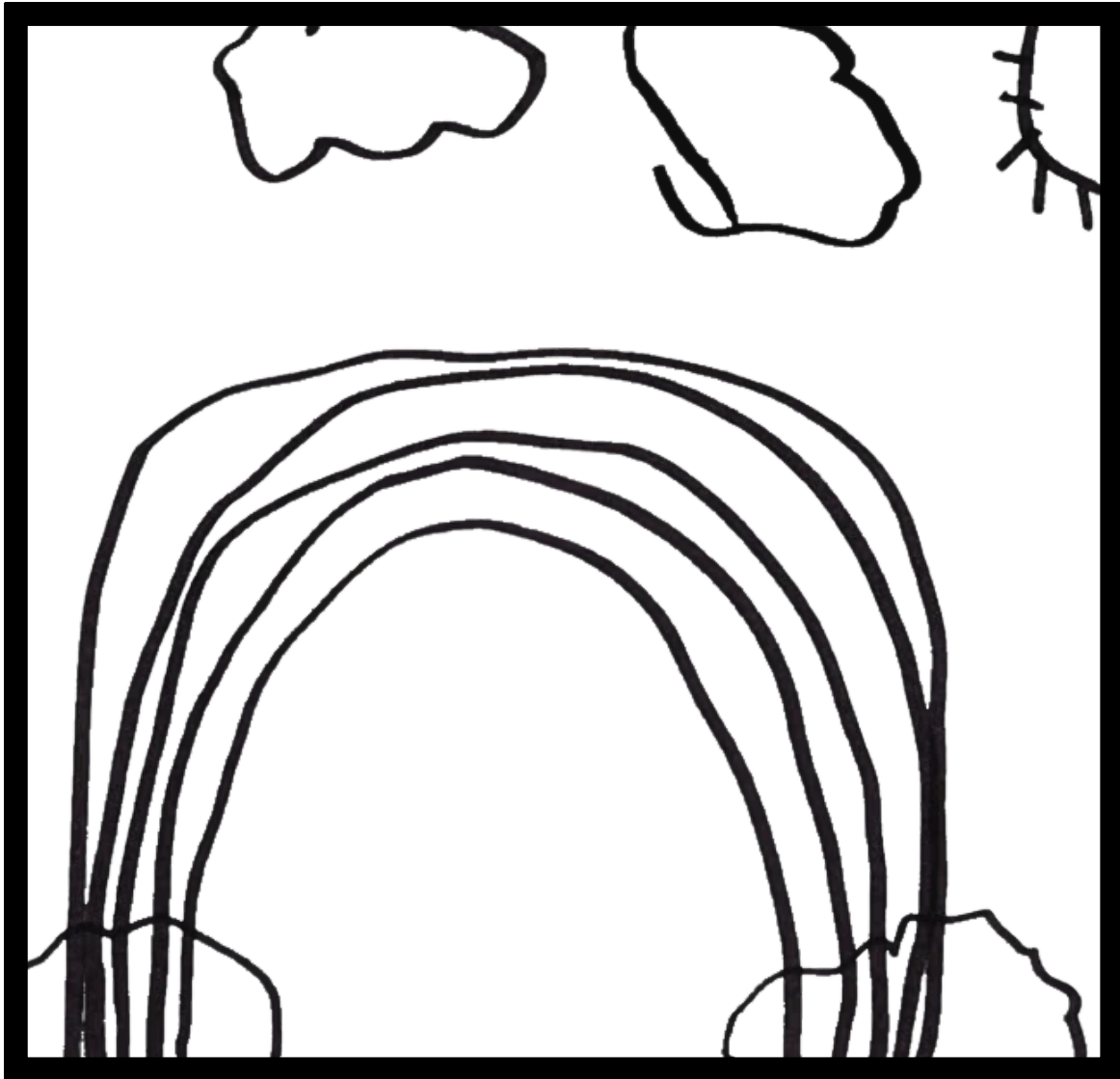


# WE CAN DO THIS

*A Lyric Coloring Book for*  
**Childhood Cancer and Blood Disorder Awareness Month**



Created by patients, families, and staff  
*With support from Child Life, Integrative and Creative Care*

# About this Book

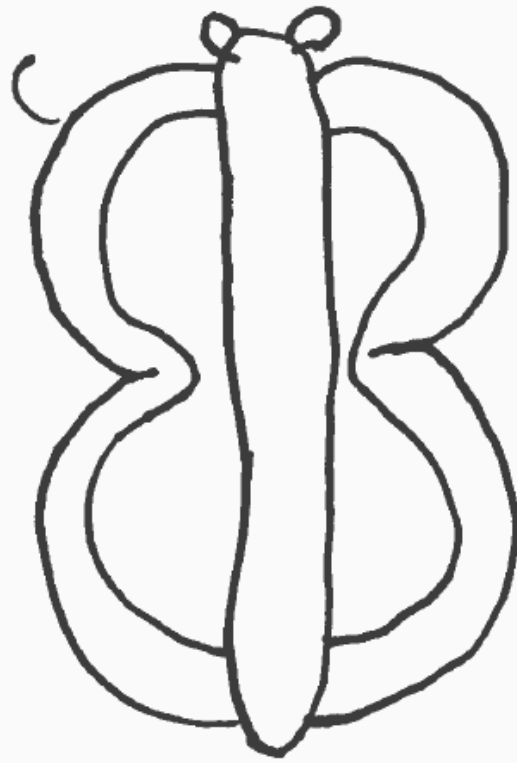
**“We wanted to do something special for and with our patients and families”**

Child Life, Integrative and Creative Care team was inspired by child life projects highlighting the creativity of patients and families in spreading awareness in hospitals across the country. We wanted to capture the amazing courage and strength that our patients, families and staff demonstrate every day.

