



November 8th-14th



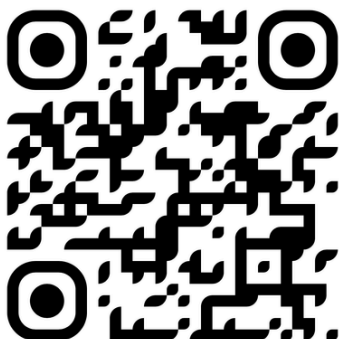
DID YOU KNOW?

- World Origami Day is November 11th which is during Polk County's local Arts & Health Week Celebration?
- People all over the world celebrate Arts & Health because making art helps people feel calmer, happier, and more connected.
- In Japan, paper cranes represent hope, healing, peace, and good fortune.
- Scientists have discovered that making art can reduce stress and strengthen the brain!

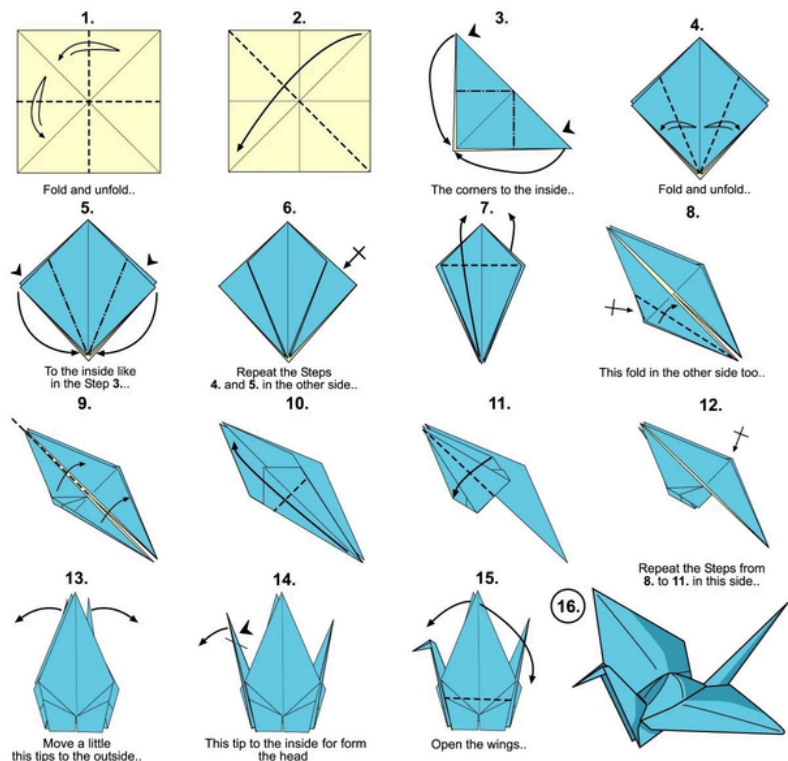
My Hope:

One way art helps me:

To learn more about Arts and Health Week in Polk County and discover how the arts play a role in our health and well-being, scan the QR below.



CRANE TSURU





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Teacher Resources

What is Arts and Health Week: What began in 2024 by as a local response to the National League of Cities' Arts and Health Day call to action, has grown into a thriving community movement. In 2025 30 organizations came together hosting over 20 free events aimed at bringing awareness of the benefit of the arts for health and wellbeing and helping connect community members with community arts experiences. 2026 will take place from November 8th -14th and has already grown from last year. This is a program launched by the Watson Clinic Foundation's Arts in Medicine Program. Find more information about the week, along with additional resources at: www.ArtsHealthWeek.Org



How do the Arts impact health and wellbeing: With over thirty thousand empirical papers published to date that catalogue the many benefits that engagement in creative practice has on our health and well-being, this growing field of study has led to some extraordinary findings. Find more information at:

- **Ready for your next read?**

- The Art Cure-
 - Daisy Fancourt
- Your Brain on Art-
 - Susan Magsamen,
 - Ivy Ross



National Endowment
for the Arts- Health
& Well-being



Americans for the
Arts- Social Impact
Explorer

World Origami Day: World Origami Day is celebrated on Wednesday November 11th and is a celebration of the craft and history of Origami. You can Find more information at www.WorldOrigamiDay.org



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Lesson Plan

Arts & Health Week Curriculum Resource

Grade 3 Visual Arts

One Fold at a Time: Cranes, Wishes, and the Healing Power of Art

Curriculum Overview

This comprehensive lesson is designed for Florida Grade 3 art classrooms during Arts & Health Week. It integrates visual arts, social-emotional wellness, Japanese cultural traditions, literacy, and health education through a collaborative origami crane experience. The lesson emphasizes perseverance, empathy, craftsmanship, and the scientifically supported connection between creative expression and wellbeing.

