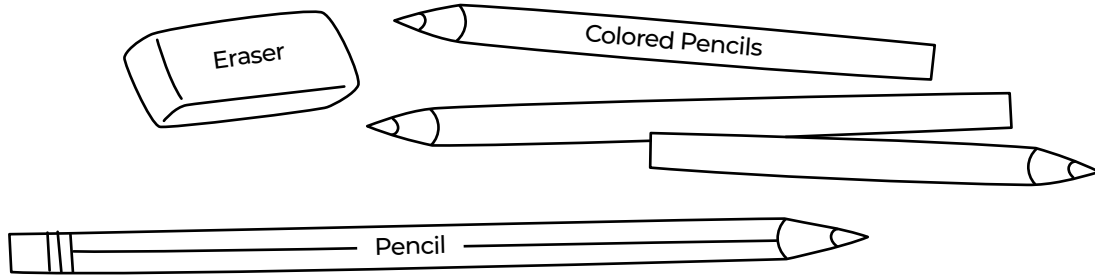


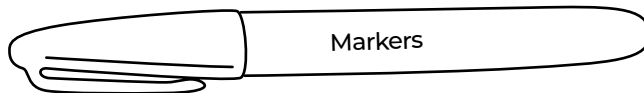
COLORING AND ACTIVITY BOOK

COLORING AND ACTIVITY BOOK

Recommended tools for this book:



Not recommended:



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The information provided in this activity book is solely intended to inform the reader about certain healthcare and scientific subjects. Although this activity book is intended to be kept current, healthcare information changes rapidly and thus the information in this activity book should not be relied upon as fully comprehensive or error-free. This activity book and the information contained within is not a substitute for advice, examination, diagnosis, and medical care provided by a licensed and qualified health professional. If you are concerned about your health or that of a child, please consult your healthcare provider.

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Illustrated, written, and designed by Alma Loveland, Mike Loveland and Holly Sparks.

Printed in the United States of America.

Let's get you checked in to this book...

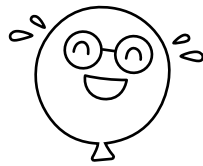
Write your name here

Date started

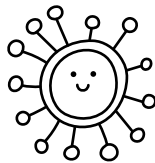
Date completed

Draw yourself here!

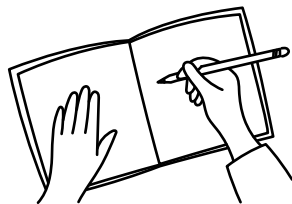
What brings you here today? Check all that apply.



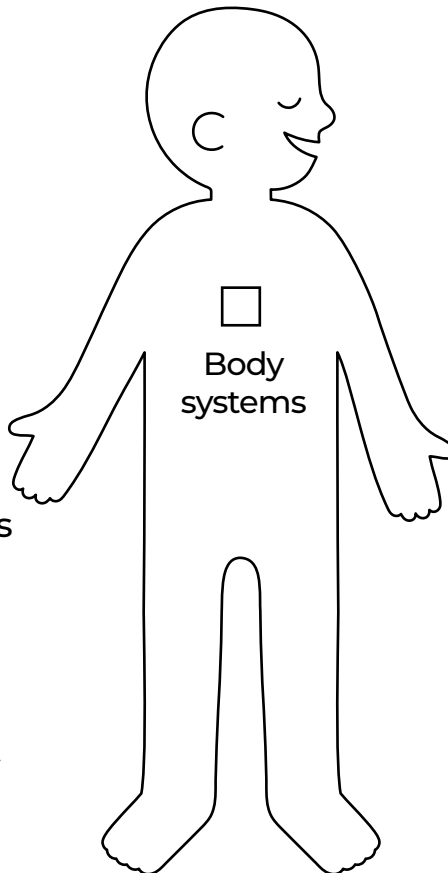
☐ Jokes



☐ ~~Germ~~s Games



☐ Life skills



☐ Fun facts



☐ Drawing



...And more!

Welcome to Children's Health!™

Hello, and welcome to Children's Health, a hospital designed just for kids like you! Our doctors, nurses and friendly staff are here to help you and your family! You might be here to ...

