

Hope and Healing

Step 1. Color in the previous page. This is meant for you to take time to focus on the act of coloring. Focusing on one activity can slow your mind and allow you to relax.

Step 2. Once you are done, read through the song below. Fill in the blanks and complete your version of the song:

"Tomorrow Brings Hope"

Sung to the tune of *Don't Stop Thinking About Tomorrow* by Fleetwood Mac

Written by: _____
(your name)

If you wake up and don't want to _____
(something you normally love to do)
if it takes just a little while,

Open your eyes and _____
(a positive ~~hoping~~ skill)

You'll see things in a different way

Don't stop _____
(something nice you can do for another person)

Don't stop _____
(something nice you can do for yourself)

It'll be better than before. Yesterday's gone, hope is here.

Why not think about _____
(a person who means a lot to you)

And not about _____
(something that is troubling you today)

If your life was bad to you, just think what tomorrow will do.

Don't stop _____
(something nice you can do for another person)

Don't stop _____
(something nice you can do for yourself)

Step 3. Once you are done with your song, feel free to share your song with us. Simply snap a picture and send the image to cpam2@houstonmethodist.org. Our Music Therapists will record a song and send one back to you.

Step 4. Pull apart this piece of paper from the first page. Use the directions below to fold the first sheet. The gray lines on the page will help guide your way.

How to Fold an Origami Heart



1. Fold one corner down diagonally



then open out again



2. Repeat fold with opposite corner... then open out again



3. Mark center of intersecting folds with a DOT...



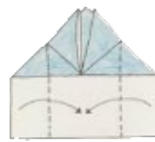
fold paper backwards, level with the DOT, then open out again



4. Press the DOT toward the table... bring side folds upwards towards the center then downwards towards



5. Then fold each side corner towards the top



6. Fold each side in towards the center



7. Turn paper over, fold top triangular section (top layer only) downwards



8. Fold bottom edge upwards about 1/3...
 *Place tip of the triangle on top of the bottom folded section



9. Tuck each bottom point into pocket



10. Tuck each top point into pocket

Step 5. Each time you hold the origami heart take a moment to pause, remember your rewritten version of the song, and focus on your hopes.

Instructions modified from:
 Japanese Letter Heart, E.L. F.A.
 (Envelopes and Letter-Fold Association)
 Origami-resource-center.com
 Source: National Organization for Arts in Health (NOAH)
www.TheNOAH.net
 Hope definition: <https://maryannblount.com/hope-mean/>

CENTER FOR PERFORMING ARTS MEDICINE
www.houstonmethodist.org/performing-arts

