

## Parrot origami enrichment

### Equipment

- Fruit and veg including: Apples, Pear, Orange, watermelon, kiwi, grapes, blueberries, strawberries, pineapple, melon (without skin), peach, plum, banana, apricots, pepper and carrots.
- Make sure all fruits have seeds or stones removed before giving to parrots.
- Other vegetables can be used but make sure they are low in iron or do not stop the absorbing of calcium (i.e., spinach and tomato).
- A4 paper. Different coloured paper is helpful
- Paperclips
- Pencil and ruler
- Scissors
- Knife

### DO NOT FEED

- Avocado
- Fruit seeds and stones
- Melon skin
- Onion
- Garlic
- Dried beans
- Mushrooms
- Raw peanuts



(@Filmfoto)



**Figure 3**

### Steps

**1.** Cut the paper into strips that are 30 cm long and 2 cm wide.  
**Adult supervision will be needed for under 10s**

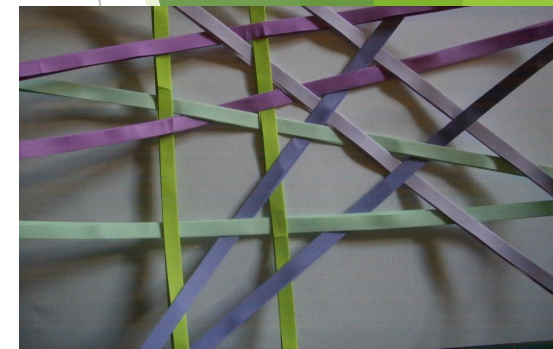
**2.** Fold the paper twice length ways and then curve them a little using a table top.

**3.** Using 5 strips place them over each other with each strip curving up making sure each strip weaves under the rest. This should create a small pentagon in the middle. See figure 1



**Figure 1**

**4.** Then using the other 5 strips weave them parallel to the others going outwards from the central pentagon. Strips should go under-over-under-over or the over-under-over-under. This should create 5 hexagons around the pentagon.



**Figure 2**

**5.** Next Place the paperclips onto the joints around the hexagons then start to form a bowl shape while continuing to weave. Move the paperclips to the newly created joints to keep the shape of the ball. See figure 3.

**6.** As the ball starts to close up, pull each strip from both ends to allow you to finish the ball. Once two strips reach tuck them inside on another. And remove any paperclips left attached. See figure 4



**Figure 4**

**7.** Finally cut the fruit and veg into small pieces and place them inside the woven ball and then place inside the parrots enclosure and let them enjoy.  
**Adult supervision needed for under 10s to cut the food.**

This can also be used for other pets including mice, rats, gerbils, hamsters, cats, dogs, rabbits and guinea pigs. Size of balls can be adjusted for larger pets.