

Making Life Colorful at the Hospital

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Our Plan

We plan to deliver coloring books to the waiting rooms to the Cookeville Regional Hospital for people who are there for relatives or loved ones. Anxiety and stress are common in hospital situations. Coloring allows the fear center of your brain to relax, thereby relaxing you. Giving your amygdala periodic rests also reduces your stress overall. We are also writing letters and handing them out to some of the patients. We hope that these letter will bring the people joy that someone is thinking of them.

The Development

We knew that we wanted to help people in a hospital environment. We were aiming towards children, however the Cookeville Regional Medical Center does not have a pediatric unit, so we were unable to do that. We then thought, what if we helped not only the patients, but also their families. By providing coloring books, we thought that it would give a ray of sunshine through the darkness.

Our Goal

Sitting in a waiting room at a hospital can be very stressful. Our goal is to provide a distraction from that stress and anxiety. The coloring books could give people something else to think about instead of the reason that they are in the hospital. By using coloring pages, many may be able to relax. The artistic expression can help people go deeper into a relaxed state. Research has now proven that coloring pages and books can be used as prelude to regular or conventional therapy for many.

The Delivering

When we delivered the coloring books and letters people's faces lit up with joy. We spoke to some of the people that were in the waiting rooms. It was nice to help someone who truly needed it.



Learner Profile Traits

Inquirers: We wanted to find a way that we could help the community through the hospital. We brainstormed and thought of a way to help not only the patients but also their families.

Thinkers: We had to think of different ideas of how to help the community in many different ways. We had to think what would help the most and what we wanted and were able to do.

Communicators: We spoke to the staff at the hospital and asked if we would be able to write letters to some of the patients that did not have many visitors or support from their family. Our mentor also helped with that because she works in the hospital.

Open Minded: We wanted to think of how certain things would help certain people. What type of things would help patients without a support system? Letters and notes that show them that there are people who care.

Caring: We were caring and we spoke to people that we did not know. We tried to understand their position and feelings.

Reflective: We reflected on what we did and thought of ways we could improve next time.