

WEBVTT

NOTE duration:"00:08:34"

NOTE recognizability:0.878

NOTE language:en-us

NOTE Confidence: 0.845623893076923

00:00:00.000 --> 00:00:01.212 Hi, I'm Dana Farber.

NOTE Confidence: 0.845623893076923

00:00:01.212 --> 00:00:02.727 I work for integrative medicine

NOTE Confidence: 0.845623893076923

00:00:02.727 --> 00:00:04.360 at Smilow Cancer Hospital.

NOTE Confidence: 0.845623893076923

00:00:04.360 --> 00:00:06.510 I'm the creative expression coordinator.

NOTE Confidence: 0.845623893076923

00:00:06.510 --> 00:00:07.590 I'm gone. Dolly bop it.

NOTE Confidence: 0.845623893076923

00:00:07.590 --> 00:00:09.505 I'm a designer and volunteer

NOTE Confidence: 0.845623893076923

00:00:09.505 --> 00:00:10.654 at integrative medicine,

NOTE Confidence: 0.845623893076923

00:00:10.660 --> 00:00:12.064 origami cranes have long

NOTE Confidence: 0.845623893076923

00:00:12.064 --> 00:00:13.819 been a symbol of peace,

NOTE Confidence: 0.845623893076923

00:00:13.820 --> 00:00:15.532 love, hope and healing.

NOTE Confidence: 0.845623893076923

00:00:15.532 --> 00:00:16.816 During challenging times,

NOTE Confidence: 0.845623893076923

00:00:16.820 --> 00:00:19.665 and we invite you to make a crane to add to

NOTE Confidence: 0.845623893076923

00:00:19.665 --> 00:00:21.975 a larger installation within the hospital.

NOTE Confidence: 0.845623893076923

00:00:21.980 --> 00:00:23.500 If you want to make your own crane,
NOTE Confidence: 0.845623893076923

00:00:23.500 --> 00:00:25.648 we've put together a quick instructional
NOTE Confidence: 0.845623893076923

00:00:25.648 --> 00:00:28.099 video and keep watching till the end of
NOTE Confidence: 0.845623893076923

00:00:28.099 --> 00:00:30.050 the video to find out where and how.
NOTE Confidence: 0.845623893076923

00:00:30.050 --> 00:00:30.260 Exactly,
NOTE Confidence: 0.845623893076923

00:00:30.260 --> 00:00:31.520 you can send your own crates.
NOTE Confidence: 0.74462

00:00:34.230 --> 00:00:36.280 We're going to make a crane together.
NOTE Confidence: 0.875327884

00:00:36.280 --> 00:00:37.810 You start with a square.
NOTE Confidence: 0.875327884

00:00:37.810 --> 00:00:39.070 This is a 6 by 6.
NOTE Confidence: 0.875327884

00:00:39.070 --> 00:00:40.498 We're using origami paper,
NOTE Confidence: 0.94120871125

00:00:41.020 --> 00:00:42.560 but you can use any type of
NOTE Confidence: 0.94120871125

00:00:42.560 --> 00:00:43.800 paper that you have at home as
NOTE Confidence: 0.94120871125

00:00:43.800 --> 00:00:45.726 long as it's not super thick.
NOTE Confidence: 0.94120871125

00:00:45.730 --> 00:00:47.250 You can use wrapping paper.
NOTE Confidence: 0.94120871125

00:00:47.250 --> 00:00:50.190 You can use magazine paper.
NOTE Confidence: 0.94120871125

00:00:50.190 --> 00:00:52.140 As long as it's a square and not too thick,

NOTE Confidence: 0.838061345

00:00:52.590 --> 00:00:55.650 OK, so we'll walk you through.

NOTE Confidence: 0.838061345

00:00:55.650 --> 00:00:58.394 Make sure that your folds are precise.