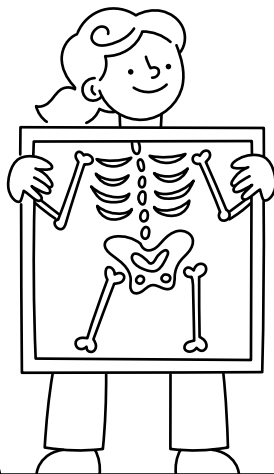
have
surgery



do
physical
therapy

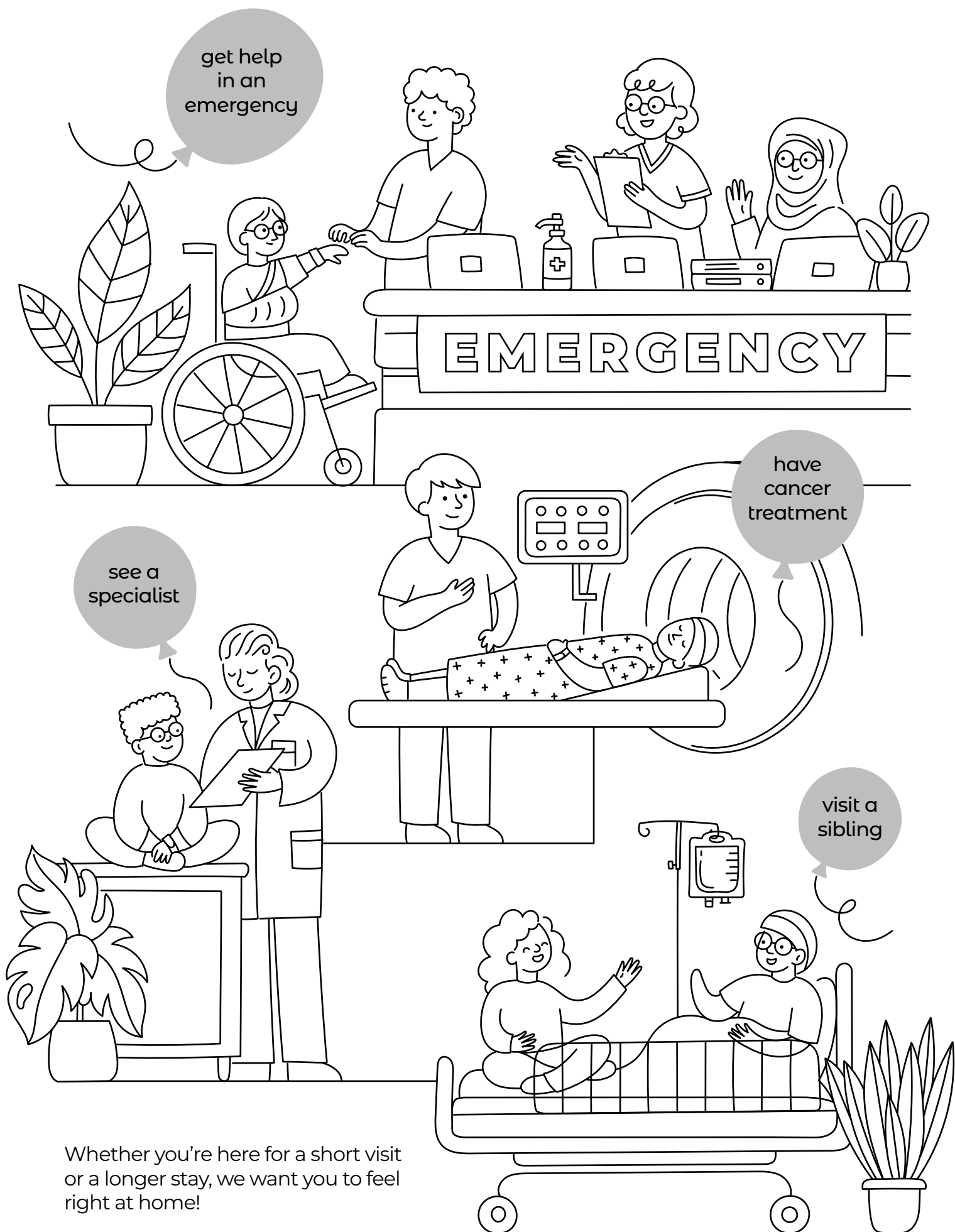


get an
x-ray or
MRI



have
ongoing
treatment



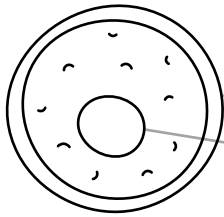


Whether you're here for a short visit or a longer stay, we want you to feel right at home!

Building blocks of our bodies

Our bodies are amazing machines, made up of tiny cells working together. These cells form organs that perform specific functions. Organs form systems that help our bodies work smoothly. Let's explore the journey from cells to systems and see how our bodies are built!

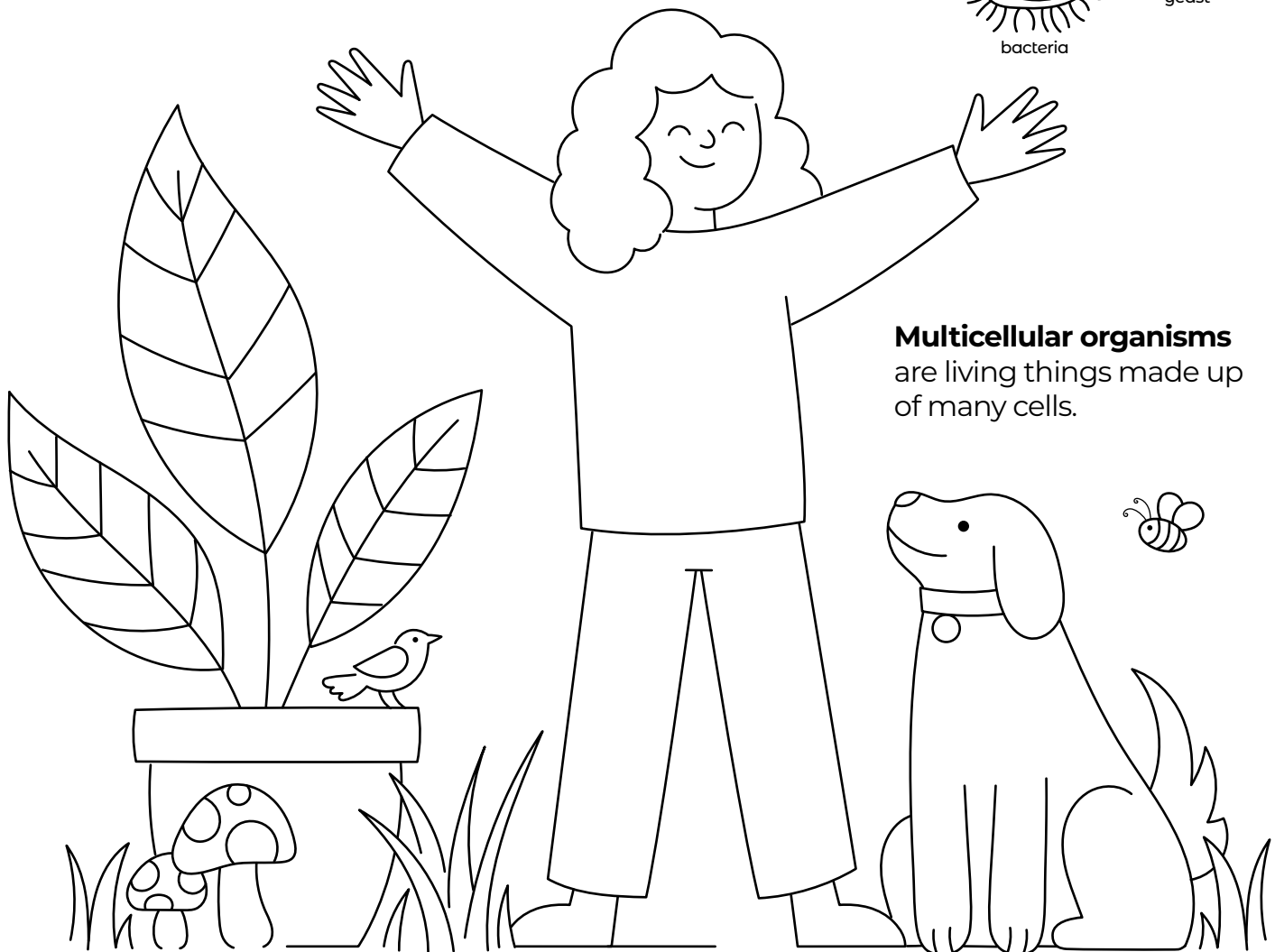
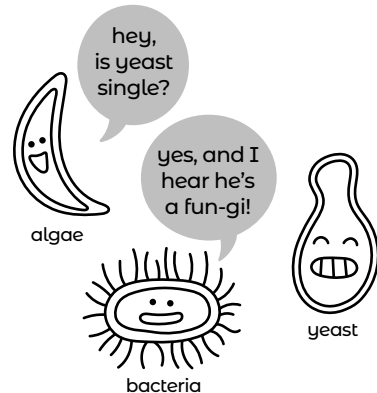
An **organism** is any living thing.



A **cell** is the smallest part of a living thing.

