

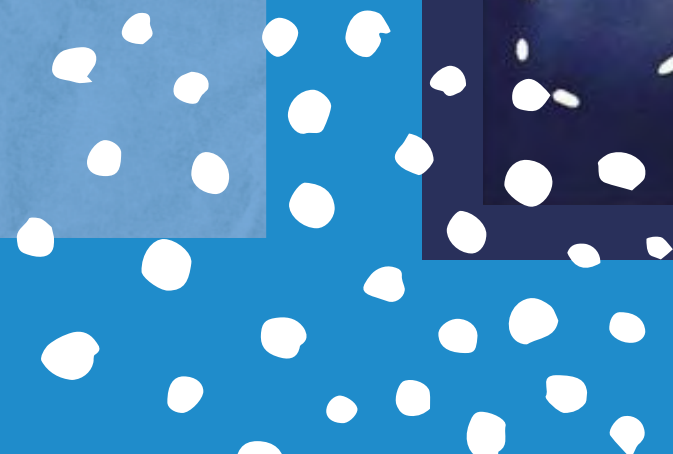
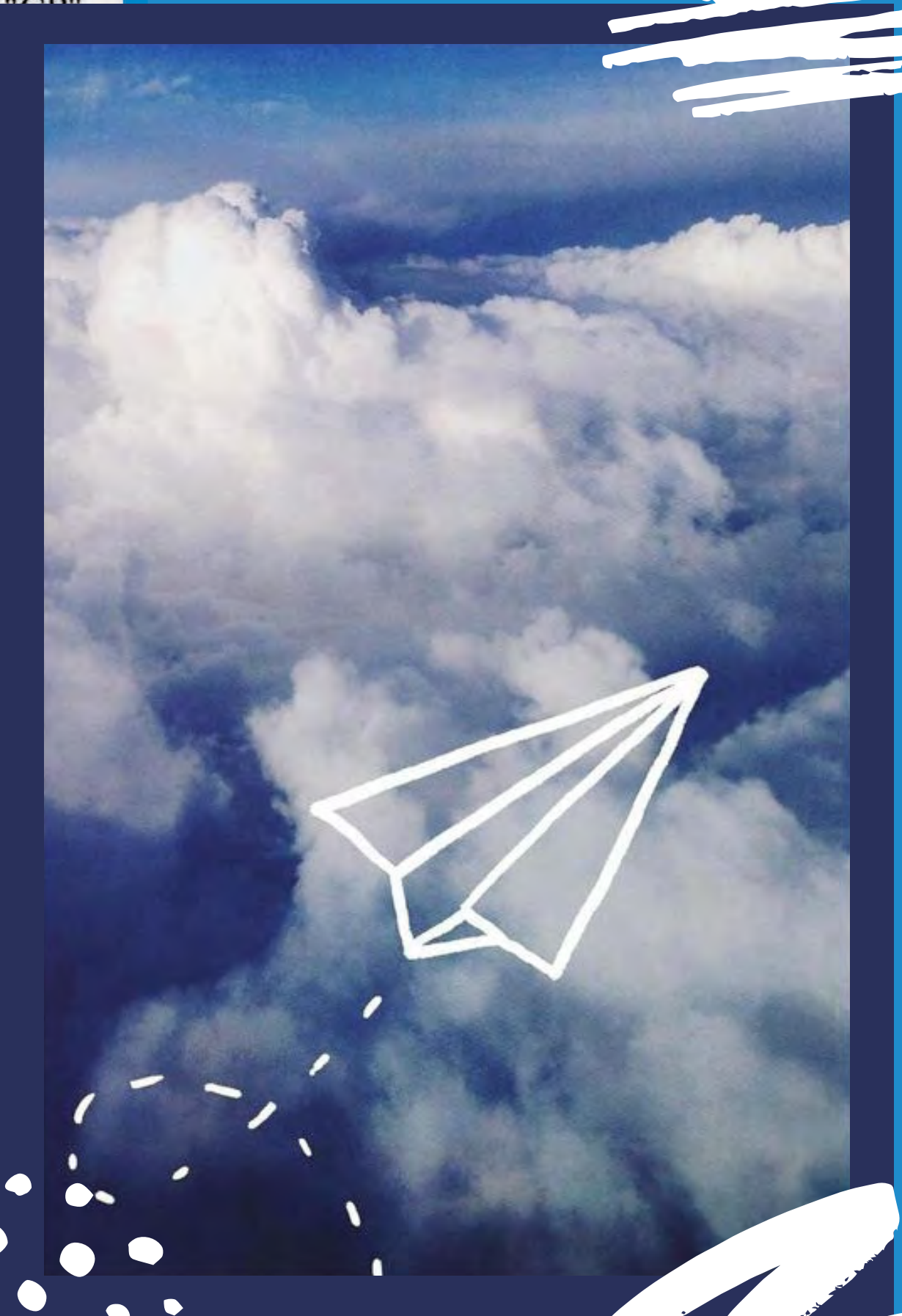
SELF-CARE ASSIGNMENT:
CREATIVE PIECE

Hobbies:
Paper Airplanes

Nursing 180
03/18/2020
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NEW COPING STRATEGY

Description

Nobody can escape occasional feelings of stress, but we can certainly find out ways to reduce that nagging feeling of anxiety. In addition to eating well, sleeping, and practicing other self-care, I chose to pick up a new hobby (making paper airplanes) as my stress relieving activity. Making paper airplanes, similar to origami, was an excellent creative outlet for myself. It acted as a gentle activity that allowed me to shift my focus away from everyday stressors and allowed me to focus on the present. Thus, allowing me to practice mindfulness. So, for the creative component, I decided to make a slideshow of all the airplanes that I created over the last two weeks. This includes photos and a couple instructions/videos.