Florida Standards Alignment

Area	Benchmark	Connection
Visual Arts	VA.3.C.1.2	Use art to communicate ideas and personal meaning through the crane and written reflection.
Visual Arts	VA.3.H.1.1	Explore Japanese culture and how traditions influence art.
Visual Arts	VA.3.S.1.1	Use tools and materials appropriately while demonstrating craftsmanship.
Visual Arts	VA.3.F.1.1	Apply persistence and creative problem solving while folding.
ELA	ELA.3.C.1.2	Participate in collaborative discussion.
ELA	ELA.3.C.4.1	Write a reflective wish statement.
Health	HE.3.C.1	Identify creative activities that support emotional wellness.



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Learning Objectives

- Explain the cultural significance of the origami crane.
- Describe at least two ways the arts support health and wellbeing.
- Fold an origami crane using sequential directions.
- Demonstrate perseverance and craftsmanship.
- Reflect on hope through writing.

Essential Questions

- How can art improve health?
- Why do cultures create meaningful traditions?
- What happens in our brains when we make art?
- How can one small act inspire hope?

Teacher Background

Arts & Health Week celebrates the evidence that music, dance, theater, visual art, storytelling, and other creative experiences positively influence physical, emotional, and social wellbeing. The World Health Organization and growing NeuroArts research demonstrate benefits including reduced stress, increased resilience, stronger social connection, improved attention, and enhanced emotional regulation.

The origami crane has represented peace, hope, healing, and longevity in Japan for centuries. The story of Sadako Sasaki introduced millions of children to the tradition of folding cranes as symbols of hope.



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Materials

- 6-inch origami paper
- Practice paper
- Projector/document camera
- Completed crane
- Wish tags
- String and clothespins



Additional visual
step by step
instructions

Lesson Sequence

- Hook (5 min)

Reveal a hanging mobile of cranes. Ask: 'Can paper help people heal?'

Facilitate curiosity before introducing Arts & Health Week.

- Mini Lesson (10 min)

Discuss Arts & Health Week, brain science of creativity, Japanese culture, and vocabulary.

- Growth Mindset Warm-up (5 min)

Crumple and flatten scrap paper. Discuss mistakes as part of learning.

- Origami Activity (25 min)

Model each fold slowly. Encourage peer helpers ('Origami Coaches').

- Reflection (10 min)

Students write a wish or hope and attach it to their crane.

- Closure (5 min)

Celebrate the collaborative installation and discuss community, hope, and perseverance.



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Teacher Facilitation Tips

- Normalize mistakes before folding begins.
- Pause after every two folds to check understanding.
- Celebrate effort rather than perfection.
- Invite early finishers to become helpers instead of starting something new.
- Use encouraging language that reinforces perseverance.

Common Student Misconceptions

Misconception	Teacher Response
My crane has to look perfect.	Every crane is unique; artists improve through practice.
I'm bad at art.	Art is a skill that grows with persistence.
Only finished artwork matters.	The creative process is equally valuable.



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Differentiation

Supports: larger paper, visual models, partner work, pre-folded starters, teacher checkpoints.

Extensions: research Japanese traditions, geometry connections, poetry, schoolwide 1,000-crane project.

Administrator Look-Fors

- Students engaged in collaborative discussion.
- Explicit connection between art and wellbeing.
- Standards-aligned questioning.
- Evidence of reflection and perseverance.
- Inclusive participation.

References

Florida Department of Education – Visual Arts Standards (CPALMS)

Florida B.E.S.T. Standards

Florida Health Education Standards

World Health Organization (2019). What is the evidence on the role of the arts in improving health and well-being?

International Arts + Mind Lab (NeuroArts Blueprint)