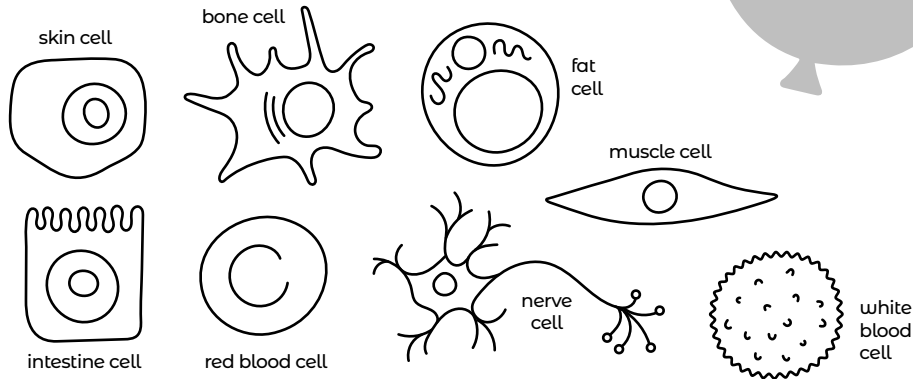
The **nucleus** is like the brain of the cell.

Some living things are only one cell. These are called **single-celled organisms**. Yeasts, algae and bacteria are just a few examples.



Multicellular organisms are living things made up of many cells.

Different types of cells organize to do certain jobs for multicellular organisms to work. Cells look different depending on what they do in the body.

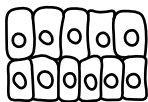


skeletal muscle cells are some of the longest cells in your body, some stretching several inches long.

you shed about 40,000 skin cells every minute.

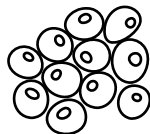
your body makes about 200 billion new red blood cells every day.

Tissue is a group of cells that are the same. Tissues make up organs, muscles, skin and other body parts. They give structure and function to the body.



Epithelial tissue covers the inside or outside of organs.

For example, the lining of the intestine or skin.



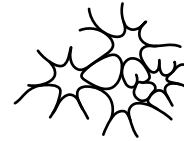
Connective tissue connects, supports or separates other types of tissue.

For example, fat, bone and tendon.



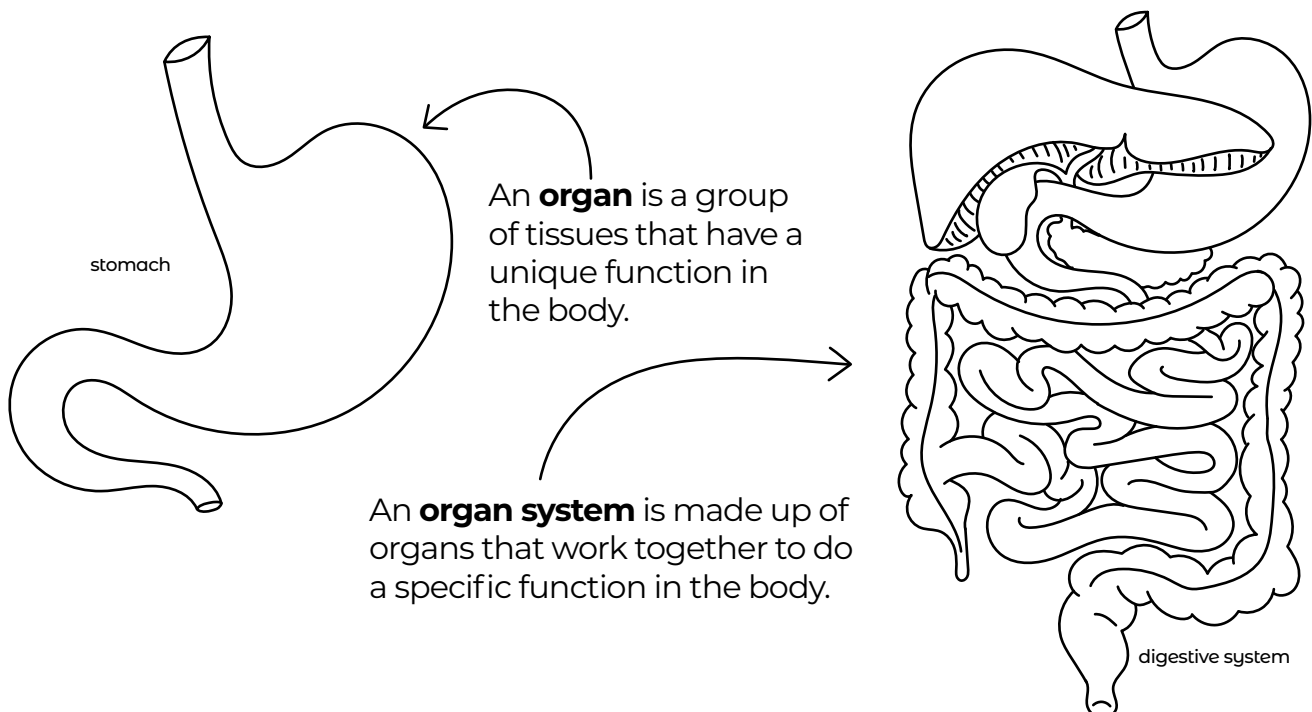
Muscle tissue helps with movement.

For example, heart muscle or leg muscles.