Our music therapist gathered the thoughts, feelings and experiences of Oklahoma Children’s hematology and oncology patients and beautifully created a group song as a reflection on what courage means and what was thought about in times we were courageous.

Our art therapist then gathered black outlined images symbolizing what gives each patient or family member courage or strength based on the words used to create the lyrics. The lyrics and images came together to create a unique and meaningful coloring book where all can explore what it means to be courageous and strong.

-Child Life, Integrative and Creative Care, alongside our patients and families who graciously offered their work and talents for the creation of this coloring book



Courage means  
I'm being brave

...FACING THINGS THAT MAKE  
ME AFRAID

BE



STRONG

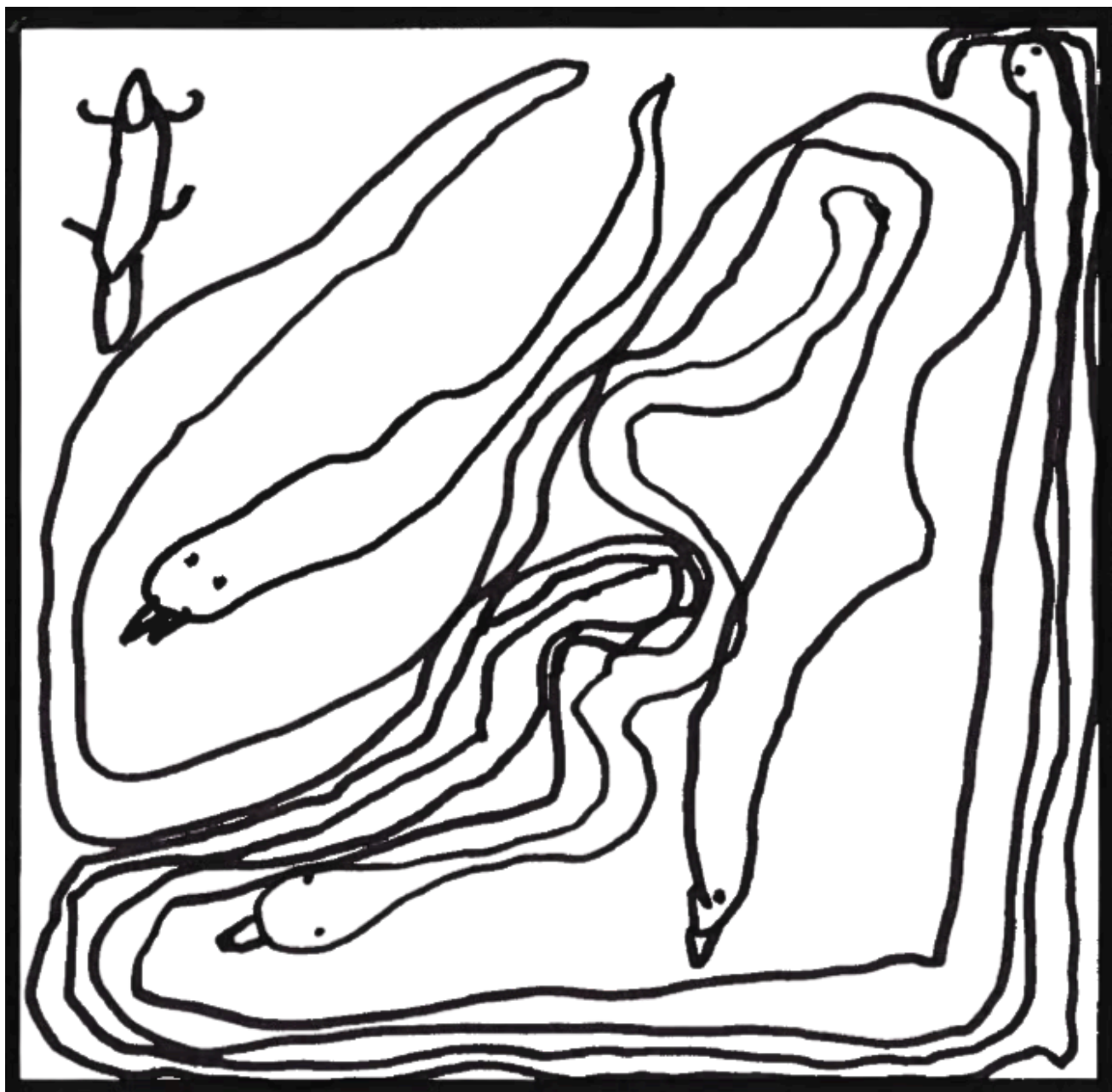
I'M STRONG ENOUGH  
TO OVERCOME



I STAND FOR WHAT  
I THINK IS RIGHT



YOU NEVER KNOW  
UNTIL YOU TRY  
YOUR VERY BEST  
TO FIGHT THROUGH WHAT'S NEXT



I MAY CRY  
I MAY FEEL KNOCKED DOWN  
I BREATHE IN AND TRY  
TO CONQUER FEARS NOW



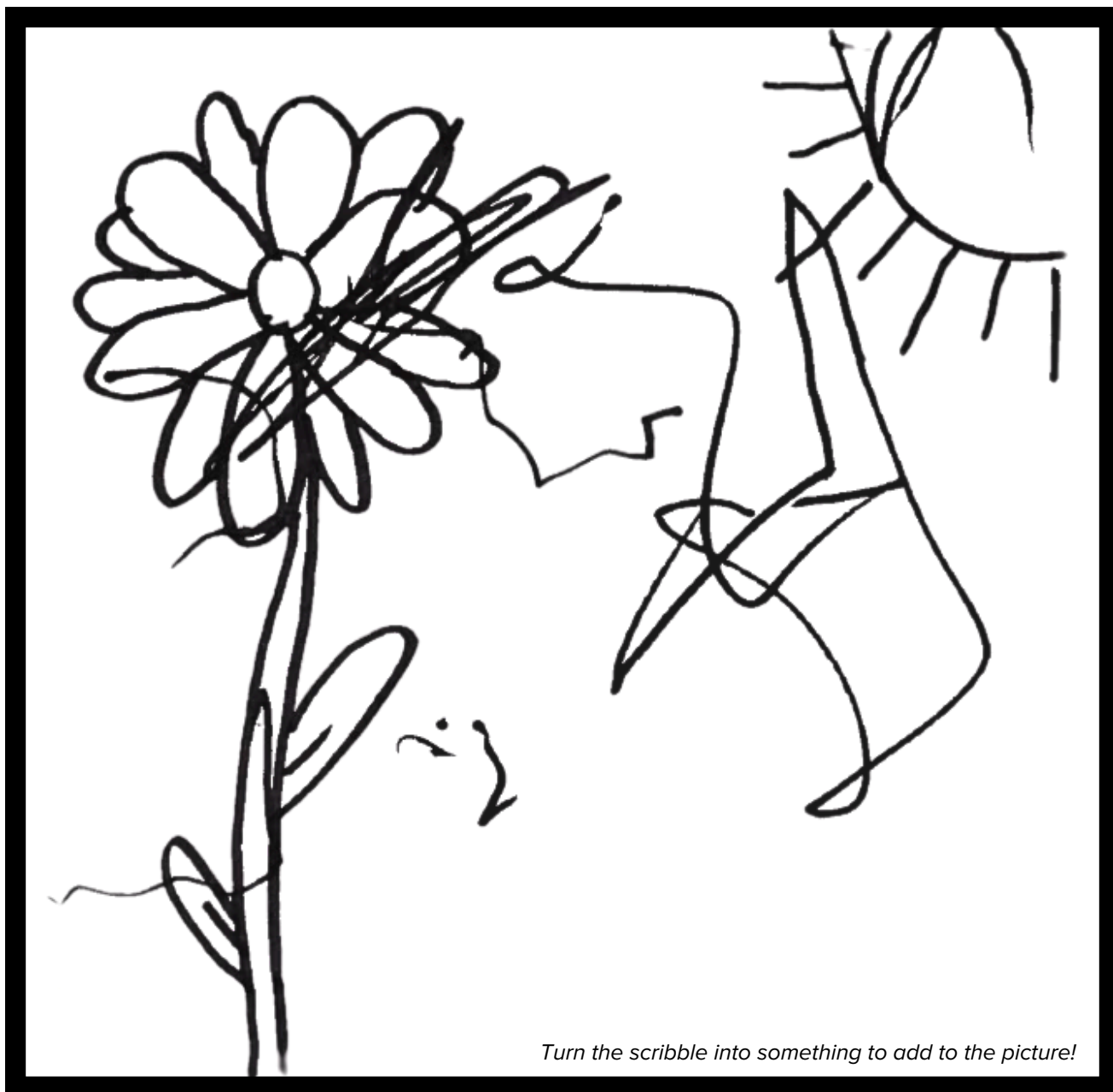
*Turn the scribble into something new!*

I'M BIG AND STRONG AND  
FACE DOWN MONSTERS

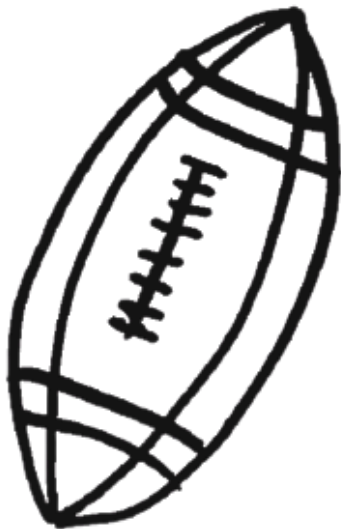
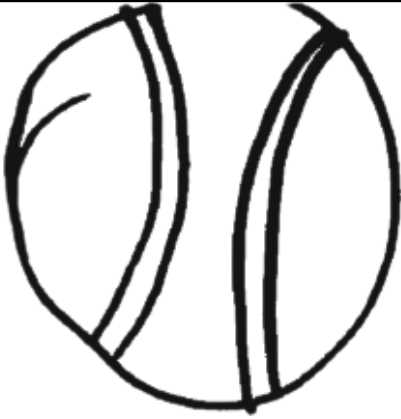