NOTE Confidence: 0.838061345

00:00:58.400 --> 00:01:01.576 That will be easier to complete your project,

NOTE Confidence: 0.838061345

00:01:01.580 --> 00:01:03.113 so we're just going to fold the

NOTE Confidence: 0.838061345

00:01:03.113 --> 00:01:04.698 paper in half as our first fold.

NOTE Confidence: 0.82903403

00:01:05.700 --> 00:01:07.122 I'm going to turn it this way and do

NOTE Confidence: 0.82903403

00:01:07.122 --> 00:01:08.707 it because that's what I find easier.

NOTE Confidence: 0.88573647

00:01:12.160 --> 00:01:13.990 And so you have the fold.

NOTE Confidence: 0.848714981666666

00:01:13.990 --> 00:01:15.124 Then you're going to turn it

NOTE Confidence: 0.848714981666666

00:01:15.124 --> 00:01:16.399 and do the same fold again.

NOTE Confidence: 0.848714981666666

00:01:16.400 --> 00:01:20.000 So fold it in half the opposite direction.

NOTE Confidence: 0.848714981666666

00:01:20.000 --> 00:01:23.068 Making sure that you stay very precise.

NOTE Confidence: 0.911811011111111

00:01:28.470 --> 00:01:29.772 Now we want to make a fold

NOTE Confidence: 0.911811011111111

00:01:29.772 --> 00:01:31.858 this way, so we're going to.

NOTE Confidence: 0.911811011111111

00:01:31.860 --> 00:01:33.150 Make a triangle you triangle.

NOTE Confidence: 0.848681666666667

00:01:34.920 --> 00:01:36.480 And you can use the fingers.
NOTE Confidence: 0.848681666666667

00:01:36.480 --> 00:01:38.468 You can use a pen. You can use
NOTE Confidence: 0.848681666666667

00:01:38.468 --> 00:01:40.400 a bone folder to help you make
NOTE Confidence: 0.848681666666667

00:01:40.400 --> 00:01:42.570 those lines really, really crisp.
NOTE Confidence: 0.91235954

00:01:45.760 --> 00:01:48.115 And now turn it in the
NOTE Confidence: 0.91235954

00:01:48.115 --> 00:01:49.170 opposite direction. And
NOTE Confidence: 0.882944796666667

00:01:49.170 --> 00:01:50.058 make another triangle.
NOTE Confidence: 0.75384843

00:01:55.890 --> 00:01:57.308 We have a starburst pattern.
NOTE Confidence: 0.93297068

00:02:03.080 --> 00:02:06.226 Now the next fold we want to
NOTE Confidence: 0.93297068

00:02:06.226 --> 00:02:09.124 invert this side and this side,
NOTE Confidence: 0.93297068

00:02:09.130 --> 00:02:12.400 so we're going to hold this.
NOTE Confidence: 0.93297068

00:02:12.400 --> 00:02:14.550 So that it comes together.
NOTE Confidence: 0.9985633

00:02:16.970 --> 00:02:18.538 Sometimes this one is a little tricky.
NOTE Confidence: 0.815527775

00:02:18.950 --> 00:02:21.176 This is where your first folds
NOTE Confidence: 0.815527775

00:02:21.176 --> 00:02:23.409 are really going to help you.
NOTE Confidence: 0.815527775

00:02:23.410 --> 00:02:25.978 If. Breaking down super Chris.

