



**Olympic School
Challenge**
ROAD TO TOKYO

Tokyo Challenges

1. Origami Cranes

In Japan there is a very famous story about a young girl who was very sick due to the radioactive effects of the Hiroshima atomic bomb. The young girl, Sadako, was dying when she was visited by her friends. Her friends were desperate to help her and so, following an ancient Japanese legend, they started to make hundreds of origami paper cranes. The legend promised that anyone making 1,000 paper cranes would be granted a wish. Each year children in Japan make thousands of origami paper cranes—they are symbols of peace and resilience.

(source The Fundamental of Olympic Education reference page 111)

The challenge is for you to make your own traditional origami crane + to make a wish!

Follow the [directions](#) (below) or follow a video tutorial [here](#).

Junior students who want to try an easier beginner level can make [peace dove](#) (below) .

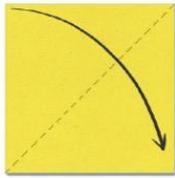




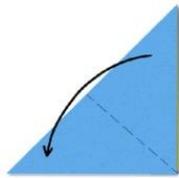
HOW TO FOLD A PEACE CRANE

To participate in The Peace Crane Project you will need a square piece of paper, plus markers, pens, paint, or pencils.

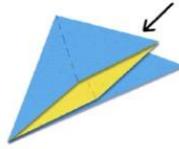
Blue represents the front side of the paper. Yellow represents the back. Your paper may look different.



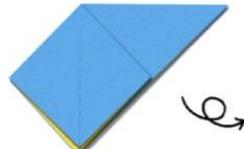
1. Fold your paper in half, diagonally.



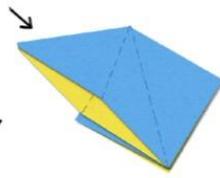
2. Fold in half again.



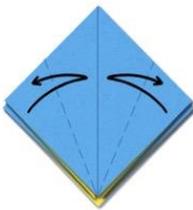
3. Bring top point of top layer down to meet bottom point, opening paper as you go, to form a square.



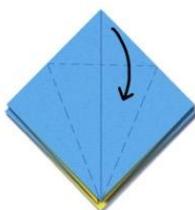
4. Does your paper look like this? If so, turn it over. If no, go back to step 3.



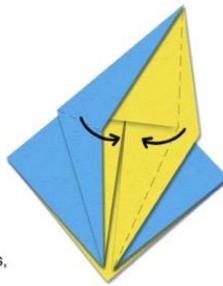
5. Repeat fold on this side.



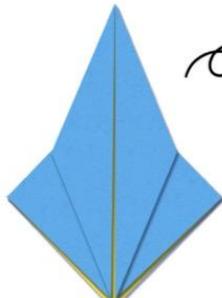
6. Fold sides of top layer to middle, then unfold.



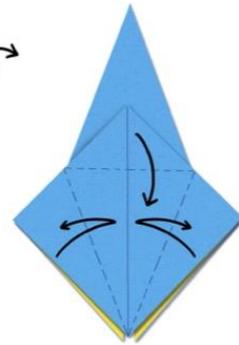
7. Fold top down to side creases, then lift top layer upward.



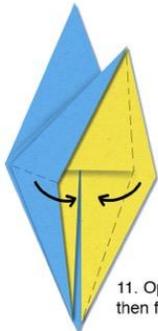
8. Create a boat-like shape by folding sides inward.



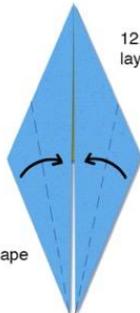
9. Flatten boat shape inward.



10. Turn over and repeat folds on the other side.



11. Open to boat shape then flatten.



12. Fold sides of top layer to middle.



13. Does it look like this? Then turn over and repeat the folds in step 12.



14. Reverse fold the bottom points.



15. Reverse fold one point.



Write and draw words and pictures of peace on your Peace Crane. Share it with the world! Join the Peace Crane Exchange List:

PeaceCraneProject.org

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Fun Facts about Japan

Japan is a very interesting country. Enjoy these videos to find out why!

13 facts https://www.youtube.com/watch?v=R3Ym_DVerPw

16 min video (suitable for 5th & 6th class) <https://www.youtube.com/watch?v=j3XpfBChLyk>

Great website resources:

<https://www.kids-world-travel-guide.com/japan-facts.html>

<https://www.sciencekids.co.nz/sciencefacts/countries/japan.html>

Challenge for 5th & 6th class- make a slideshow/ presentation about Japan!

What is Japan's national sport? Sumo	How many active volcanoes are there in Japan? Over 100	What currency does Japan use? Yen	Japan is one of the world's biggest producer of what? Cars
What is a popular Japanese dish? Sushi	What popular Japanese activity means 'empty orchestra'? Karaoke	Traditionally, what do Japanese people sleep on at home? Futon	What is one of Japan's traditional dances? Bon Odori
What does a traditional Japanese home have instead of walls? Fusuma (Sliding doors)	What food is eaten almost every day in Japan? Rice	How many islands make up Japan? Over 6,000 (4 count as large)	What is Japan's traditional dress? Kimono



Olympic Quiz based on the Olympic Schools Challenge- Road to Tokyo:

1. What sport does Anna O'Flannagan play for Ireland?
2. What sport does Sarah Lavin compete in for Ireland?
3. What sport does Ollie Dingley compete in for Ireland?
4. What has been the most successful sport for Ireland at the Olympic Games?
5. Where were the Ancient Olympic Games held?
6. Where are the Olympics happening this Summer?
7. Name 3 Olympic values.
8. What do Japanese people use to eat dinner?
9. On what continent is Japan located?
10. Name one type of food people famously eat in Japan.
11. What are the names of the Tokyo Olympics + Paralympic Mascots?

For a chance to win some prizes for your school:

Snap and send us some photos of your origami creations and you could win a prize for your school! roadtotokyo@daretobelieve.ie