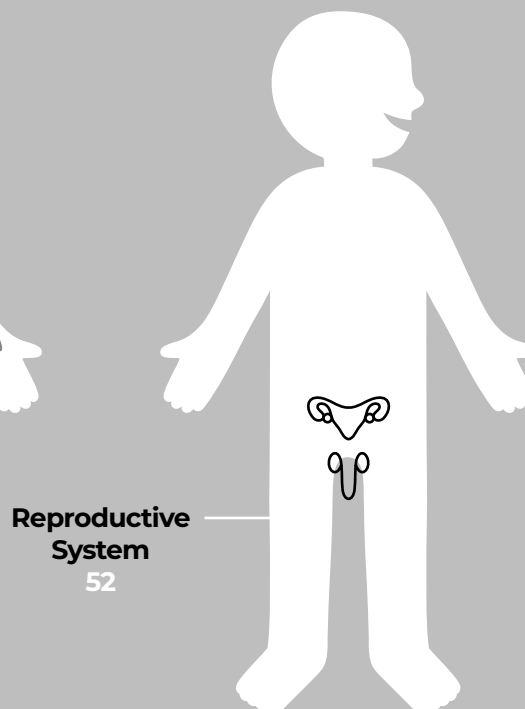
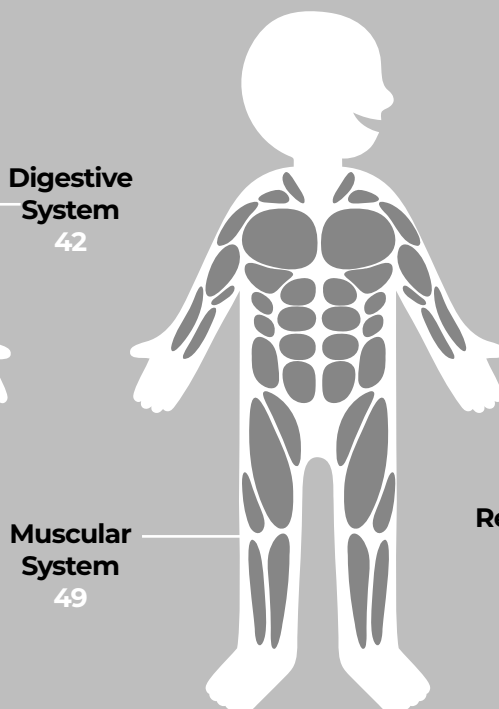
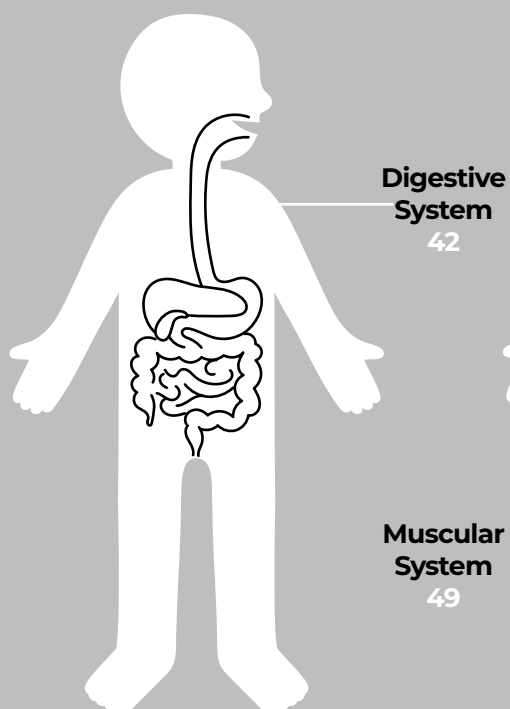
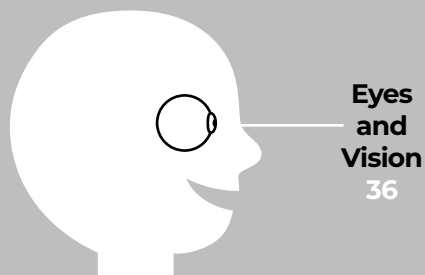
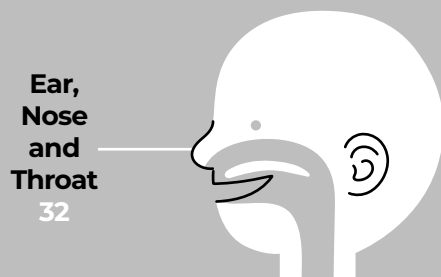
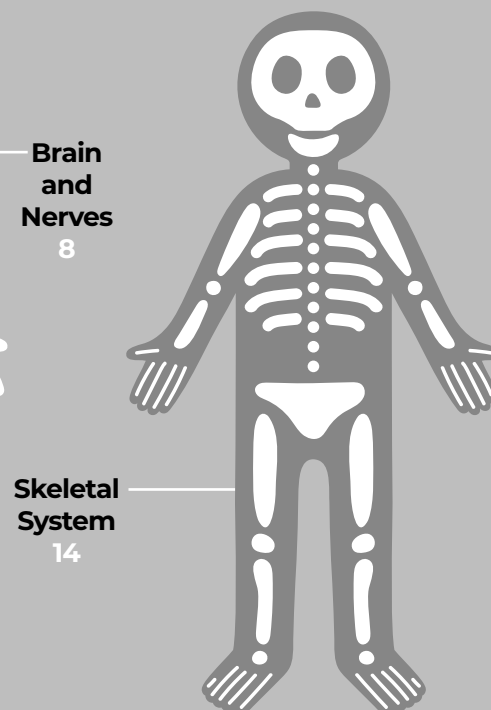
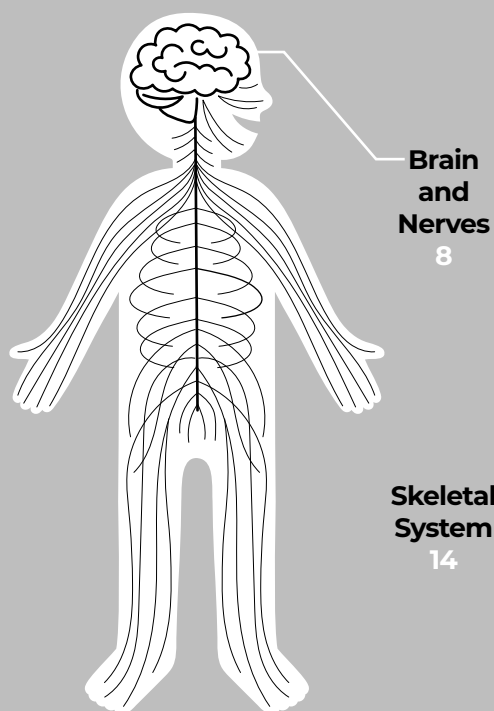
Nervous tissue carries electrical signals in the body.

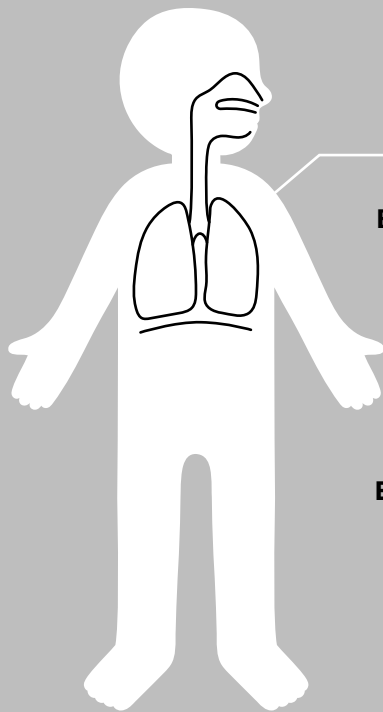
For example, the brain, spinal cord and nerves.



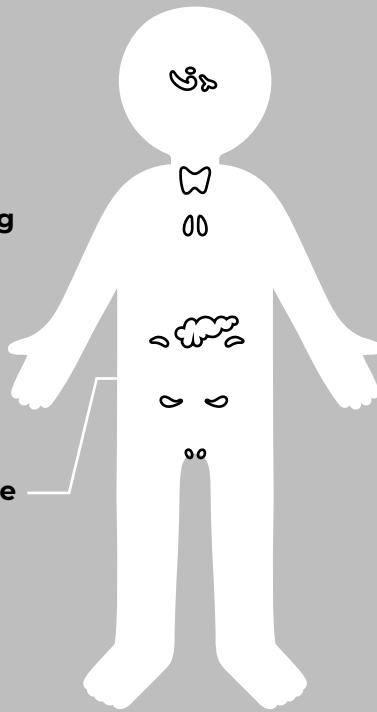
Body systems

Your body is like a factory with departments working together. These are called body systems. Each has a unique role to keep you healthy and strong. Explore the main body systems and see what they do! Check the page numbers to learn more.