MATERIALS



TEMPLATES

Paper Airplane Fold-a-Day
2020 Calender



SCISSORS

Only needed for some
paper airplanes



TAPE

Only needed for some
paper airplanes



The Airplanes

DAY 1: The Flying Boat

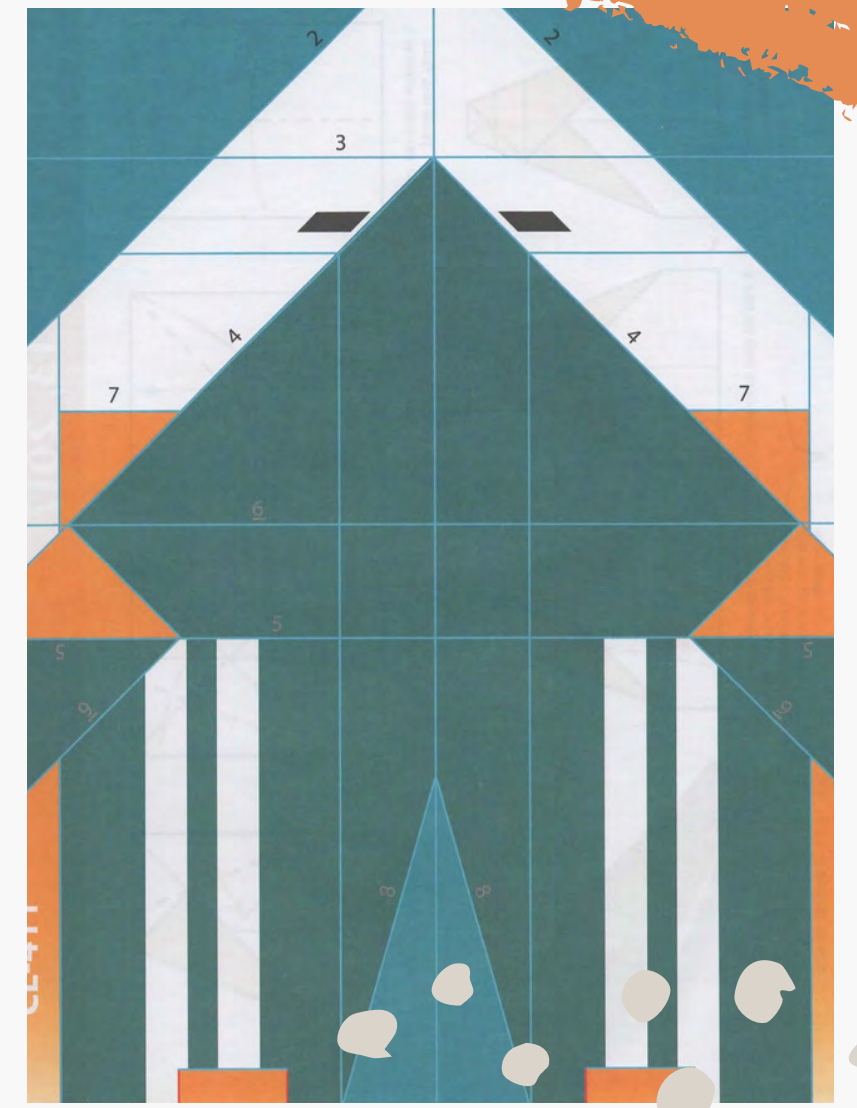
ACTIVITY TIME: 10 MINS

DIFFICULTY: EASY



SIDE VIEW

TEMPLATE

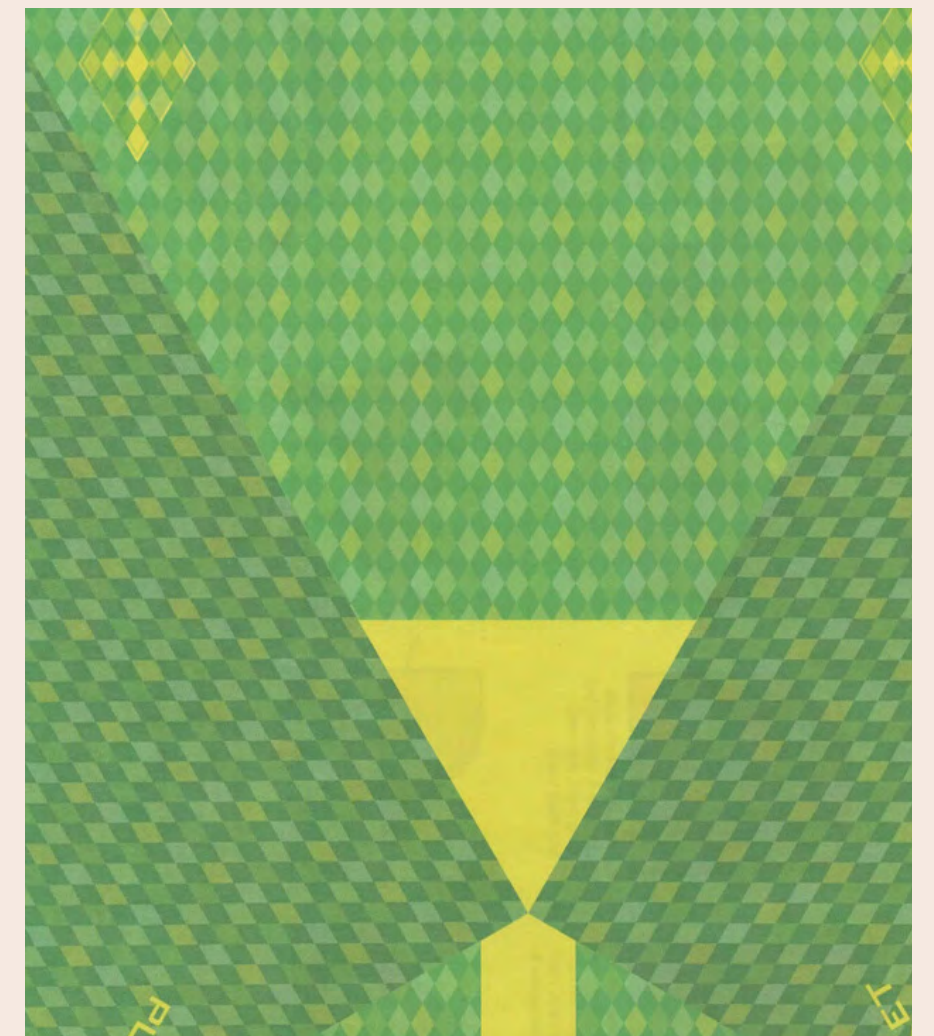


DAY 2:

The Pocket Plane

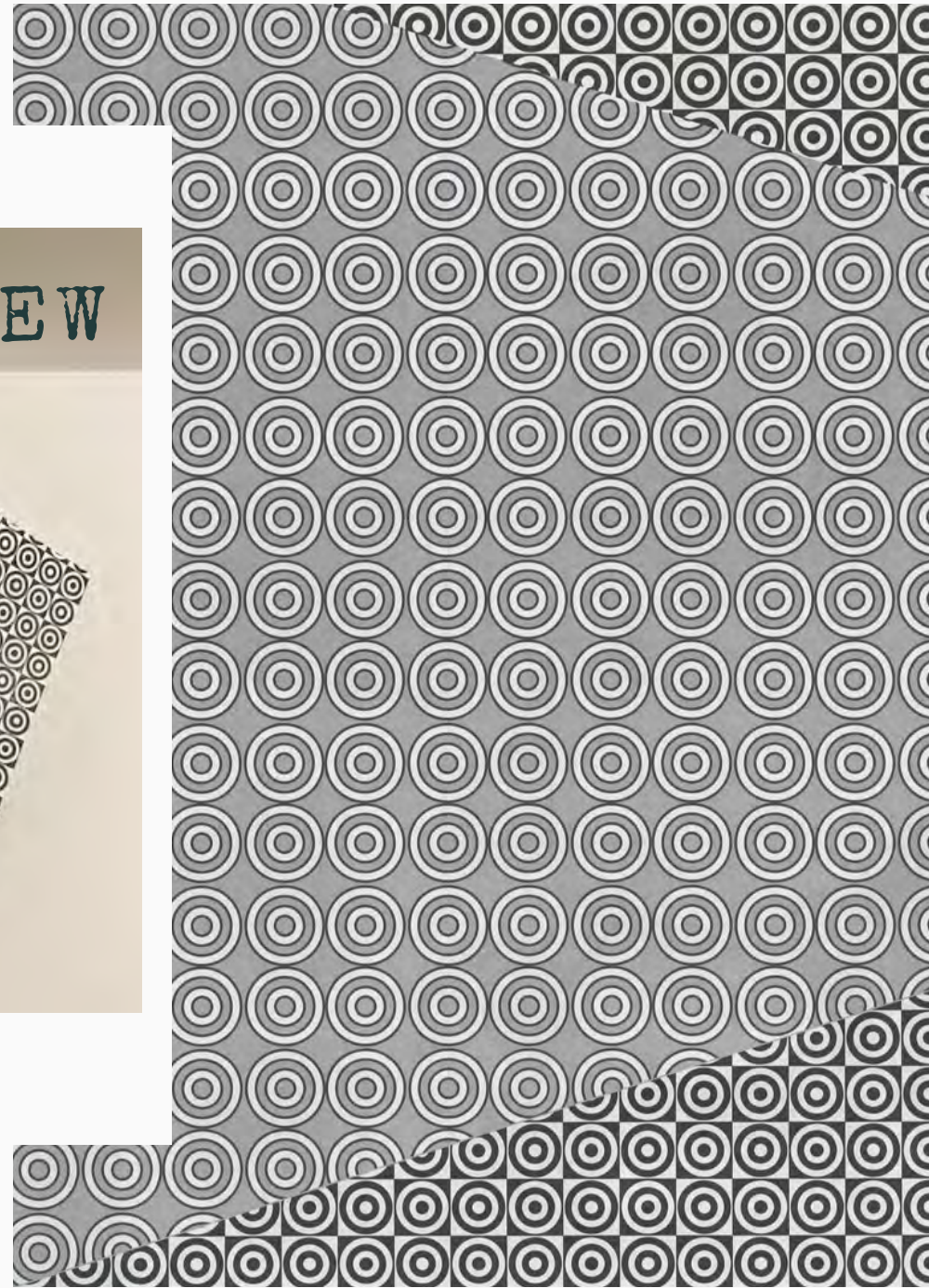
ACTIVITY TIME: 10 MINS

DIFFICULTY: EASY

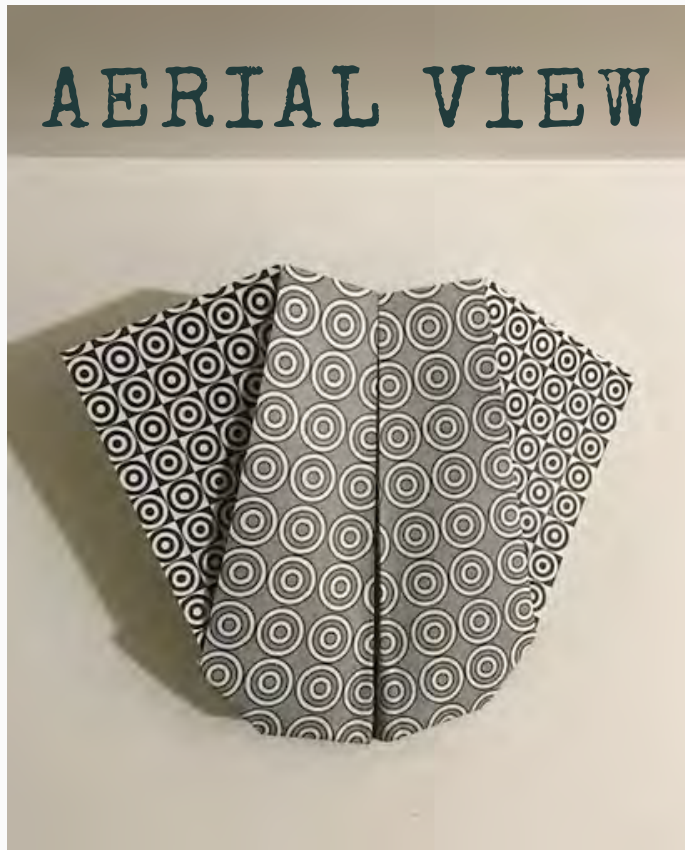


TEMPLATE

TEMPLATE



AERIAL VIEW



DAY 3:

The Toreador

ACTIVITY TIME: 15 MINS

DIFFICULTY: MEDIUM

DAY 4: The Skylark

ACTIVITY TIME: 10 MINS

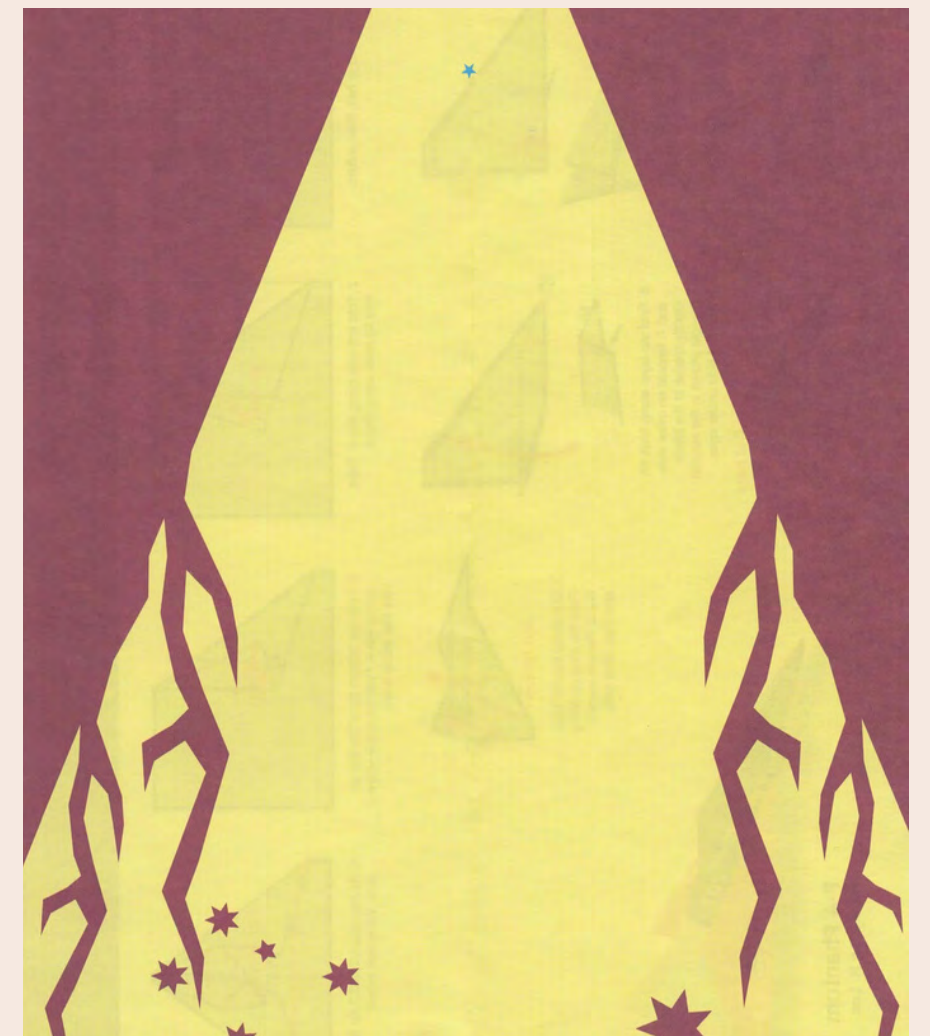
DIFFICULTY: EASY



SIDE VIEW



AERIAL VIEW



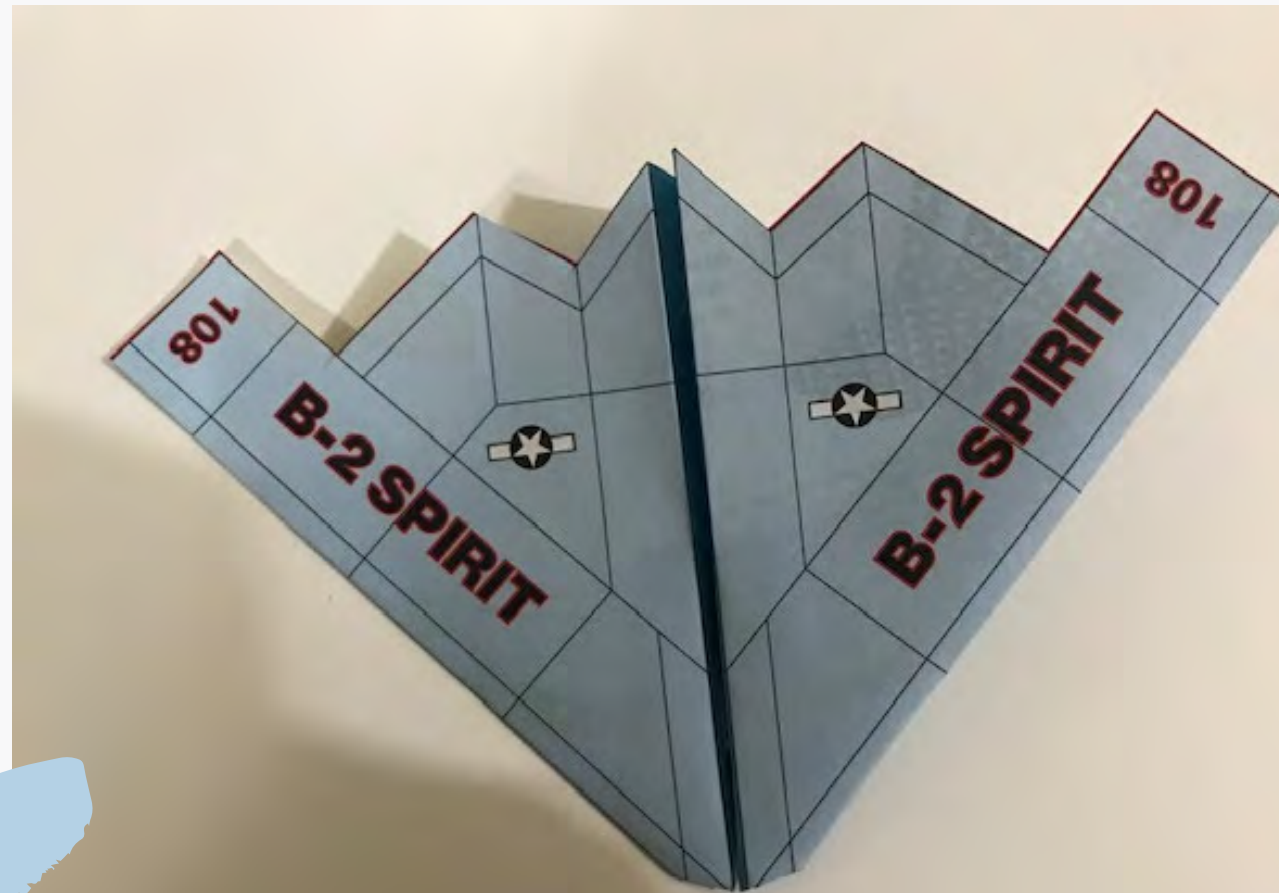
TEMPLATE

DAY 5: The B-2 Spirit

ACTIVITY TIME: 15 MINS

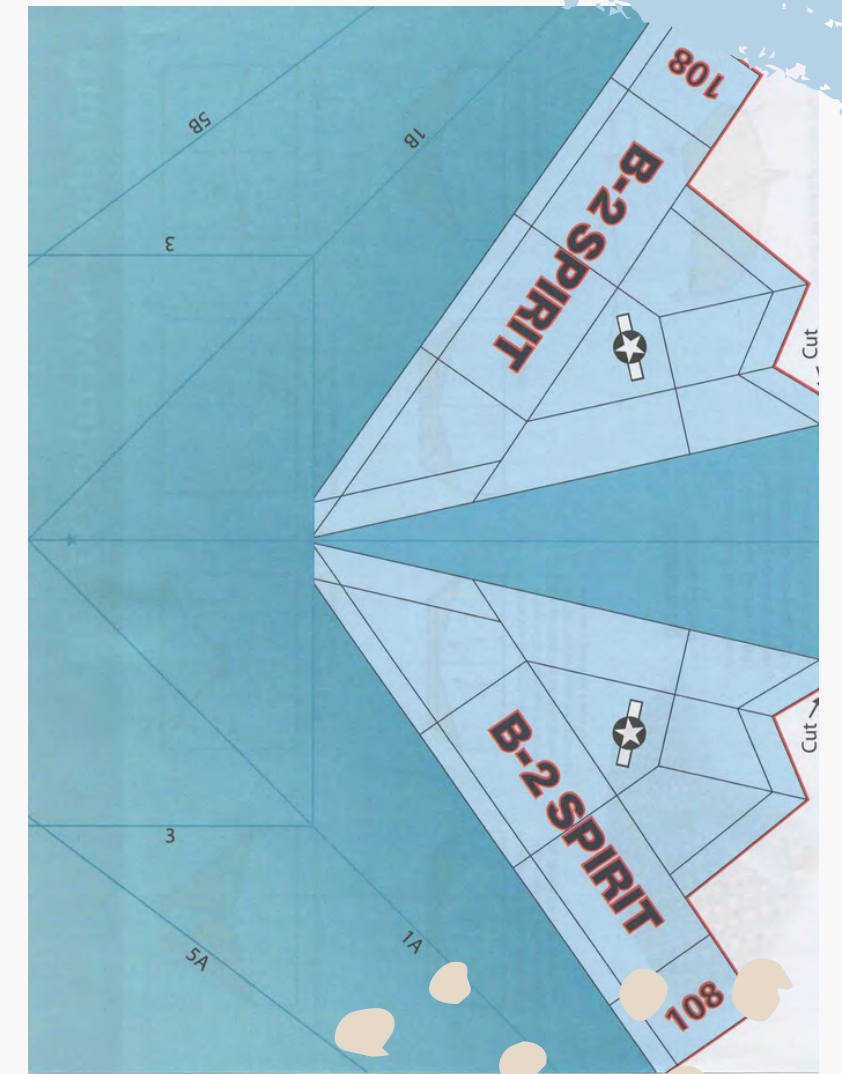
