



## Japanese Paper Doll

**Grade Level:** Art 2-8, Social Studies 7<sup>th</sup>

**Time:** 45 minutes

**Objective:** Students will create an origami Japanese paper doll using the principles of symmetry and proportion so that they will understand the history and parts of a Kimono.

**I Can Statements:** Students will be able to: (1) fold origami paper symmetrically and precisely to create Japanese paper doll (2) use accurate vocabulary; (3) use tools safely and appropriately

### Georgia Standards of Excellence:

#### Art:

2<sup>nd</sup> Grade: VA2.CR.2.b, VA2.CR.4.a, VA2.CR.5, VA.RE.1.C, VA2.CN.1.a-c, VA2.CN.2, VA2.CN.3

3<sup>rd</sup> Grade: VA3.CR.1.A, VA3.CR.2, VA3.CR.4.a, VA3.RE.1.a-b, VA3.CN.1.a-b, VA3.CN.2.a, VA3.CN.3

4<sup>th</sup> Grade: VA4.CR.1.a, VA4.CR.2.b, VA4.CR.4.b, VA4.CR.5, VA4.RE.1a-b, VA4.CN.1.a, VA.CN.2.b, VA.CN.3

5<sup>th</sup> Grade: VA5.CR.1.a, VA5.CR.2.b.d, VA5.CR.4.b, VA5.CR.5, VA5.RE.1.a, VA5.CN.1.a-b.d, VA5.CN.2, VA5.CN.3

6<sup>th</sup> Grade: VA6.CR.1.c, VA6.CR.2.a, VA6.CR.3.a-c, VA6.CR.4.b, VA6.CR.5.b, VA6.RE.1a-c, VA6.RE.2.b, VA6.CN.1a-c, VA6.CN.3.c

7<sup>th</sup> Grade: VA7.CR.1.c, VA7.CR.2.a, VA7.CR.3.a-c, VA7.CR.4.b, VA7.CR.5.b, VA7.RE.1a-c, VA7.RE.2.b, VA7.CN.1a-c, VA7.CN.3.c

8<sup>th</sup> Grade: VA8.CR.1.c, VA8.CR.2.a, VA8.CR.3.a-c, VA8.CR.4.b, VA8.CR.5.b, VA8.RE.1a-c, VA8.RE.2.b, VA8.CN.1a-c, VA8.CN.3.c

#### Social Studies:

Map and Globe Skills 10

7<sup>th</sup> Grade: SS7G9, SS7G12, SS7E5.a, SS7E8.a

**Background:** Dolls have long been a tradition in the Japanese history. The oldest known doll is from around 800 BCE, in the late Jomon period. These early terracotta dolls were called *Dogu* and were often decorated with geometric patterns and large eyes.

The origins of the Japanese paper doll begins with the *katashiro* or *nademono*, during the Edo period (1603-1868 CE). The paper dolls were used in purification rites where the doll would be rubbed on the body to eliminate impurities. Many of these rituals were introduced from China to Japan. *Joshi* are also rubbed against the human body and then swept down the river or up in smoke as part of the *Hina Matsuri* ritual, or girl's day festival on the third day of the third month. However, these dolls were not toys and were used for spiritual and ritual purposes.

During the Edo period and following years, paper dolls became popular among Japanese girls of all ages for the purpose of play. Before the Edo period, paper dolls would probably been available only to ladies of the imperial court in Kyoto. Paper dolls served as a means for strictly separated social

classes to interact through children's play. Originally the dolls would have been made from scraps of folded or rolled bits of paper. With the advancement of the Japanese tradition of origami, the design of the dolls became more skilled, and the dolls were often made by elder sisters or other women of the family. As a result, they were called *anesama ningyo* (big sister doll) or *shiori ningyō* (bookmark dolls). The main difference between these dolls is that *anesama ningyo* is three dimensional with elaborate hair styles and costumes and the *shiori ningyō* is two dimensional. Neither kind of dolls have eyes, nose, or mouth, allowing the owner's imagination to change the expressions. These dolls were often made out of Japanese washi paper, as it was more widely produced and distributed throughout the Edo Period. Washi is a traditional Japanese paper made from the long inner fibers of three plants, wa meaning Japanese and shi meaning paper. The dolls could also be made out of chiyogami, a Japanese paper printed with designs inspired by kimonos. With the decline of the kimono's popularity after World War II, more cloth printing studios began to apply the wood-block print technique to paper.