NOTE Confidence: 0.931473882352941
00:02:26.620 --> 00:02:28.312 Yeah, so it would look like it goes in
NOTE Confidence: 0.931473882352941
00:02:28.312 --> 00:02:30.157 and then this thing with the other side.
NOTE Confidence: 0.8058666075
00:02:43.910 --> 00:02:45.870 So that your sides now are folded in.
NOTE Confidence: 0.9538348
00:02:48.210 --> 00:02:49.300 And it would look like this.
NOTE Confidence: 0.9634536
00:02:50.990 --> 00:02:52.680 And remember to keep the open
NOTE Confidence: 0.832980276
00:02:52.690 --> 00:02:54.075 side towards you and the
NOTE Confidence: 0.832980276
00:02:54.075 --> 00:02:55.460 folded side away from you.
NOTE Confidence: 0.9615573
00:02:56.650 --> 00:02:57.860 So the next step, just make
NOTE Confidence: 0.9615573
00:02:57.860 --> 00:02:58.890 sure go over your creases
NOTE Confidence: 0.913386075625
00:02:58.931 --> 00:03:00.287 and make sure that they're tight.
NOTE Confidence: 0.913386075625
00:03:00.290 --> 00:03:01.800 Yes, you're going to pull
NOTE Confidence: 0.913386075625
00:03:01.800 --> 00:03:03.890 just one piece of the side up,
NOTE Confidence: 0.913386075625
00:03:03.890 --> 00:03:05.210 and you're going to bring it
NOTE Confidence: 0.913386075625
00:03:05.210 --> 00:03:06.887 up and over, so not across.
NOTE Confidence: 0.913386075625
00:03:06.887 --> 00:03:09.720 Like that you don't want to do that.
NOTE Confidence: 0.913386075625

00:03:09.720 --> 00:03:11.898 You want to bring that up.
NOTE Confidence: 0.913386075625

00:03:11.900 --> 00:03:13.430 Almost like you're making a kite.
NOTE Confidence: 0.84701633

00:03:15.700 --> 00:03:17.410 You can use that middle fold
NOTE Confidence: 0.788310123333333

00:03:17.480 --> 00:03:21.570 to guide you. As well, and then the
NOTE Confidence: 0.788310123333333

00:03:21.570 --> 00:03:22.530 same thing with the other side.
NOTE Confidence: 0.788310123333333

00:03:22.530 --> 00:03:25.491 Just pull up one piece. And bring
NOTE Confidence: 0.788310123333333

00:03:25.491 --> 00:03:27.177 it right to that middle guideline.
NOTE Confidence: 0.938837688333333

00:03:29.570 --> 00:03:30.800 So that it looks like this.
NOTE Confidence: 0.911345835

00:03:34.700 --> 00:03:36.380 And remember the openings will be
NOTE Confidence: 0.911345835

00:03:36.380 --> 00:03:38.556 at the bottom here. Now flip it
NOTE Confidence: 0.911345835

00:03:38.556 --> 00:03:40.668 over and repeat that step again.
NOTE Confidence: 0.8281882

00:03:49.090 --> 00:03:51.562 Cranes are very symmetrical so will
NOTE Confidence: 0.8281882

00:03:51.562 --> 00:03:55.359 be repeating this steps quite often.
NOTE Confidence: 0.8281882

00:03:55.360 --> 00:03:58.310 So now it looks like this.
NOTE Confidence: 0.8281882

00:03:58.310 --> 00:03:59.666 With your openings on the bottom.
NOTE Confidence: 0.8641348

00:04:02.430 --> 00:04:03.658 I'm just taking my time

NOTE Confidence: 0.890259201666667
00:04:03.980 --> 00:04:08.600 trying to get those folds very precise.
NOTE Confidence: 0.890259201666667
00:04:08.600 --> 00:04:09.916 Now this top triangle.
NOTE Confidence: 0.890259201666667
00:04:09.916 --> 00:04:12.310 Here we want to fold that down.
NOTE Confidence: 0.829141
00:04:16.280 --> 00:04:18.828 That'll be another line that we use,
NOTE Confidence: 0.829141
00:04:18.830 --> 00:04:20.148 and we can turn it around and fold
NOTE Confidence: 0.829141
00:04:20.148 --> 00:04:21.470 it in the opposite direction.
NOTE Confidence: 0.88812993
00:04:28.240 --> 00:04:30.270 This next one is called a petal
NOTE Confidence: 0.88812993
00:04:30.270 --> 00:04:32.355 fold and we're going to just pull
NOTE Confidence: 0.88812993
00:04:32.355 --> 00:04:33.850 out one layer from each side.
NOTE Confidence: 0.88812993
00:04:33.850 --> 00:04:35.550 So we're going to pull this one out.
NOTE Confidence: 0.9603286
00:04:38.320 --> 00:04:40.884 And where that line was that we folded it,
NOTE Confidence: 0.9603286
00:04:40.890 --> 00:04:43.515 it will help it to fold straight.
NOTE Confidence: 0.9603286
00:04:43.520 --> 00:04:47.680 Back on itself and then the top,
NOTE Confidence: 0.9603286
00:04:47.680 --> 00:04:49.593 we're going to refold that
NOTE Confidence: 0.9603286
00:04:49.593 --> 00:04:51.216 the opposite direction.
NOTE Confidence: 0.9603286