DIFFICULTY: MEDIUM

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AERIAL VIEW

TEMPLATE





B-2 SPIRIT IN ACTION

DAY 6: The Moth

ACTIVITY TIME: 10 MINS

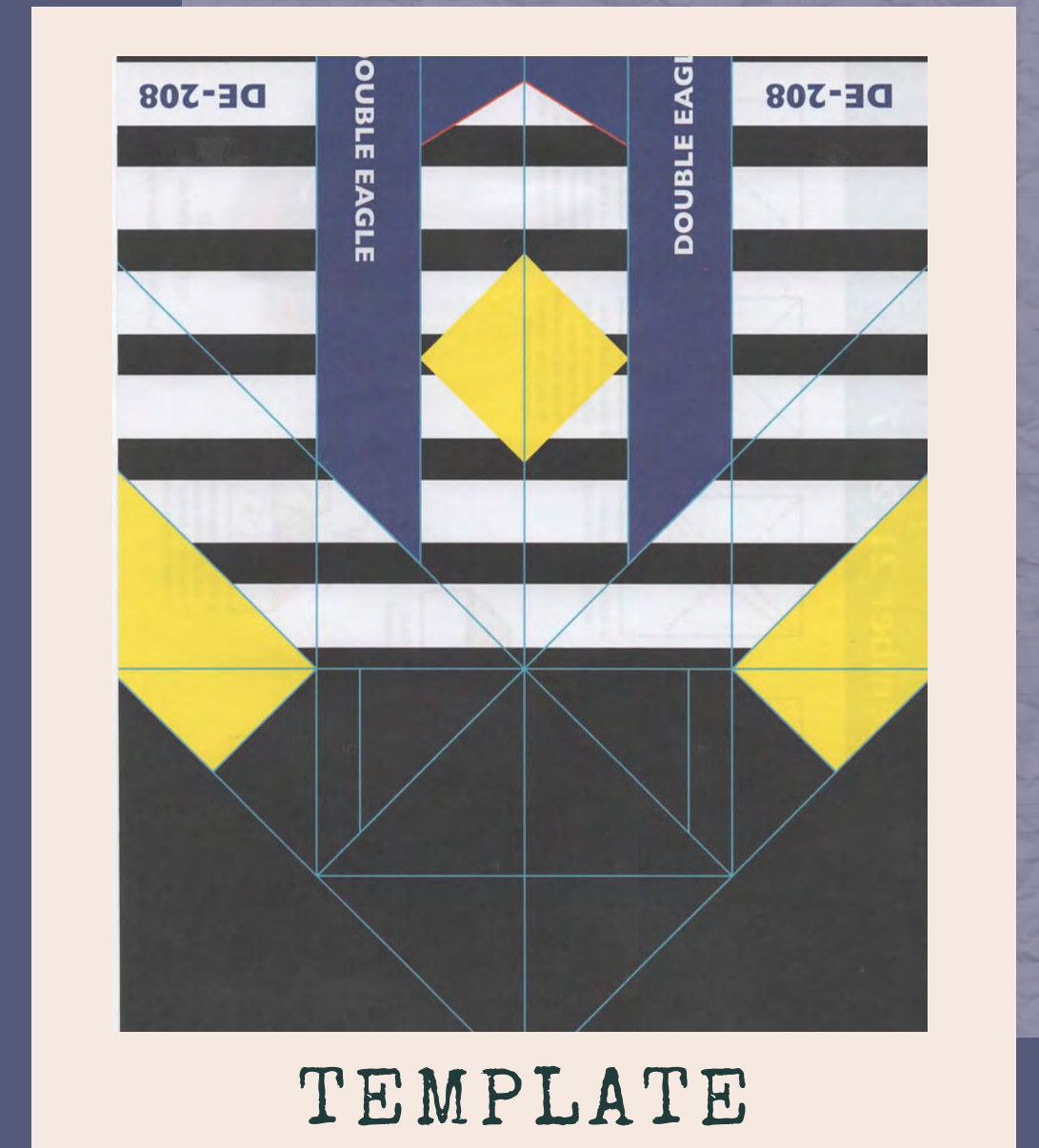
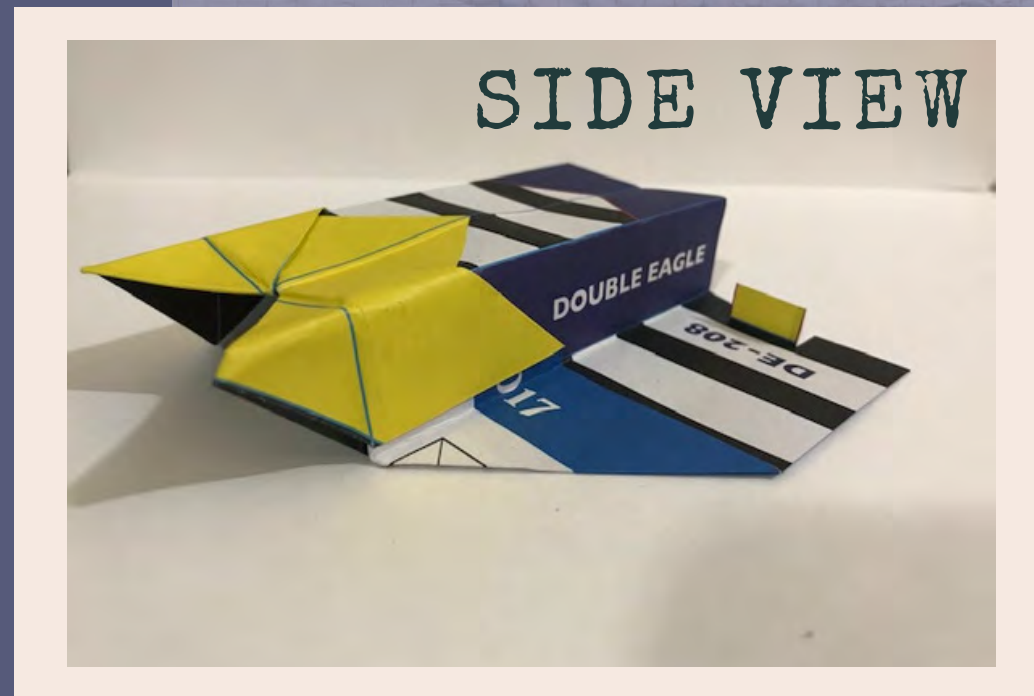
DIFFICULTY: EASY

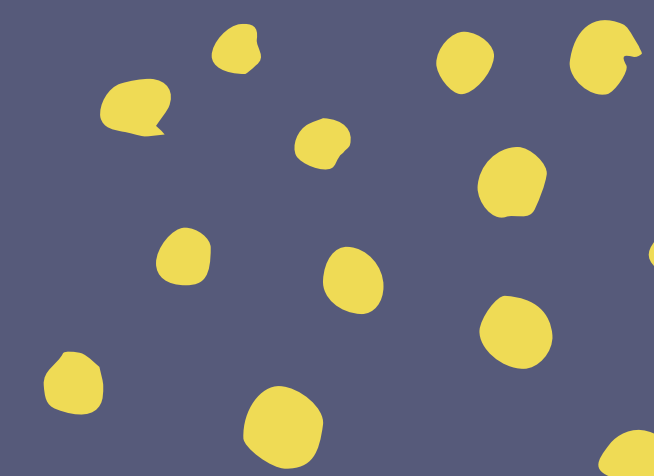
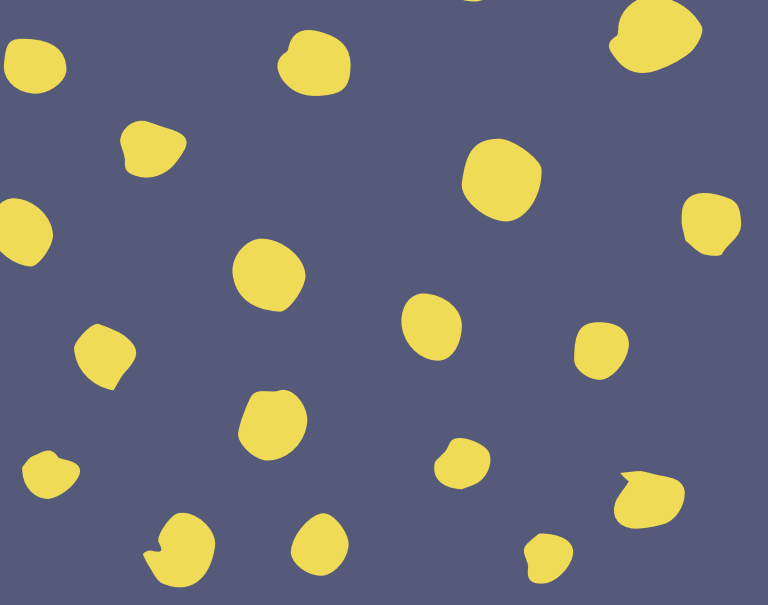