LEAD WITH BRAVERY AND  
HELP OUT OTHERS  
I CAN DO IT

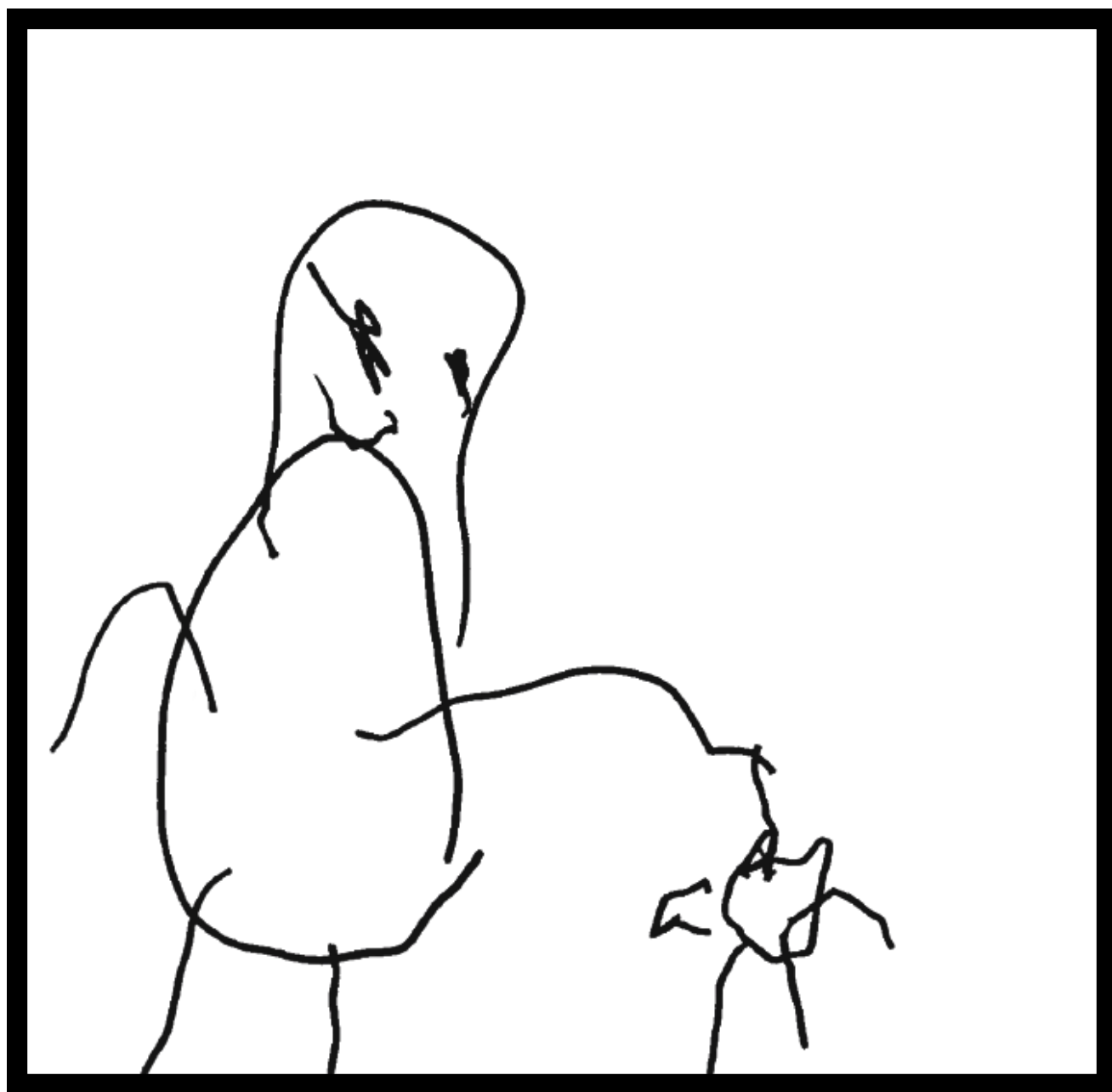


WE ALL DO BRAVE THINGS  
EVERYDAY  
IT SHOWS IN MANY  
DIFFERENT WAYS  
ME, YOU, THEY, US ARE  
COURAGEOUS!

