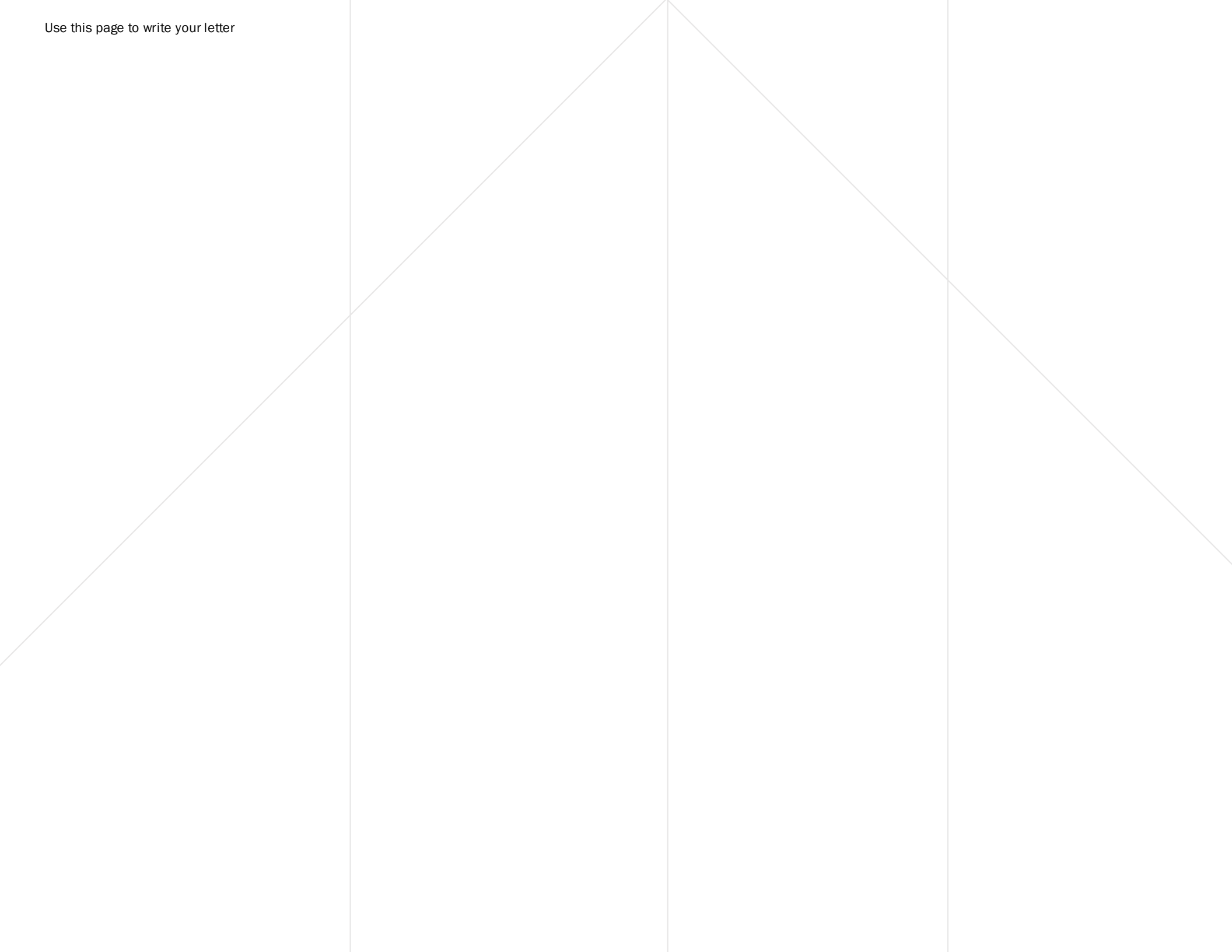


Decorate this page and address your envelope in the box



Use this page to write your letter



Stay Connected with an Origami Envelope

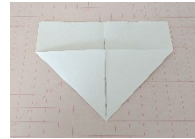
Staying connected helps ease any isolation we may feel when we are physically separated from those we love. One way to stay connected is by letter writing. Use this activity to write a letter to someone you care about. It can be yourself, a loved one, or anyone around you. Decorate the front of the letter with drawings, express your feelings and fill the page with shapes or squiggles leaving the middle box blank. The directions below will help you to fold your letter into an origami envelope and the gray lines on the page will help guide your way. You can also watch a video of how to fold your envelope at this link: https://youtu.be/nLERBv7v2_o or by searching Center for Performing Arts Medicine origami on YouTube.com.



1. With paper horizontal, fold in half



then open out again



2. Fold the bottom corners to the middle line



3. Fold the sides to the middle line



and flip the paper over



4. Bring the bottom end up



and fold the triangle



5. Fold triangle down and flip over. Pull the triangle open and up



flatten into a rectangle



6. Fold the top corners into the middle line



7. Tuck the triangle into the pocket



8. Address the envelope

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www.houstonmethodist.org/performing-arts

In an effort to further support Houston Methodist's holistic environment of caring, tune in to Channel 5 on the in-room television to enjoy a variety of art experiences. You can find more activities and digital experiences on our website CPAMONLINE.ORG