DAY 7: The Double Eagle

ACTIVITY TIME: 15 MINS

DIFFICULTY: MEDIUM





DOUBLE EAGLE
IN ACTION

DAY 8: The Bigwing

ACTIVITY TIME: 10 MINS

DIFFICULTY: EASY

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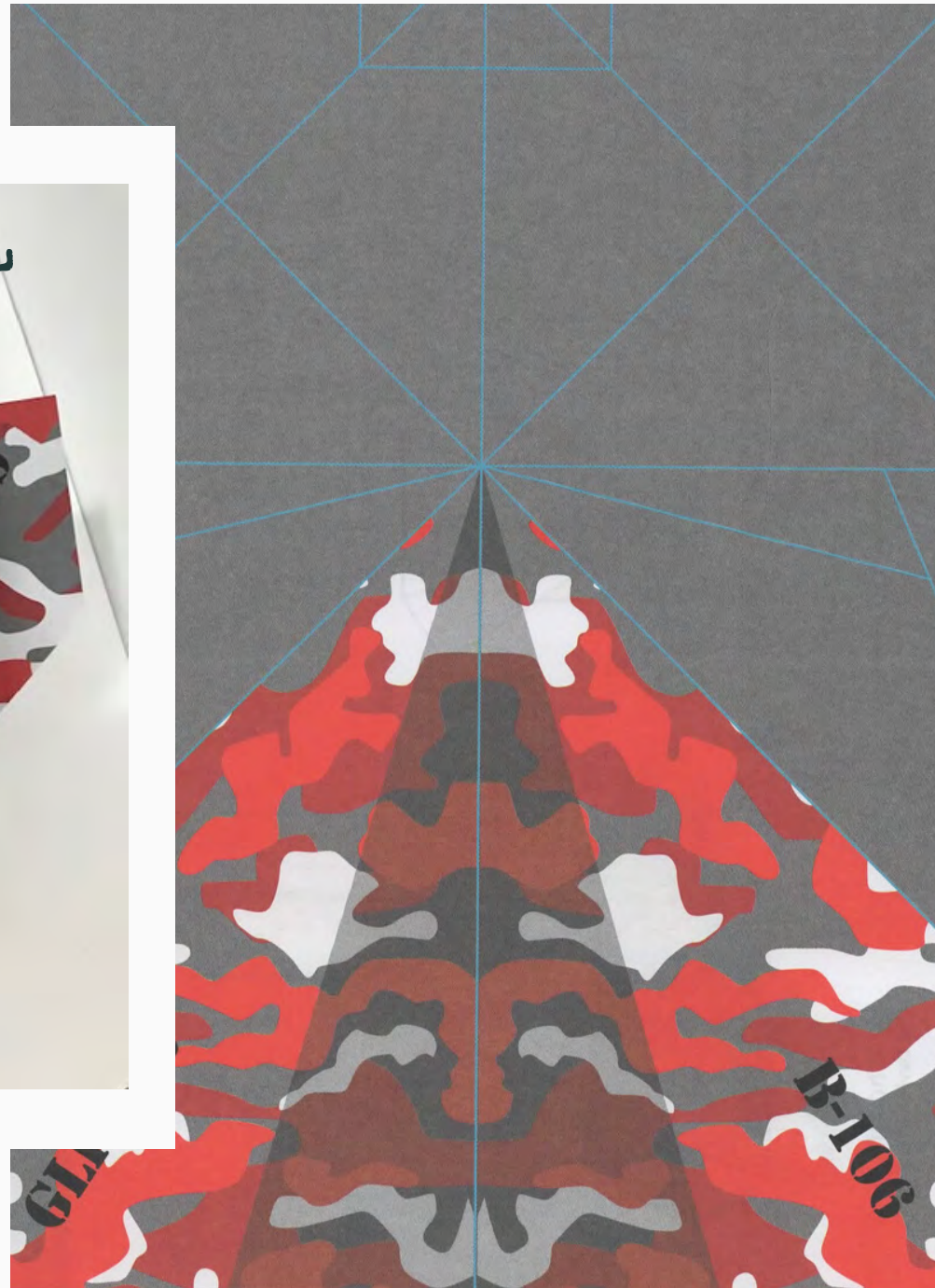


SIDE VIEW

TEMPLATE



TEMPLATE



AERIAL VIEW



DAY 9: The Glider

ACTIVITY TIME: 10 MINS

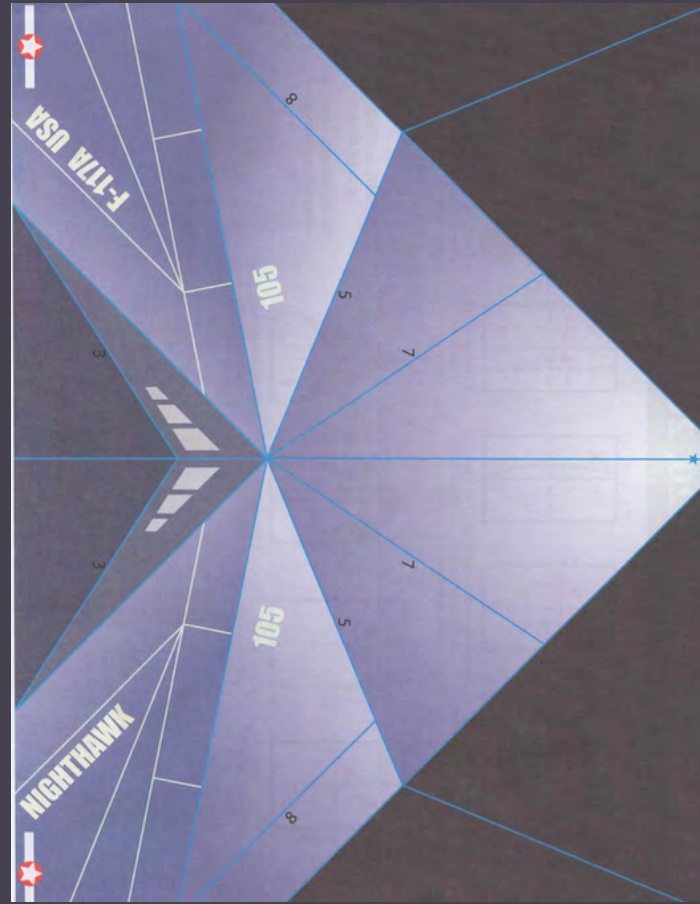
DIFFICULTY: EASY

DAY 10: The Nighthawk

ACTIVITY TIME: 15 MINS

DIFFICULTY: MEDIUM

TEMPLATE



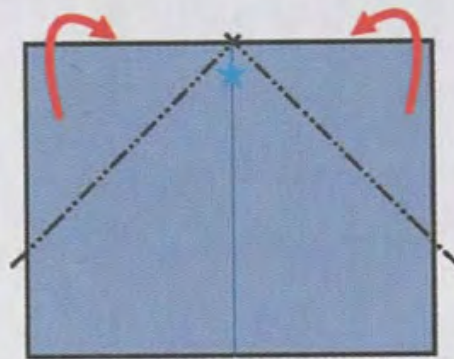
AERIAL VIEW



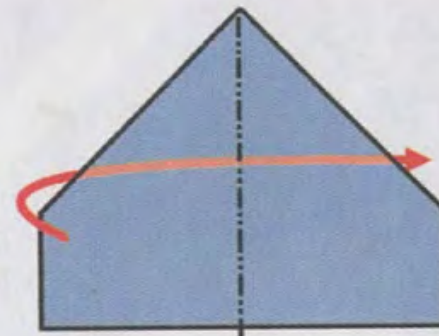
SIDE VIEW



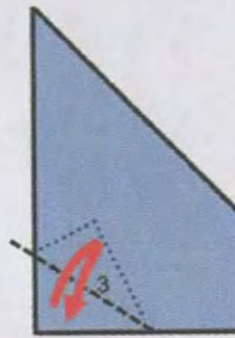
HOW TO MAKE "THE NIGHTHAWK"



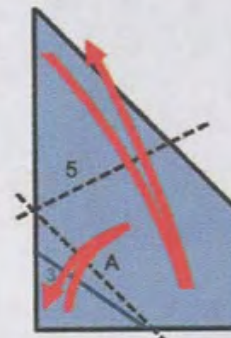
1. With the patterned side up, fold in half, then unfold. Mountain fold top corners to the center crease.