Lately the *shikishi ningyo*, a combination of the big sister doll and bookmark dolls has gained popularity. *Shikishi ningyō* Japanese paper doll figures often occur with a scene that is mounted on *shikishi*, a rectangular fancy cardboard background.

Sources:

[http://www.ningyo.ch/The\\_DORO\\_NINGYO\\_collection\\_of\\_Japanese\\_dolls\\_1\\_1.php](http://www.ningyo.ch/The_DORO_NINGYO_collection_of_Japanese_dolls_1_1.php)

<https://people.clas.ufl.edu/jshoaf/japanese-dolls/doll-construction/>

<https://sfcherryblossom.org/cultural-programs/japanese-doll-making/>

## Vocabulary:

*anesama ningyo*— “big sister doll”, a Japanese 3-D paper doll, traditionally made out of washi paper ,  
*kimono* — direct translation “wearable thing,” but refers to entire traditional Japanese silk outfit that consists of many intricate parts. A standard kimono has 5 or six elements, but a special kimono for Geisha and brides have more pieces.

*nagajuban* — undershirt or slip for kimono, resembles a white robe. An inner garment that protects the kimono from sweat and can be easily washed.

*obi* — outer wide silk sash that is tied around the waist of kimono. Obi knots have symbolic meaning.

*objime* — thin decorative sash or rope to tie obi firmly in place.

*origami* — the Japanese art of folding paper into decorative shapes and figures.

*pattern* — a repeating object or symbol.

*proportion* — the feeling of unity created when all parts (sizes, amounts, or number) work well in combination with each other.

*shiori ningyō*—“bookmark dolls,” a Japanese 2D paper doll traditionally made out of washi paper

*symmetry* — the quality of being made up of exactly similar parts facing each other or around an axis. Often when two or more parts are identical after a flip, slide, or turn.

**Materials:** Each student will need: scissors, pencil, glue stick, wooden coffee stirrer or popsicle sticks halved, decorative paper, black paper, skin-tone colored small paper squares

**Preparations:** Pre-cut paper to the following sizes and place in sets.

Outer kimono (patterned paper) — 9x17cm

obijimi —1x8 cm

nagajuban (white paper) — 9x18cm

head circle (skin tone paper) — 2.5cm,

obi — 3.5x8cm

hair (black paper) — 3.5in x 3.5in.

Extension: Sleeves (patterned paper) two 8cmx10cm, and paper scraps for hair decoration.

**Essential Questions:** (1) How do traditional outfits differ from country to country? What is similar? (2) For what occasions do people wear traditional dress? (3) What symbolism can be found in different patterns, knots, colors etc.?

**Introduction:** Instructors will introduce history of Japanese paper dolls. Then instructors will review the parts of a kimono and other project vocabulary. Instructors will demonstrate how to fold and glue papers to create paper doll following procedures and samples below.

The following can be used as an instructional guideline:

1. Dolls have long been a tradition in Japanese history, and often have spiritual meanings. The oldest doll found is from nearly 3,000 years ago, around 800 BCE, and made from terracotta. The first paper dolls are thought to originate with the *Hina Matsuri* ritual, or girl’s day festival on the third day of the third month. People would take a paper doll and rub it against their body to eliminate impurities.
2. Common paper dolls that children would play with are the *anesama ningyo*, the big sister doll, or *shiori ningyō*, the bookmark dolls. Both are made using the Japanese art of paper folding, origami. The *anesama ningyo* is three dimensional with elaborate hair styles and kimonos and the *shiori ningyō* is two dimensional, but both are often made out of Japanese washi paper.
3. The kimono, *ki* (“wear”) and *mono* (“thing”), was the traditional Japanese garment worn by everyone until the 19<sup>th</sup> century. Each part of the kimono has a name and a purpose. We are going to go over a few of those today. Review kimono, *nagajuban*, *obi*, *obijime*. The process of putting on a kimono and all its parts is such a complicated process that many young women take a course at a kimono school today to learn it. Kimonos are valued for their symbolism; the style, motif, color, and material work together to give meaning, individuality, and identity to the wearer. Kimonos are always wrapped left side over right side.
4. Each student will need a set of papers for the parts of their kimono and doll. The folds will need to be as precise and symmetrical as possible, so that the parts of the kimono are in proportion to another, creating a sense of unity when finished making the paper doll.