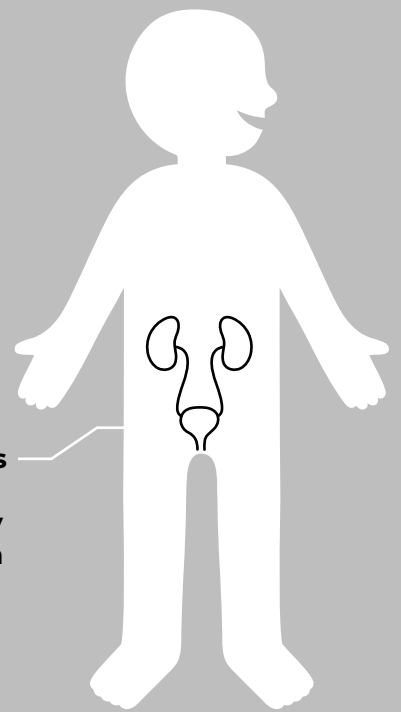




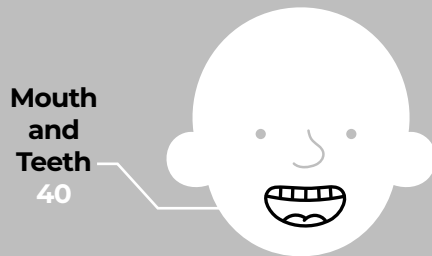
Lungs and Breathing
19



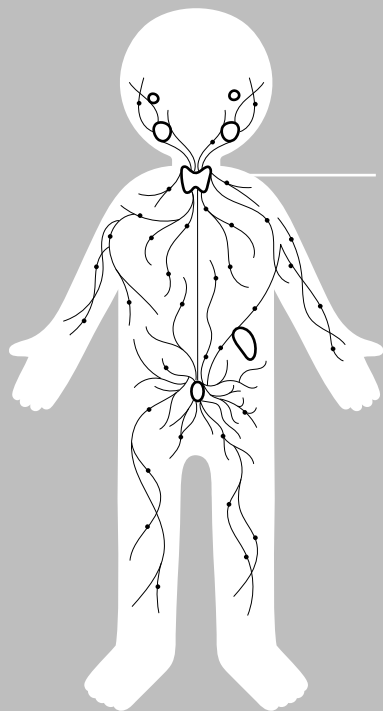
Endocrine System
24



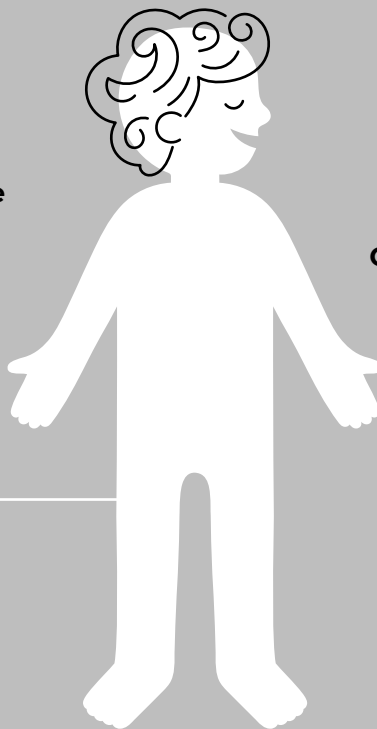
Kidneys and Urinary System
28



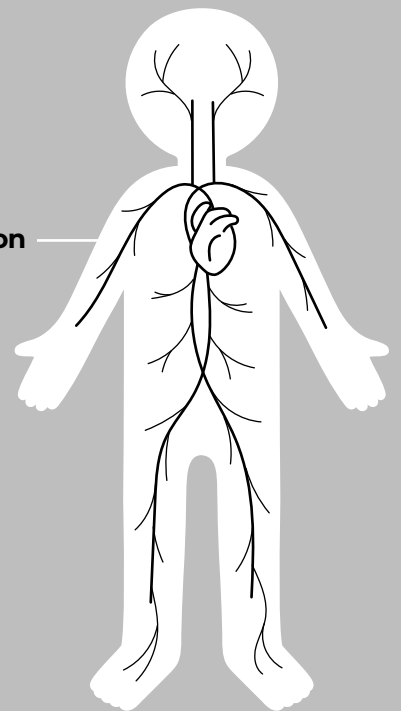
Mouth and Teeth
40



Immune System
56



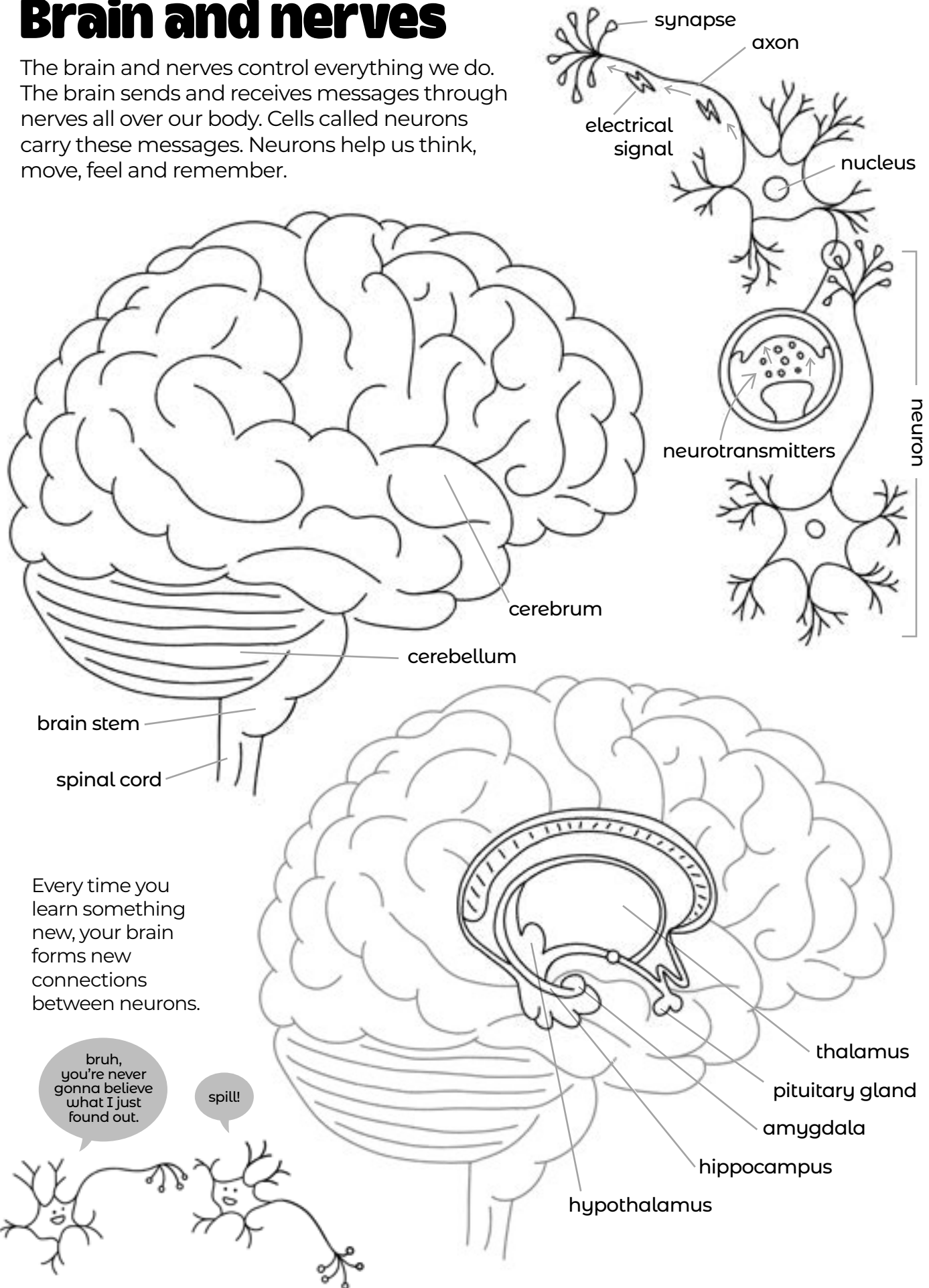
Skin, Hair and Nails
65



Blood, Heart and Circulation
69

Brain and nerves

The brain and nerves control everything we do. The brain sends and receives messages through nerves all over our body. Cells called neurons carry these messages. Neurons help us think, move, feel and remember.



Mindset

A mindset is how you think about things. The way you think can change what you do. If you believe you can improve, you will try harder and get better. If you think you can't, you might give up easily.

Growth mindset

A growth mindset means believing you can get better at things by trying and learning.

"Mistakes help me learn."

"I'm not good at this, YET!"

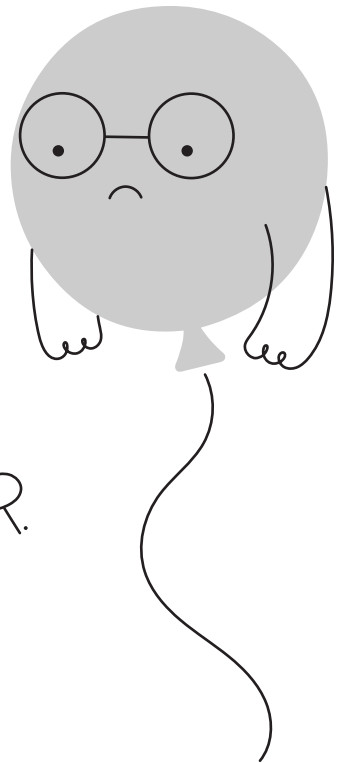
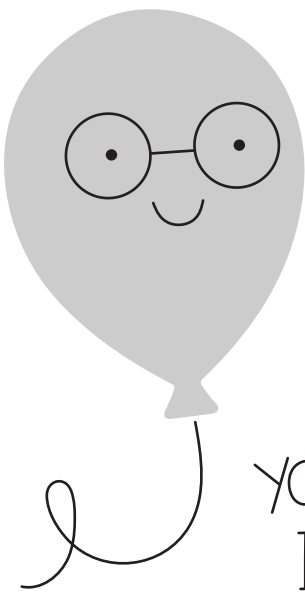
Fixed mindset

A fixed mindset means thinking you can't change or get better.

"I know everything already."

"I can't do it."

THIS IS IMPOSSIBLE.
DON'T EVEN TRY TO TELL ME
IT'S WORTH THE EFFORT.
I AM CONFIDENT THAT
I'LL JUST MESS IT ALL UP.
I DON'T BELIEVE
I CAN LEARN AND DO BETTER.
IF I MAKE MISTAKES,
I AM A FAILURE.
I REFUSE TO ACCEPT THAT
I CAN DO IT!
I BET
IT'S GOING TO BE HARD.
I ALREADY KNOW
I DON'T HAVE WHAT IT TAKES.