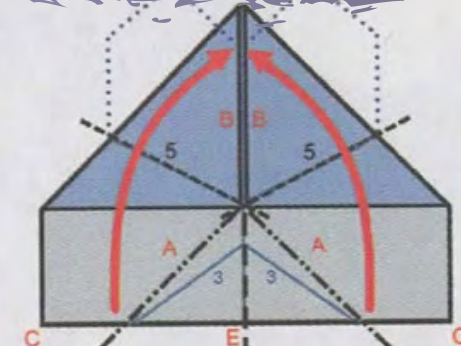
2. Mountain fold in half.



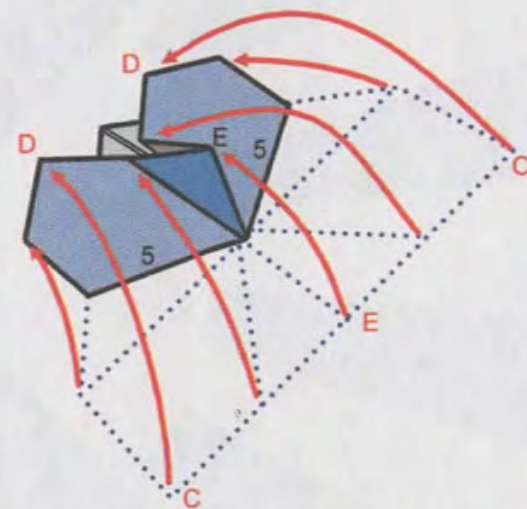
3. Fold and unfold along line 3.



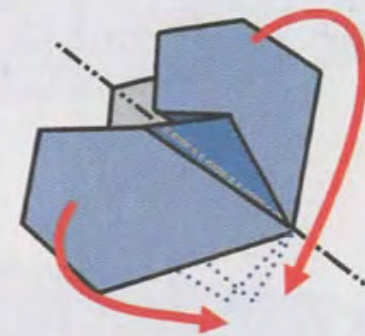
4. Likewise, crease line A and line 5. Then open the paper. Patterned side should face down.



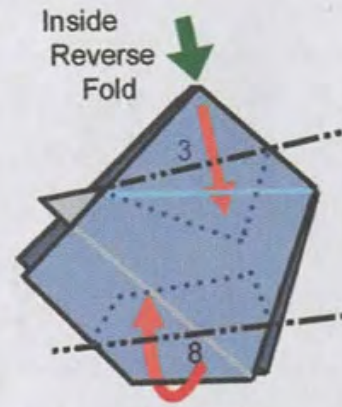
5. Fold the lower part of paper along two sloped lines labeled 5. Two A creases should meet at the center line B, and corner C should go to D. Two folds will result in a triangle flap at the center E as shown in the next step.



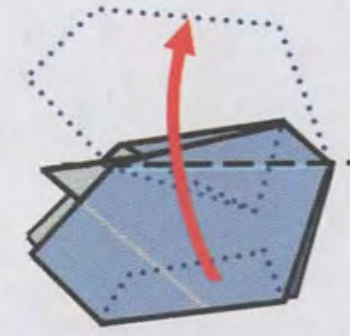
6. This diagram shows the model after folding step 5.



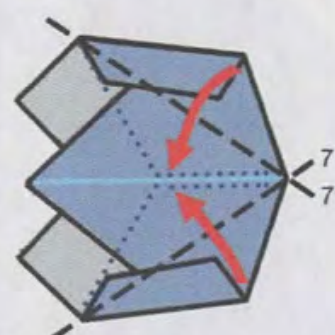
7. Mountain fold in half.



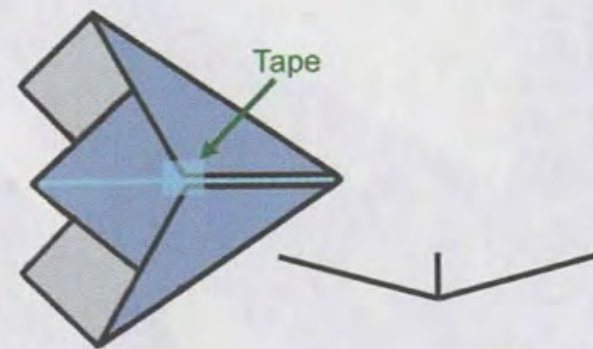
8. Press the tip down to make an inside reverse fold along line 3. Mountain fold along line 8 on each side.



9. Fold the top layer of the wing upward.



10. Fold along line 7 on each side.



11. Tape as shown. Flip over and adjust creases to match flight profile.



F-117A Nighthawk
by Kyong H. Lee

Grasp Nighthawk by middle tail point when launching.

DAY 11:

