SELF-CARE ASSIGNMENT: CREATIVE PIECE

Hobbies:
Paper Airplanes

Nursing 180
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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 Calendar

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
DAY 2:
The Pocket Plane

ACTIVITY TIME: 10 MINS
DIFFICULTY: EASY
DAY 3: The Toreador
ACTIVITY TIME: 15 MINS
DIFFICULTY: MEDIUM
DAY 4: The Skylark

Activity Time: 10 Mins

Difficulty: Easy
DAY 5: The B-2 Spirit

ACTIVITY TIME: 15 MINS
DIFFICULTY: MEDIUM
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
DAY 9:
The Glider

ACTIVITY TIME: 10 MINS
DIFFICULTY: EASY
DAY 10: The Nighthawk

ACTIVITY TIME: 15 MINS
DIFFICULTY: MEDIUM
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
DAY 12: The P-51 Mustang

ACTIVITY TIME: 15 MINS
DIFFICULTY: MEDIUM
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
DAY 13:
The Boomerang
ACTIVITY TIME: 10 MINS
DIFFICULTY: EASY
DAY 14: The Kite-Plane

ACTIVITY TIME: 10 MINS

DIFFICULTY: EASY
KITE-PLANE IN ACTION
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