## Procedure:

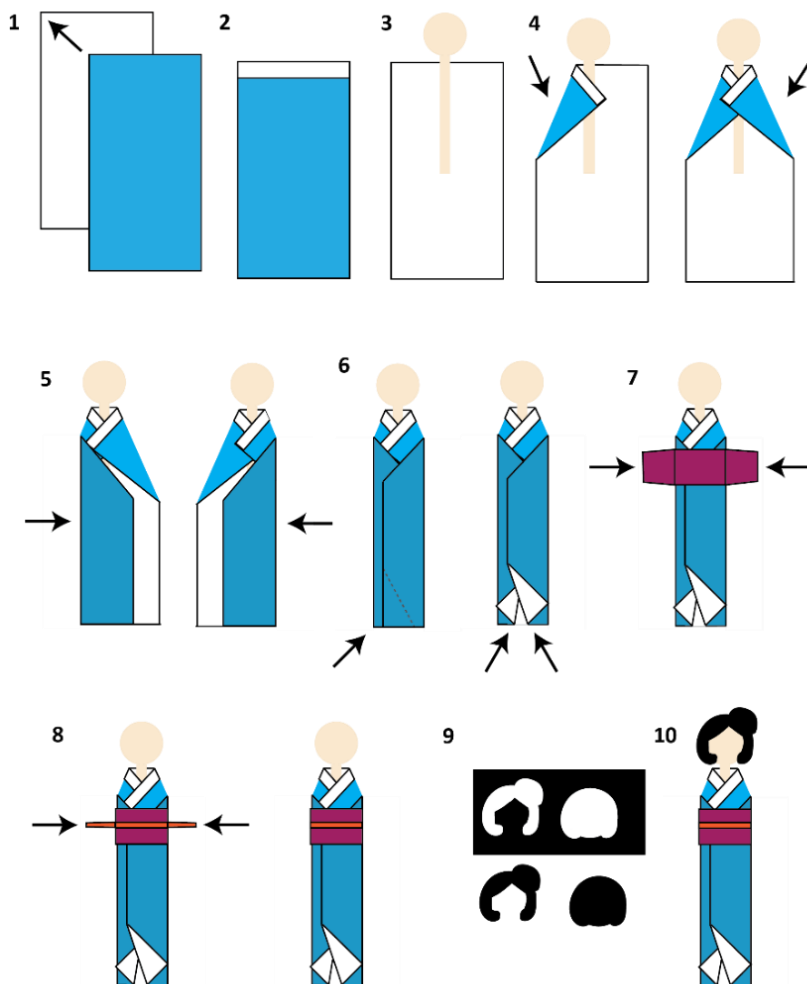
1. Place plain Nagajuban paper under decorative paper. Decorative paper should be pattern side up.
2. Plain Nagajuban paper is one cm longer than decorative paper. Fold 1cm edge over top of decorative paper. Papers will now be same size. Flip paired papers over
3. Glue 2.5cm circle for head to halved stick for neck and place at top edge of paper at center point of plain paper. Top center point can be measured with a ruler.
4. Fold left corner of paired papers over neck as per diagram (Example 1, figure 4) below. Top point of fold will be right beside neck. Repeat fold for right corner of paired papers
5. Fold left side of paired paper rectangles past center and then fold right side of paired papers over center point. Body of doll should be folded in thirds. Refer to diagram (Example 1, figure 5).
6. Fold out bottom corners of rectangles, which will allow the Nagajuban to be visible.
7. Take 3.5x8cm piece of patterned paper for obi and wrap it around the body of the doll just below the collar. Refer to Example 1, figure 7 for placement. Glue obi in place.
8. Take 1x8 cm piece of paper for obijimi and wrap it around the body of the doll in center of obi. Refer to diagram (Example 1, figure 8) for placement. Glue obijimi in place.
9. Sketch design for hair, facial expression and hair flower or other decoration on a piece of paper. Trace two head circles on black paper. Draw front and back hair style using traced circle as template.
10. After cutting out hair shapes, glue front and back hairstyle to front and back of head respectively.
11. Using fine point pen draw eyes, nose, and mouth on face of paper doll.

If continuing to project extension, skip step 12 & 13

12. Wrap up questions: why do you think the Japanese made paper dolls? What kinds of paper dolls do we make/play with? How are they made? How are Japanese paper dolls different or the same as ours? Do other cultures have paper dolls? When do people wear traditional outfits? Do different parts of those outfits have different purposes or meanings?
13. Students will articulate reasons why the Japanese culture made paper dolls. Students will identify universal themes related to paper dolls in works of art from diverse cultures, both past and present. Students will evaluate their own artwork through verbal discussion with other students discussing topics such as craftsmanship, individuality, and symmetry, and cultural relevance.