The Wildcat

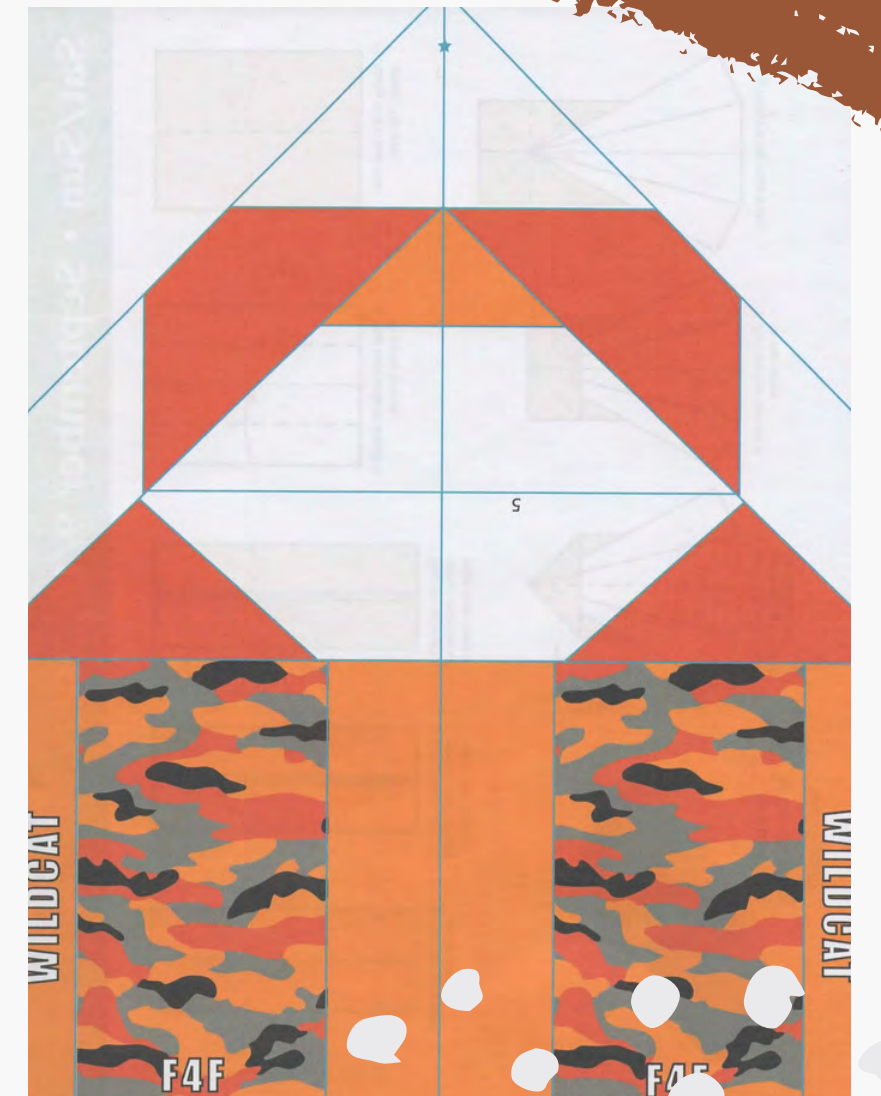
ACTIVITY TIME: 15 MINS

DIFFICULTY: MEDIUM

SIDE VIEW



TEMPLATE



DAY 12: The P-51 Mustang

ACTIVITY TIME: 15 MINS

DIFFICULTY: MEDIUM

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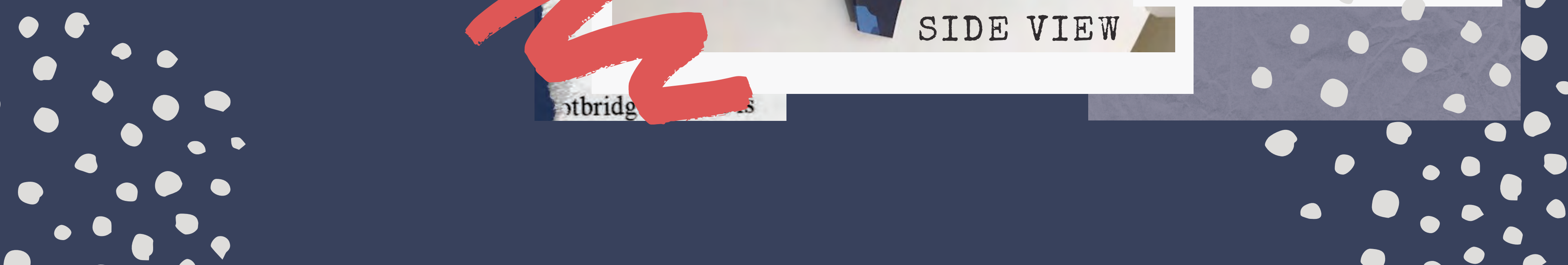
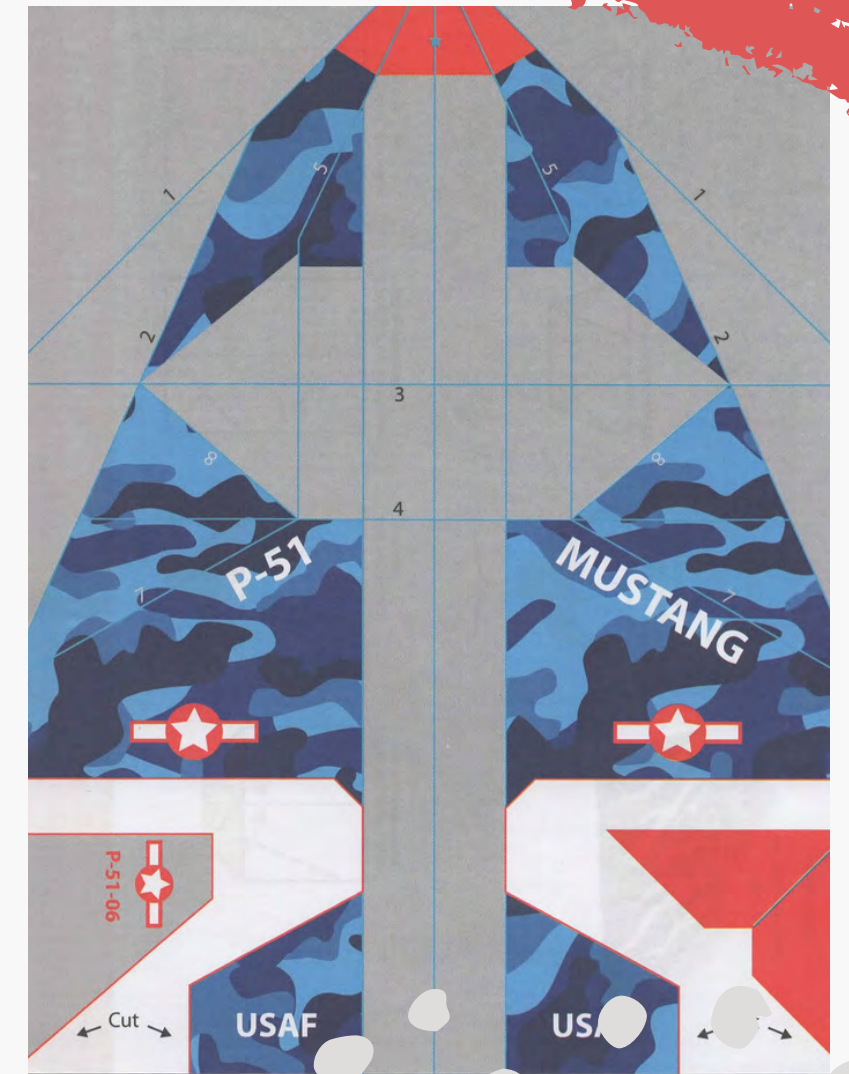
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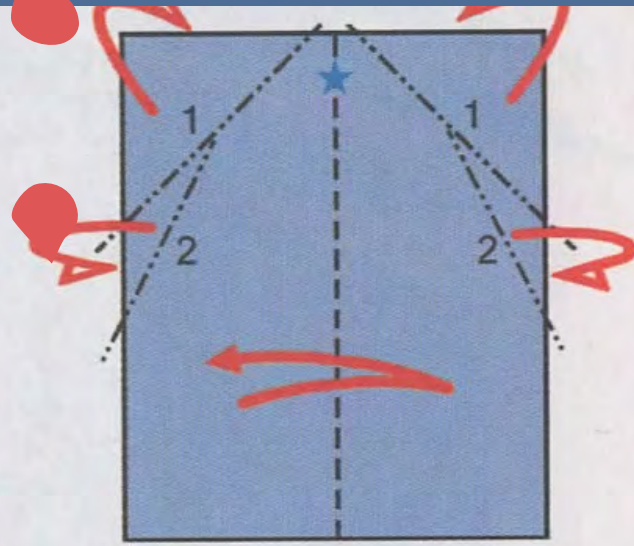


SIDE VIEW

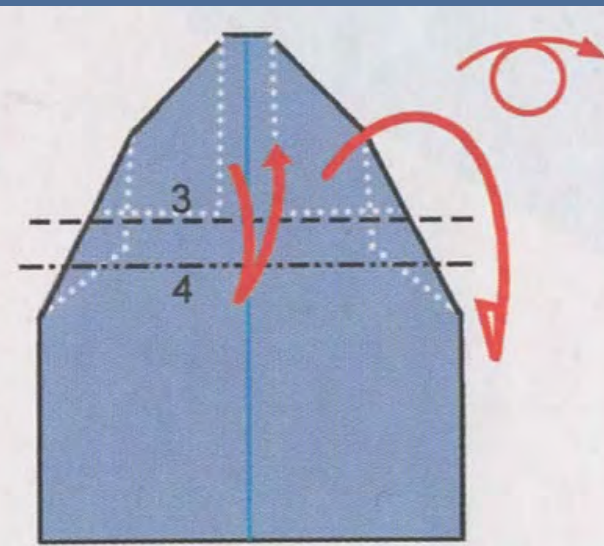
TEMPLATE



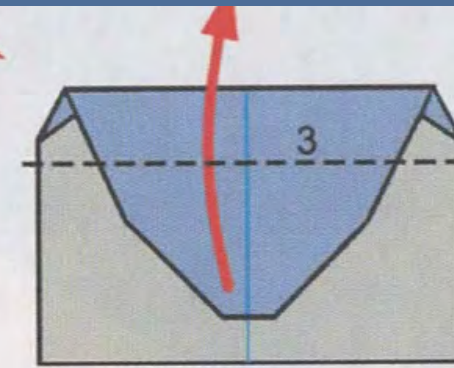
HOW TO MAKE THE "P-51 MUSTANG"



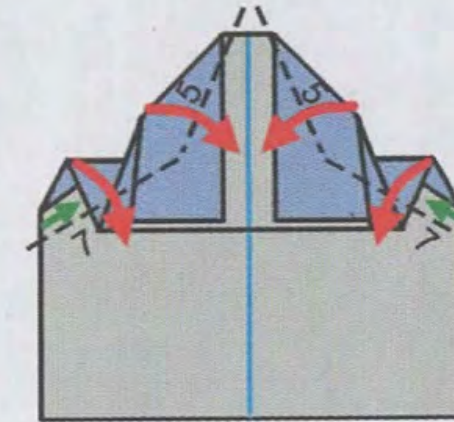
1. With the patterned side up, fold in half, then unfold. Mountain fold both top corners along line 1, then mountain fold along line 2.



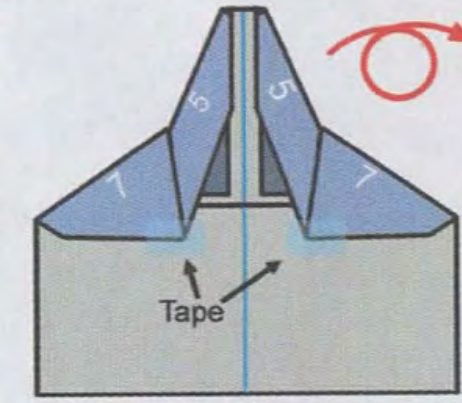
2. Valley fold along line 3, then unfold. Mountain fold along line 4. Flip over.



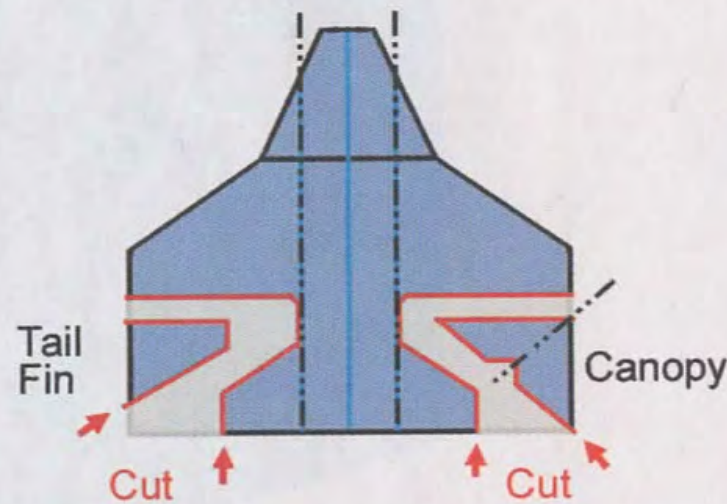
3. Fold the top layer up along line 3.



