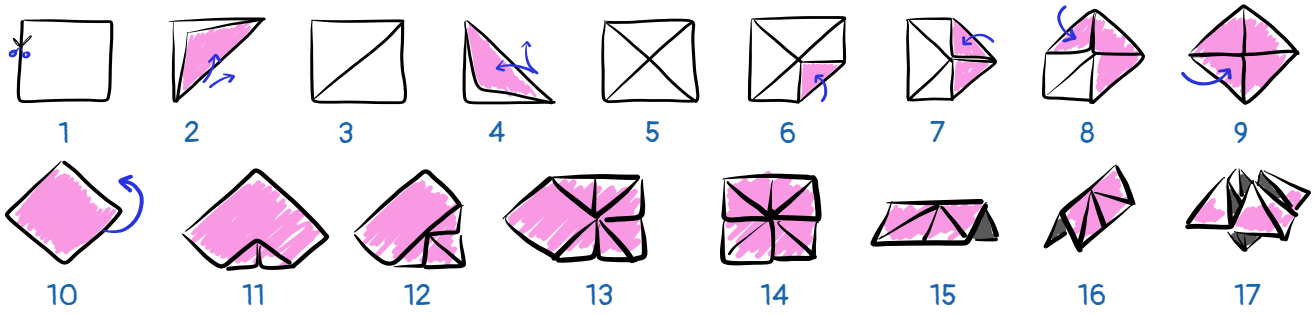
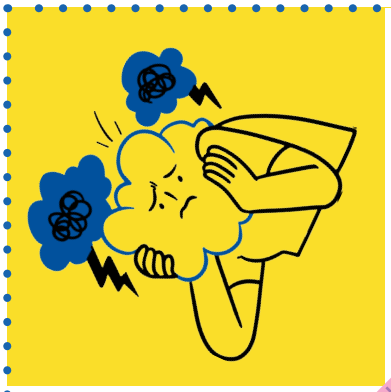
Folding instructions





Schizophrenics have two personalities.

False.

Schizophrenia is often mistaken with multiple personality disorder.

Traumas concern people who experienced war.

True / False.

Trauma is caused by intense and dramatic events, such as wars. But anyone can experience another cause of trauma in their life.

Social anxiety is just shyness.

False.

Social anxiety involves intense fear of judgment and social situations.

You can't cure from anorexia.

True/ False.

You can cure from anorexia, but it remains a fragile balance to keep during one's life.

Depression is just feeling sad.

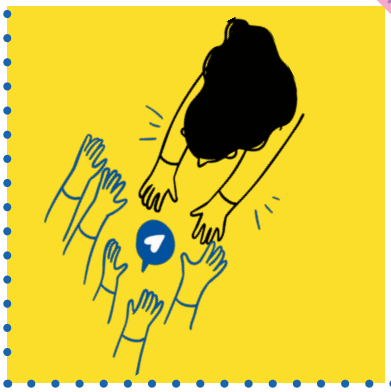
False.

Depression is a pervasive and persistent emotional state that affects your daily life.

Self-mutilation is a form of suicide.

False.

Trauma is caused by intense and dramatic events, such as wars. But anyone can experience another cause of trauma in their life.



It's easy to see when someone has eating disorders.

True/ False.

Eating disorders don't limit to anorexia. Bulimia doesn't involve a major weight loss, but it's still dangerous.

People with mental health disorder are violent.

False.

They are more likely to be victims of physical and verbal violence from the others who judge them for their difference.