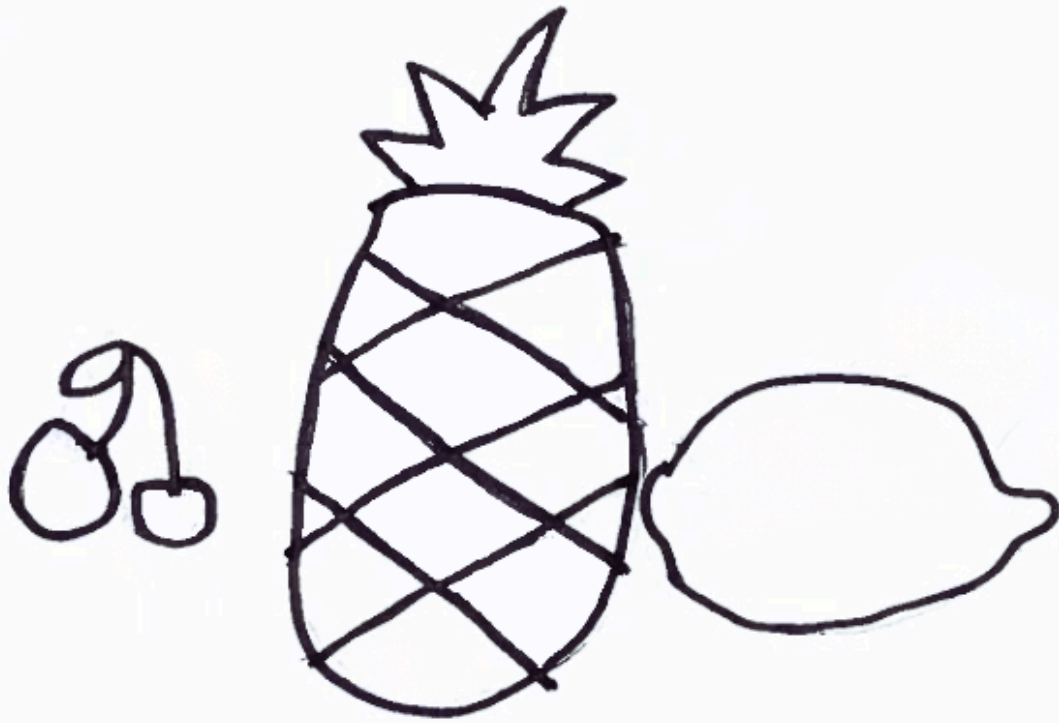


*Add something you like to play with or makes you feel strong!*

I FEEL STRONG  
WHEN I'M IN MY ELEMENT  
LIKE TACKLING A RUNNER  
OR BEING POSITIVE

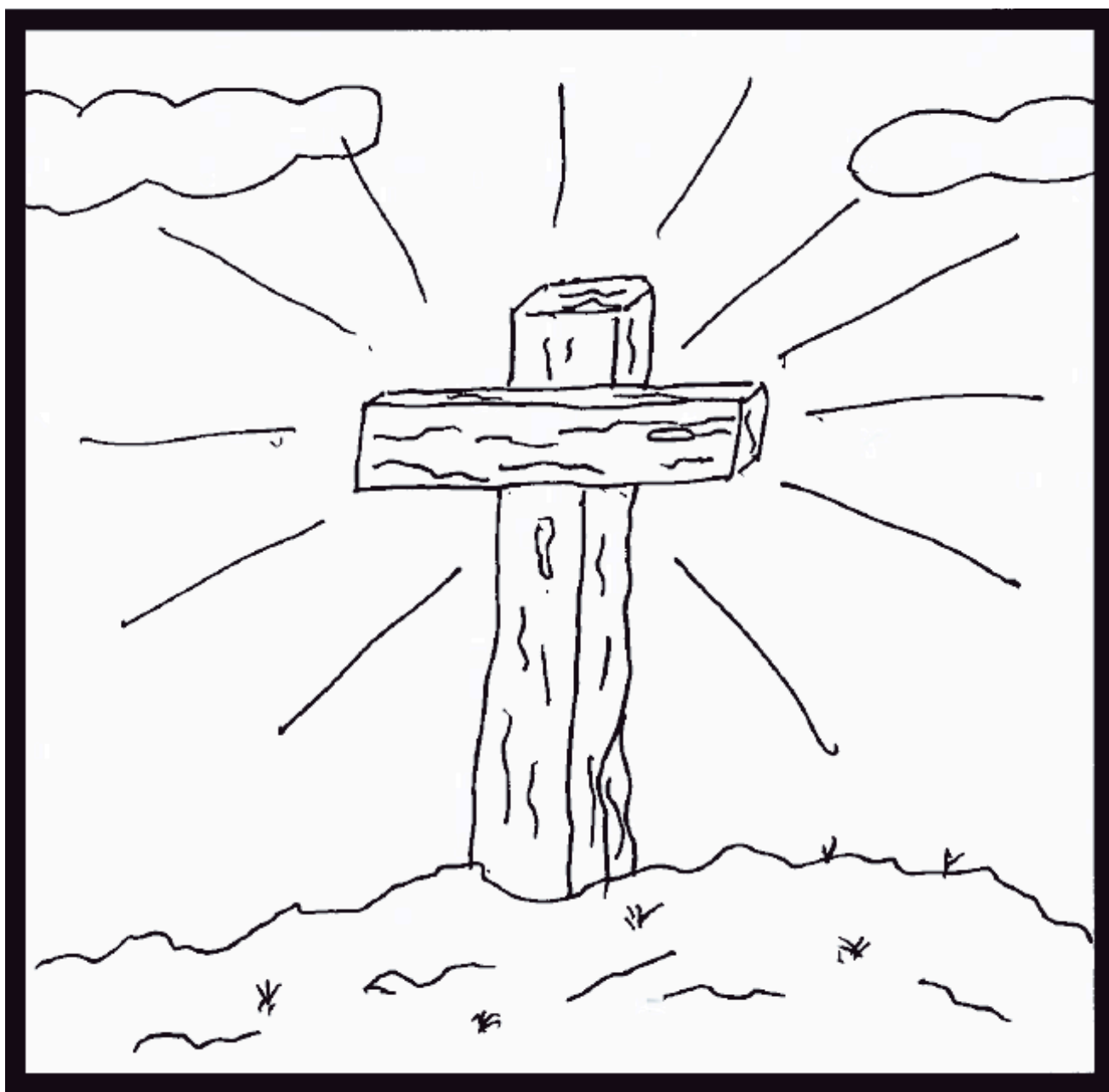


MY HOSPITAL TEAM  