YOU CAN'T CONVINCE ME THAT
I CAN FACE THIS CHALLENGE!



This poem shows a fixed mindset. Now let's flip it around!
Read each line from the bottom to the top to see a growth mindset.

Hospital staff

When you come to Children's Health, you will meet many different workers, each with a special job to help take care of you.



Doctor

diagnoses and treats illnesses



Nurse

cares for patients



Speech therapist

helps you eat and speak



Physical therapist

helps you move and get stronger



Occupational therapist

teaches daily living skills



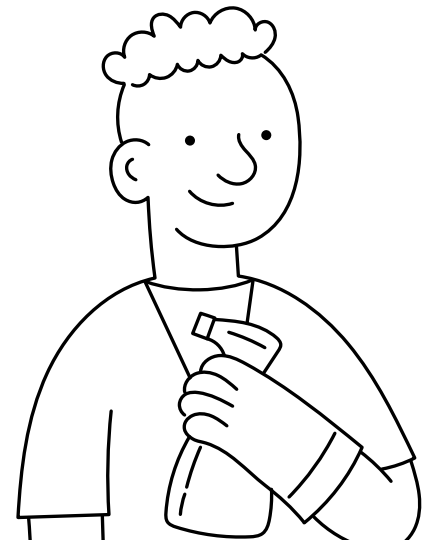
Patient care technician

helps with basic patient care



Respiratory therapist

manages breathing issues



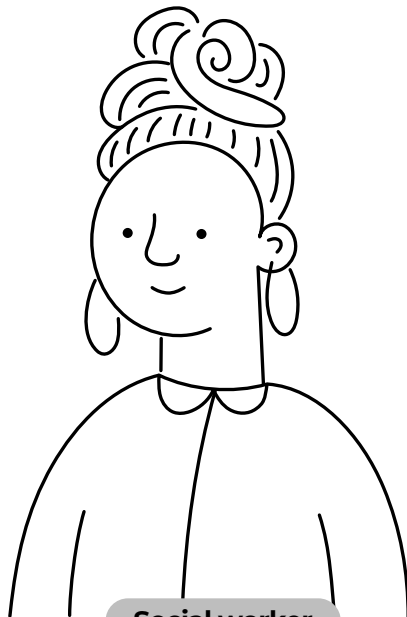
Environmental services staff

keeps hospital clean and sanitized



Security guard

ensures hospital safety



Social worker

offers emotional and social support



Clinical nutritionist

makes patient's food plan



Chaplain

gives spiritual support



Medical librarian

manages leisure and medical resources



Child Life specialist

supports children in the hospital



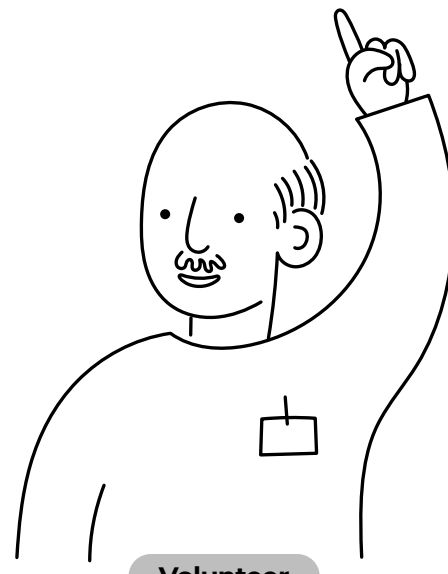
Pharmacist

prepares medicine



Interpreter

translates for non-English speakers



Volunteer

helps in their free time

Talking to your doctor

When talking to your doctor, it's important for you to **ADVOCATE** for yourself! Being an advocate means speaking up for yourself. Ask questions until you understand. Make sure your care team hears and understands your needs and concerns.