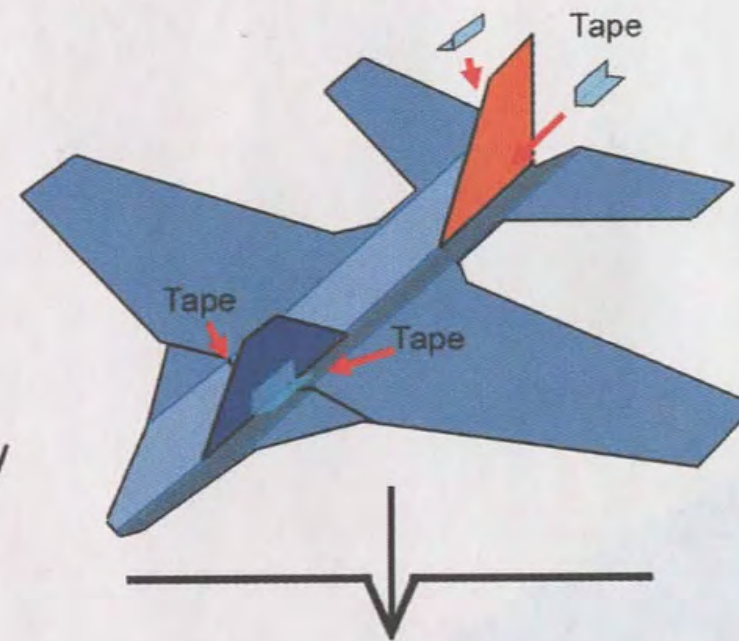
4. Fold along line 5. Insert finger under flap (see green arrow), then fold along line 7. Flatten, resulting in a fold at line 8.



5. Result. Note that lines 5 and 7 become the edges of the model. You may tape as shown for better flights. Flip over.



6. Mountain fold wings. Cut along the red lines. Mountain fold the canopy.



7. Tape canopy and tail fin as shown. Adjust the wings to match the profile.



P-51 Mustang
by Kyong H. Lee

TEMPLATE



AERIAL
VIEW



DAY 13:

The Boomerang

ACTIVITY TIME: 10 MINS

DIFFICULTY: EASY

DAY 14: The Kite-Plane

ACTIVITY TIME: 10 MINS

DIFFICULTY: EASY

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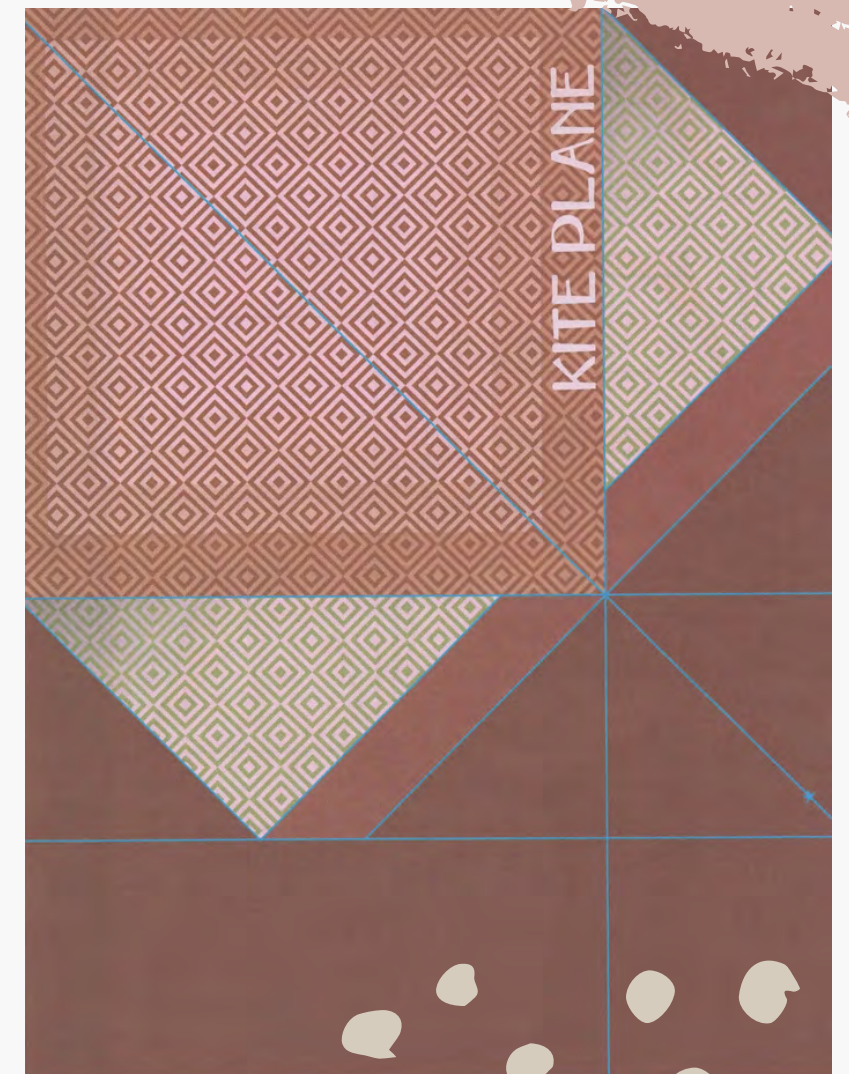
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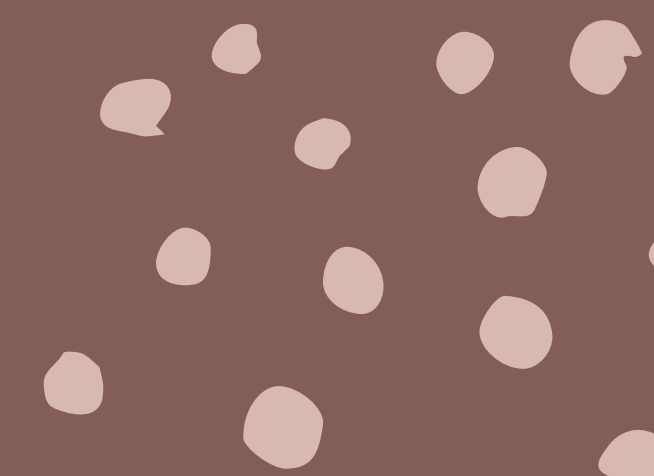
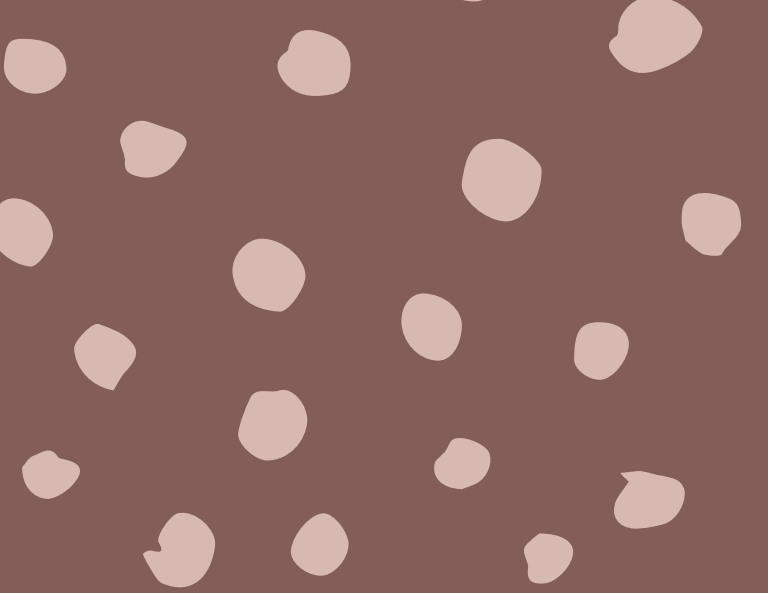


AERIAL SIDE

TEMPLATE



KITE-PLANE
IN ACTION



Reflection



Overall, making different airplanes was an excellent way to spend my daily study breaks. It allowed me to stay focused on one task, while building up a nice collection of airplanes. Plus, the activity itself was not too time-consuming. And allowed me to get some fresh air when testing the airplanes outside. Though I enjoyed the task, I can't numerically prove that it decreased my stress personally (it felt like it did). Especially not in the current and uncertain landscape created by the outbreak of Covid-19. Though it is nice to have a new hobby during social distancing!



Thank you for Reading!

REFERENCES

1

Mitchell, D., & Lee, K. (2017). Paper Airplane Fold-a-Day - Papierflieger-Faltvorlage für jeden Tag 2018 Original BrownTrout-Tageskalender. Retrieved from <https://www.amazon.com/Paper-Airplane-Fold-Day-Calendar/dp/1449498280>