## Example 1:

### Japanese Paper Doll Part 1



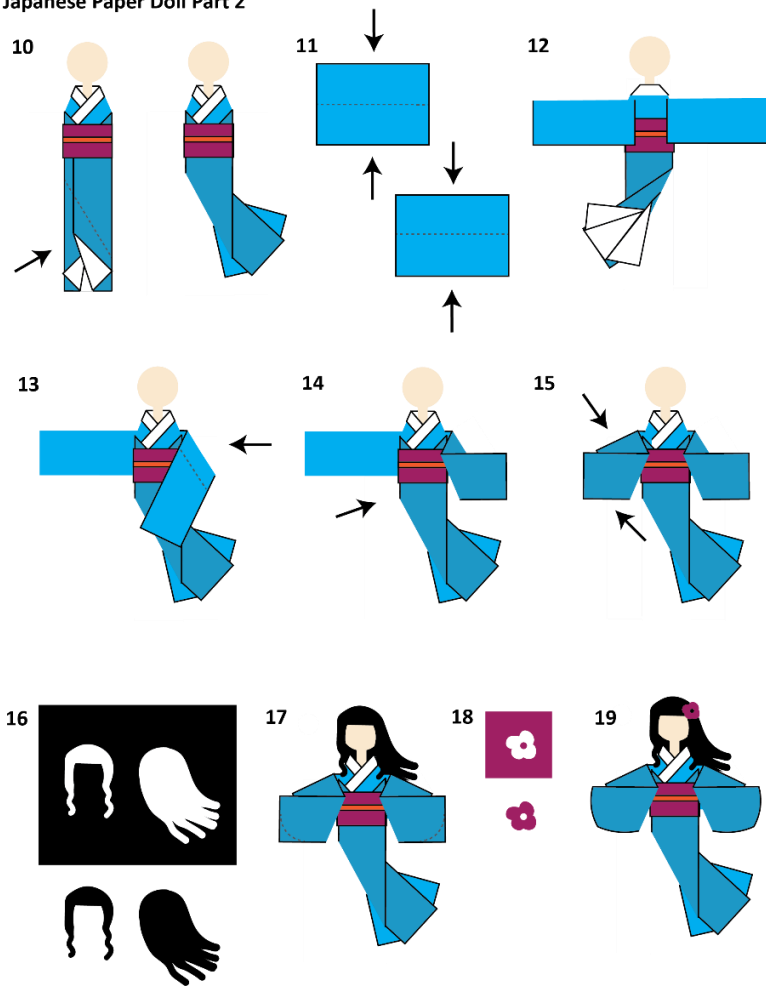
### Paper Doll Extension: Procedure

1. Complete paper doll steps 1-9 on diagram. Once complete, fold body of kimono to the left creating a more complex body line. Secure fold with glue. Refer to step 10 on Example 2.
2. Take sleeve pieces of paper and fold in half. Secure fold with glue.
3. After flipping doll over to the back, secure sleeve to back with glue. Sleeve will just overlap with body. Top of sleeve will be aligned just below collar. Refer to diagram Example 2, step 12.
4. After flipping doll back to the front, fold right sleeve diagonally over body. (Example 2, step 13)
5. Fold right sleeve back to the right so that base of sleeve creates horizontal line. (Example 2, step 14) Secure folds with glue.
6. Repeat sleeve folds for left sleeve. Refer to Example 2, step 15. Secure folds with glue.
7. Trace two head circles on black paper. Draw front and back hair style using traced circle as template. After cutting out hair shapes, glue front and back hairstyle to front and back of head respectively. Refer to Example 2, step 16.

8. Create a rounded edge to base of sleeve by cutting off corner. (Example 2, step 17) Sketch design for hair, facial expression and hair flower or other decoration on a piece of paper
9. Draw flower, fan or other shape as hair decoration, cut out and glue on hair. (Example 2, step 18)
10. Using fine point pen draw eyes, nose, and mouth on face of paper doll.
11. Wrap up questions: why do you think the Japanese made paper dolls? What kinds of paper dolls do we make/play with? How are they made? How are Japanese paper dolls different or the same as ours? Do other cultures have paper dolls? When do people wear traditional outfits? Do different parts of those outfits have different purposes or meanings?
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### Example 2:

Japanese Paper Doll Part 2





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