Fill in the bubbles of this comic to help these two have a great conversation with their doctor. You can make up a situation, or base their questions on your own experience! Prompts are provided to show examples of the types of questions to ask to get the most out of your conversation.

do you speak
a language
besides English?
interpreters are
here to help you
and your family.

Understand the basics

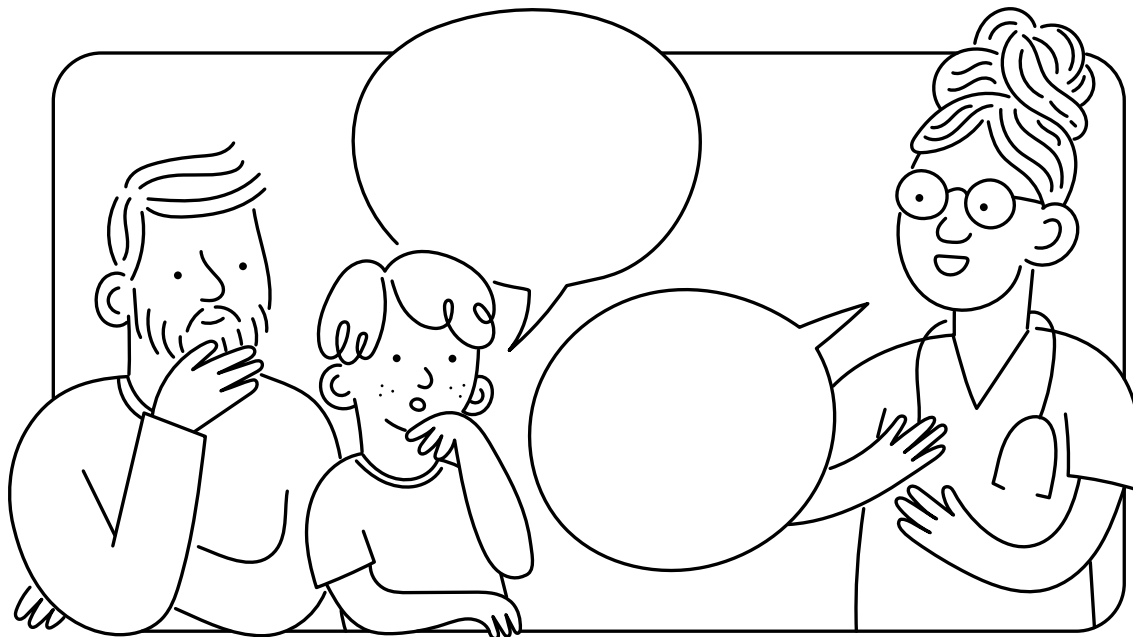
What's going
on with me?

Is it serious?

What does
that word
mean?

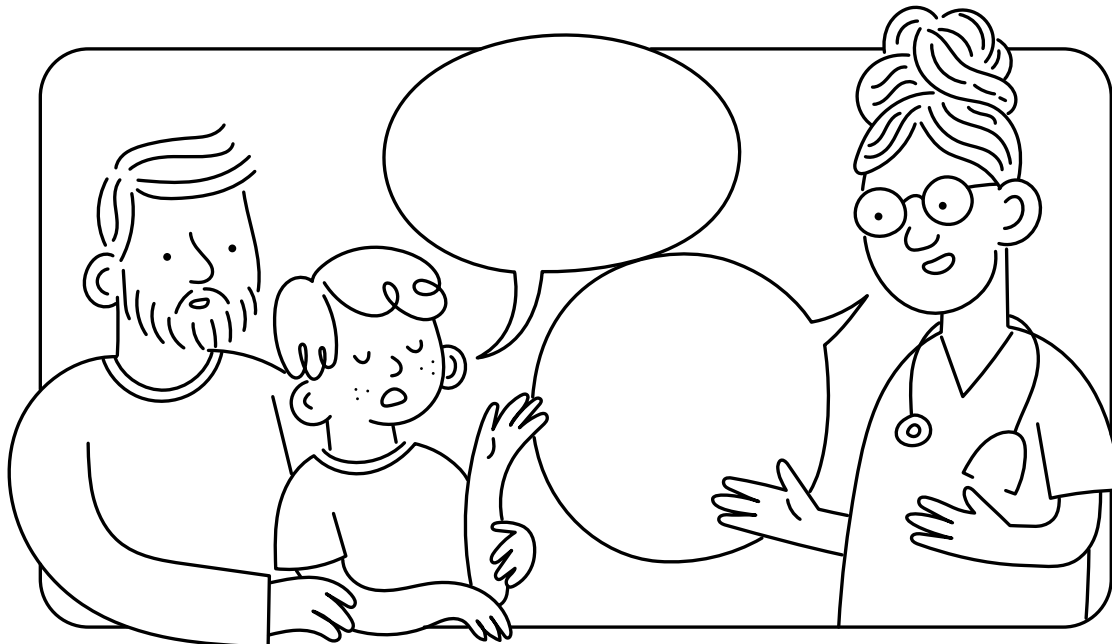
How do you
spell it?