HOLDS MY HAND AND  
PROTECTS ME

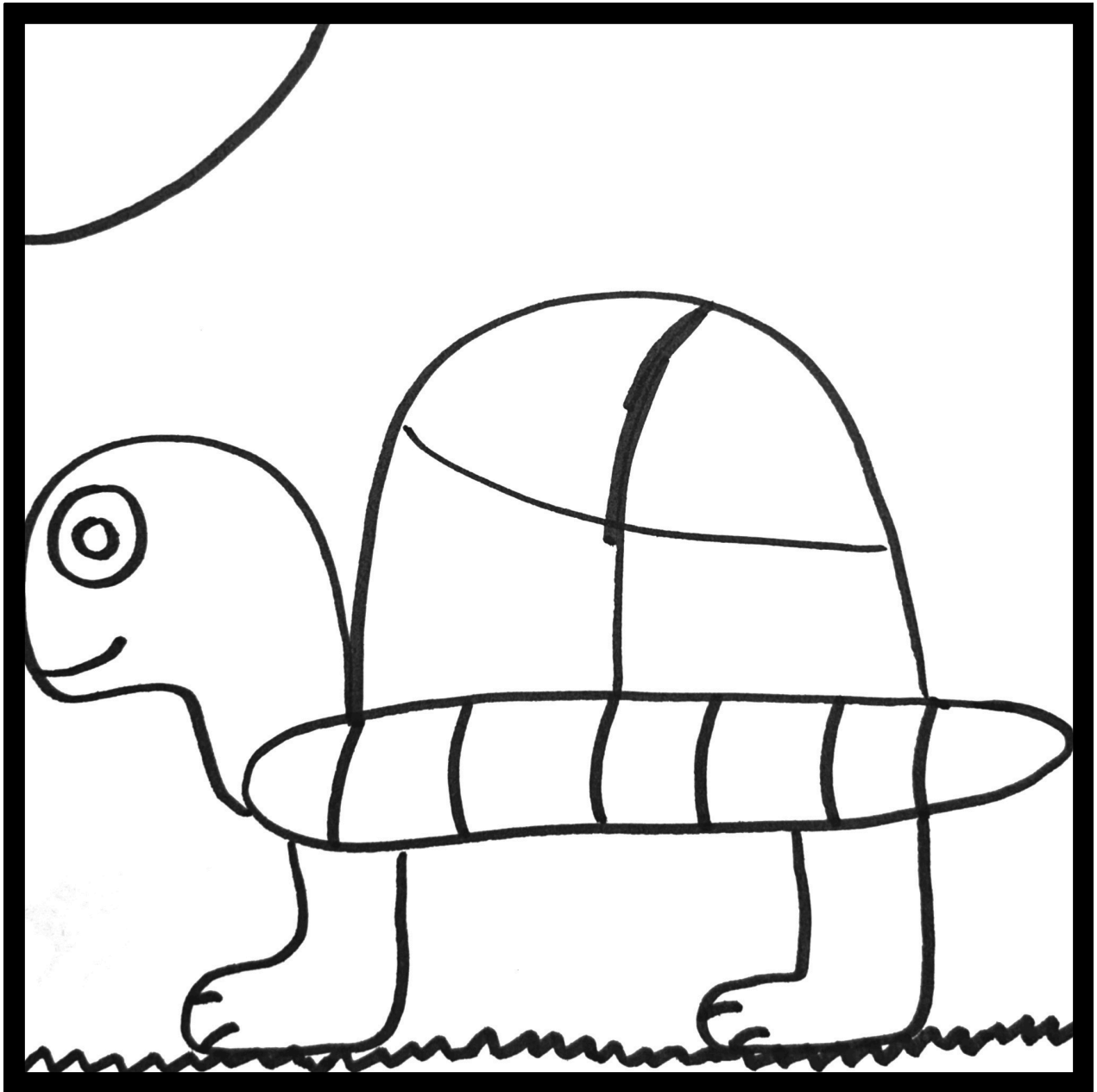


*Add your favorite things to the picture!*

MY STRENGTH COMES FROM  
MANY THINGS  
LIKE EATING FRUIT  
OR WHEN I SING



SOMETIMES I PRAY  
MY FAMILY HELPS ME FEEL  