00:04:51.220 --> 00:04:52.350 So that it looks like this.
NOTE Confidence: 0.89243853

00:05:00.790 --> 00:05:02.414 And then your other side
NOTE Confidence: 0.89243853

00:05:02.414 --> 00:05:04.294 is waiting to be done.
NOTE Confidence: 0.89243853

00:05:04.300 --> 00:05:05.084 So when you're ready,
NOTE Confidence: 0.89243853

00:05:05.084 --> 00:05:06.260 flip it over and do the
NOTE Confidence: 0.89243853

00:05:06.307 --> 00:05:07.307 same thing on the other
NOTE Confidence: 0.920871473333333

00:05:07.320 --> 00:05:08.868 side. Just pull out that piece.
NOTE Confidence: 0.7814935575

00:05:11.590 --> 00:05:14.350 For that middle cold. In
NOTE Confidence: 0.840864286666667

00:05:14.360 --> 00:05:15.470 the reverse these.
NOTE Confidence: 0.837570035555555

00:05:27.050 --> 00:05:29.185 So these will be the start of
NOTE Confidence: 0.837570035555555

00:05:29.185 --> 00:05:31.092 our wings and this bottom part
NOTE Confidence: 0.837570035555555

00:05:31.092 --> 00:05:32.707 should be facing towards you.
NOTE Confidence: 0.9201051

00:05:34.740 --> 00:05:35.982 And now that fold that we did
NOTE Confidence: 0.9201051

00:05:35.982 --> 00:05:37.221 where we met the middle before
NOTE Confidence: 0.9201051

00:05:37.221 --> 00:05:38.619 we're going to do that again.
NOTE Confidence: 0.9201051

00:05:38.620 --> 00:05:41.218 So just pull up one side

NOTE Confidence: 0.9201051
00:05:41.220 --> 00:05:42.270 and go right to the middle.
NOTE Confidence: 0.7896627
00:05:43.200 --> 00:05:43.809 And fold it.
NOTE Confidence: 0.840212041666667
00:05:48.350 --> 00:05:50.382 So I'm not folding it half, but I'm using
NOTE Confidence: 0.840212041666667
00:05:50.382 --> 00:05:52.250 that line in the middle to guide my
NOTE Confidence: 0.788669886666667
00:05:52.260 --> 00:05:55.098 fold, right correct?
NOTE Confidence: 0.788669886666667
00:05:55.100 --> 00:05:57.876 And then do it the other side too.
NOTE Confidence: 0.788669886666667
00:05:57.880 --> 00:05:59.644 Yeah, that middle line is very important.
NOTE Confidence: 0.80073539
00:06:06.950 --> 00:06:08.680 Like mines not tight enough, but.
NOTE Confidence: 0.906542813333333
00:06:10.900 --> 00:06:12.658 So you have one side done.
NOTE Confidence: 0.906542813333333
00:06:12.660 --> 00:06:14.454 You'll flip it and do the
NOTE Confidence: 0.906542813333333
00:06:14.454 --> 00:06:15.990 other side the same way,
NOTE Confidence: 0.906542813333333
00:06:15.990 --> 00:06:18.610 bringing that to meet that
NOTE Confidence: 0.906542813333333
00:06:18.610 --> 00:06:22.588 middle guideline. A nice crease.
NOTE Confidence: 0.906542813333333
00:06:22.590 --> 00:06:23.578 And then the other side.
NOTE Confidence: 0.7500078
00:06:37.720 --> 00:06:40.350 He still has that openings pointing
NOTE Confidence: 0.7500078

00:06:40.350 --> 00:06:42.214 towards you. This you're going
NOTE Confidence: 0.7500078

00:06:42.214 --> 00:06:44.300 to fold up and at an angle.
NOTE Confidence: 0.893510418

00:06:47.370 --> 00:06:49.800 And then the other side up and at an angle.
NOTE Confidence: 0.925352401578947

00:06:55.200 --> 00:06:56.831 I always turn it around and do
NOTE Confidence: 0.925352401578947

00:06:56.831 --> 00:06:58.093 the same thing again because
NOTE Confidence: 0.925352401578947

00:06:58.093 --> 00:06:59.864 I want that crease to be deep,
NOTE Confidence: 0.925352401578947

00:06:59.870 --> 00:07:01.396 which makes it easier to work with.
NOTE Confidence: 0.932934996

00:07:04.090 --> 00:07:07.394 So now inside the wings I'm going
NOTE Confidence: 0.932934996

00:07:07.394 --> 00:07:11.010 to put my finger in here and pull
NOTE Confidence: 0.932934996

00:07:11.118 --> 00:07:13.168 this up. Around to invert it.
NOTE Confidence: 0.81477714

00:07:15.770 --> 00:07:16.760 Which could be a little tricky,
NOTE Confidence: 0.81477714

00:07:16.760 --> 00:07:17.880 but then it just folds
NOTE Confidence: 0.889977355

00:07:19.040 --> 00:07:20.160 that cruise that we
NOTE Confidence: 0.960732221111111

00:07:20.170 --> 00:07:22.618 did just is helping me with that as well.
NOTE Confidence: 0.815869511666667

00:07:25.500 --> 00:07:27.066 Almost folding on itself, isn't it?
NOTE Confidence: 0.867437178888889

00:07:28.190 --> 00:07:31.529 Because mines not as straight as I'd like it,

NOTE Confidence: 0.867437178888889
00:07:31.530 --> 00:07:34.090 I'm going to pick this side to be the head.
NOTE Confidence: 0.867437178888889
00:07:34.090 --> 00:07:35.616 Yes, I'll pull that down a little.
NOTE Confidence: 0.9343085
00:07:38.000 --> 00:07:39.368 And then do the same thing with the
NOTE Confidence: 0.9343085
00:07:39.368 --> 00:07:41.070 other side, which will become the tail.
NOTE Confidence: 0.919036317142857
00:08:04.070 --> 00:08:05.568 And then if you're mailing these in,
NOTE Confidence: 0.919036317142857
00:08:05.570 --> 00:08:07.946 you could mail them in just
NOTE Confidence: 0.919036317142857
00:08:07.946 --> 00:08:09.980 like this without opening them.
NOTE Confidence: 0.919036317142857
00:08:09.980 --> 00:08:11.075 But if you're ready to see
NOTE Confidence: 0.919036317142857
00:08:11.075 --> 00:08:11.960 what your crane looks like,
NOTE Confidence: 0.919036317142857
00:08:11.960 --> 00:08:13.125 you just pull the wings
NOTE Confidence: 0.919036317142857
00:08:13.125 --> 00:08:14.670 open and you have a crane.
NOTE Confidence: 0.945329715714286
00:08:18.920 --> 00:08:20.830 That's my favorite part when
NOTE Confidence: 0.945329715714286
00:08:20.830 --> 00:08:22.500 you just take the wings.
NOTE Confidence: 0.79217727
00:08:26.620 --> 00:08:27.150 Right now.