OKAY

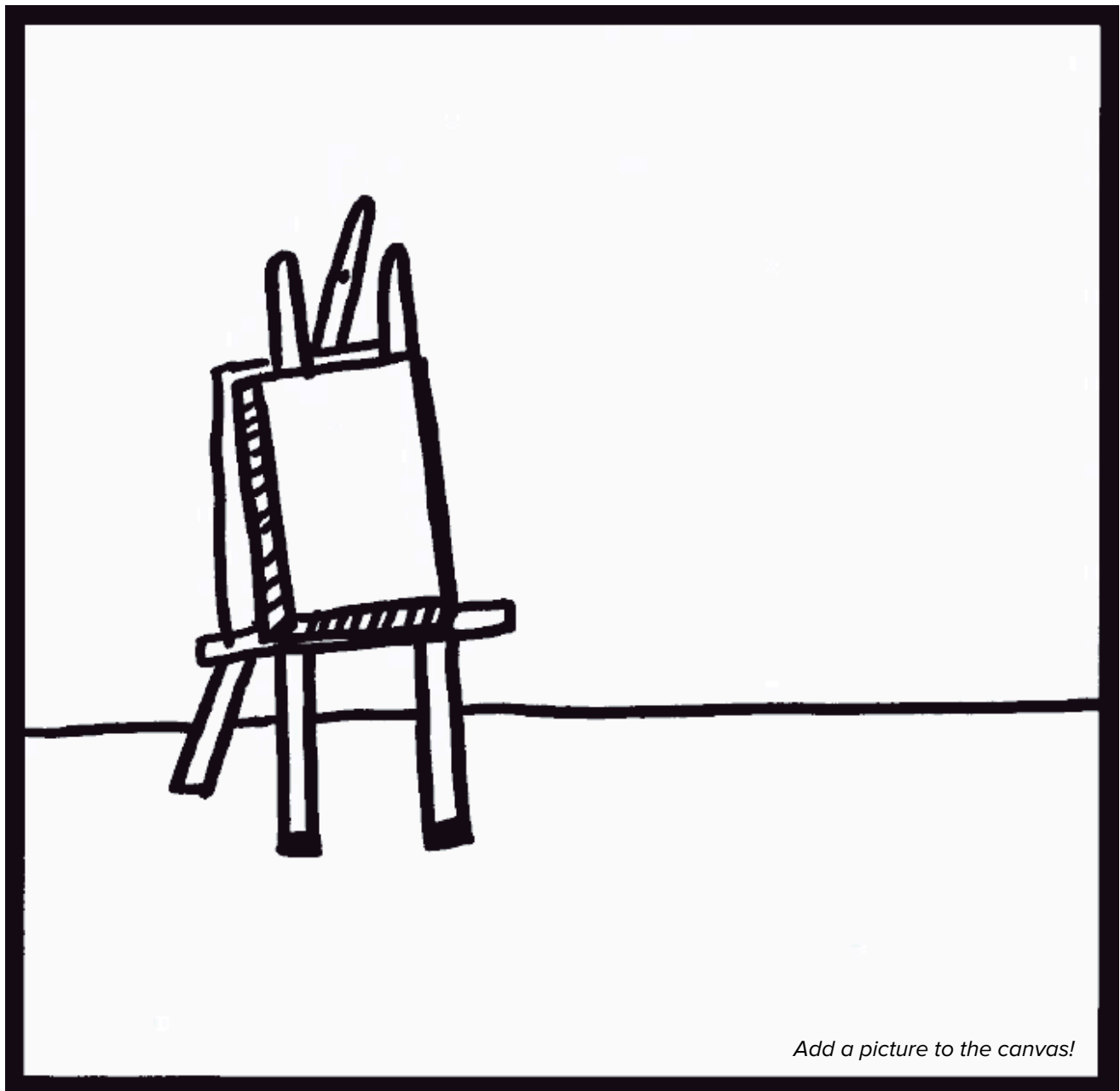


AND I MAY CRY  
I MAY FEEL KNOCKED DOWN  
I BREATHE IN AND TRY  
TO CONQUER FEARS NOW



I'M BIG AND STRONG  
AND FACE DOWN MONSTERS  
LEAD WITH BRAVERY  
AND HELP OUT OTHERS  
I CAN DO IT!

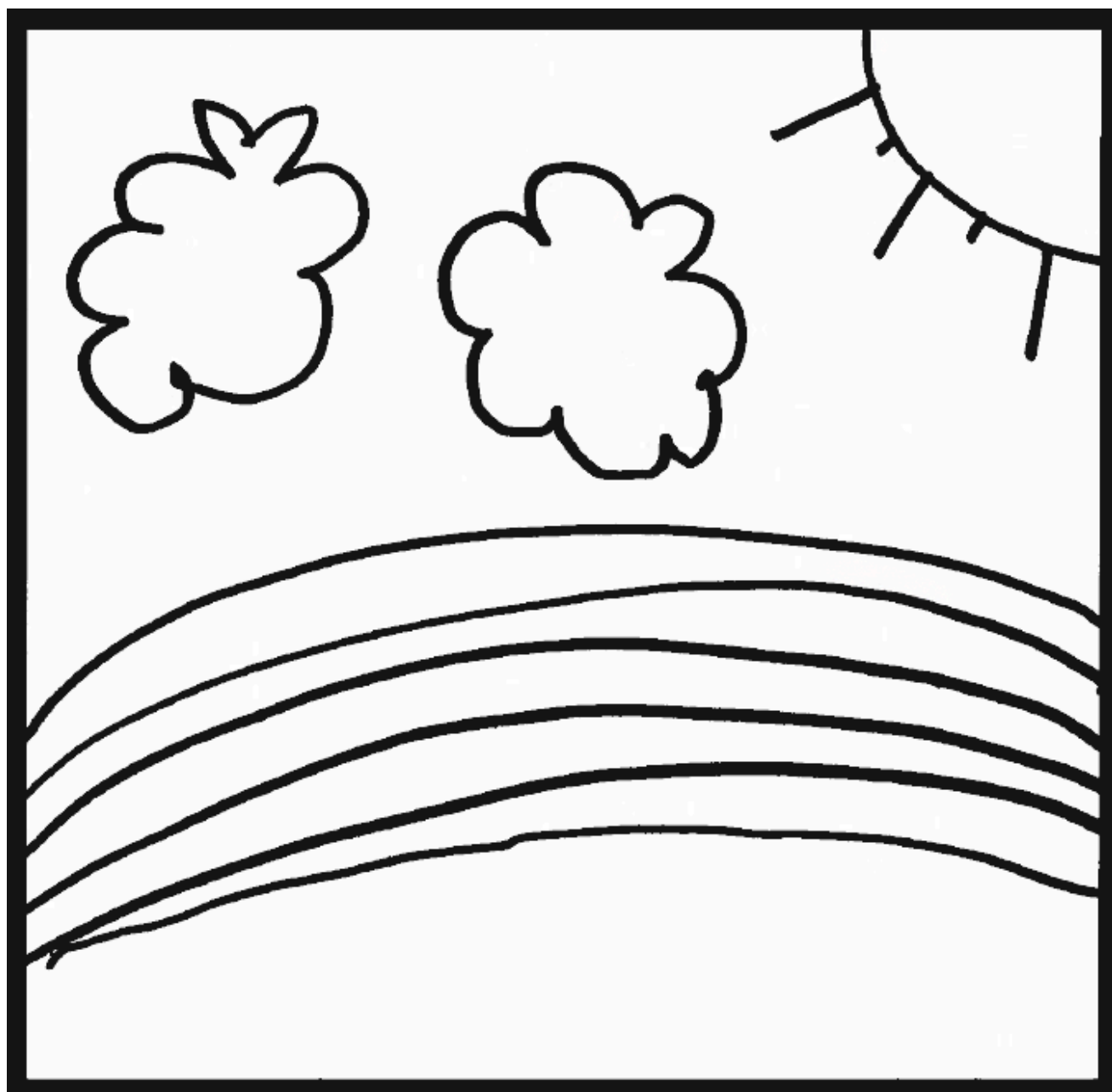




WE ALL DO BRAVE THINGS  
EVERYDAY  
IT SHOWS IN MANY  
DIFFERENT WAYS  
ME, YOU, THEY, US ARE  
COURAGEOUS!

LITTLE  
Things  
MAKE BIG  
DAYS!

LIKE TALKING TO PEOPLE  
WHEN I'M SHY  
SEEING DOCTORS  
MAKING FRIENDS  
THAT IS COURAGE!



WHEN MY HAIR FELL OUT  
WHEN I HAD SURGERY



WHEN I'M POKED TO FIGHT  
SOMETHING INSIDE OF ME  
THAT TAKES COURAGE!



I PROTECT MY PEOPLE  
AND KEEP THEM SAFE  
I STAND WITH THEM  
AND THEY STAND WITH ME  
I AM COURAGE



*Add a message for you or a friend about being strong!*

'CAUSE I'M BIG AND STRONG  
AND FACE DOWN MONSTERS  
LEAD WITH BRAVERY  
AND HELP OUT OTHERS  
I CAN DO IT!

We all do brave  
things everyday.

It shows in many  
different ways.

Me, you, they, us

Everyday in our <sup>own</sup> way

are courageous.

*Decorate the lyrics!*

# WE CAN DO THIS

*Lyrics by Hematology and Oncology Patients*

|   |  |
|---|--|
| Courage means I'm being brave             | And I may cry                                    |
| Facing things that make me afraid         | I may feel knocked down                          |
| I'm strong enough                         | I breathe in and try                             |
| To overcome                               | To conquer fears now                             |
| I stand for what I think is right         |  |
| You never know until you try              | I'm big and strong and face down monsters        |
| Your very best                            | Lead with bravery and help out others            |
| To fight through what's next              | I can do it                                      |
|   | We all do brave things everyday                  |
| I may cry                                 | It shows in many different ways                  |
| I may feel knocked down                   | Me, you, they, us                                |
| I breathe in and try                      | Are courageous                                   |
| To conquer fears now                      |  |
|   | Like talking to people when I'm shy              |
| I'm big and strong and face down monsters | Seeing doctors, making friends                   |
| Lead with bravery and help out others     | That is courage                                  |
| I can do it                               | When my hair fell out, when I had surgery        |
| We all do brave things everyday           | When I'm poked to fight something inside of me   |
| It shows in many different ways           | That takes courage                               |
| Me, you, they, us                         | I protect my people and keep them safe           |
| Are courageous                            | I stand with them and they stand with me         |
|   | I am courage                                     |
| I feel strong when I'm in my element      |  |
| Like tackling a runner or being positive  | 'Cause I'm big and strong and face down monsters |
| My hospital team                          | Lead with bravery and help out others            |
| Holds my hand and protects me             | I can do it                                      |
| My strength comes from many things        | We all do brave things everyday                  |
| Like eating fruit or when I sing          | It shows in many different ways                  |
| Sometimes I pray                          | Me, you, they, us                                |
| My family helps me feel okay              | Every day, in our own way                        |
|   | Are courageous                                   |



Want to hear the song?  
Listen to "We Can Do This" here!