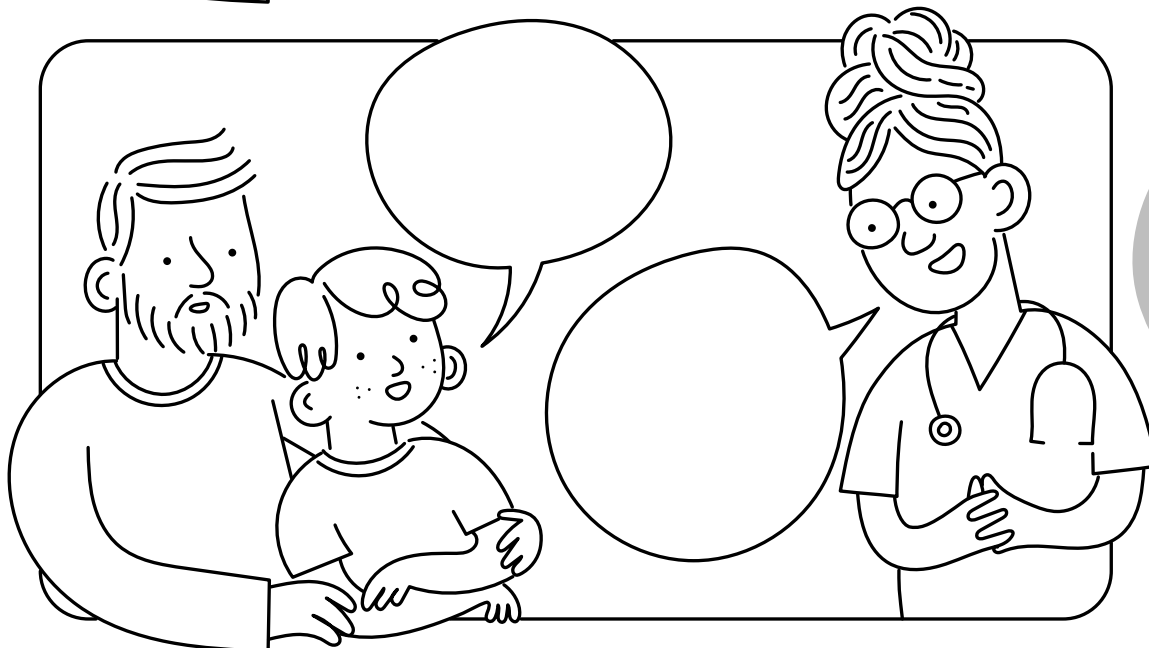
Get next steps

- What should I do next?
- What should I do differently?
- What should I avoid doing?
- Where can I get more info?



Understand why

- Why should I...?
- Why can't I...?
- What will happen if I...?
- How will this help me?



psst!
it's normal to think of more questions after a conversation! write them down and ask next time.

Skeletal system

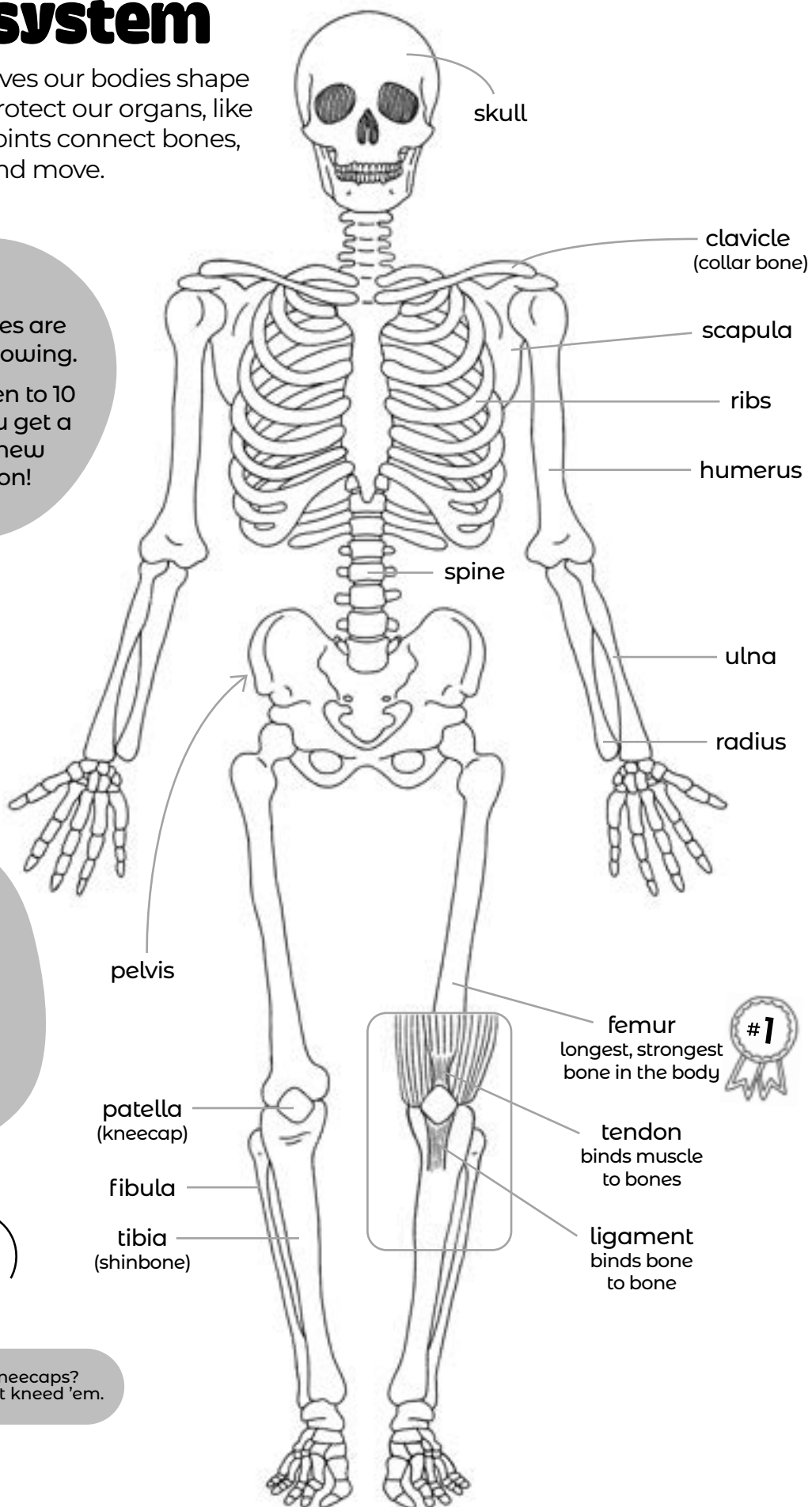
The skeletal system gives our bodies shape and support. Bones protect our organs, like the brain and heart. Joints connect bones, allowing us to bend and move.

your bones are always growing. every seven to 10 years, you get a whole new skeleton!

bones are made of 25% water!

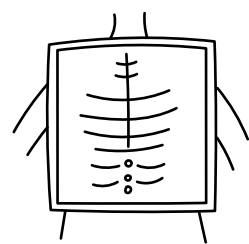
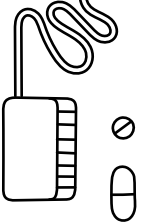
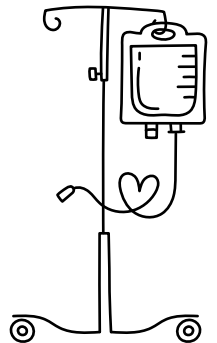
babies are born without kneecaps. instead, they have soft tissue in their knees that turns into hard bone by the time they are two to six years old!

kneecaps? don't kneed 'em.



Welcome to the ED!

Lots of things might bring you to the Emergency Department (ED). Accidents happen, and that's okay! At the ED, a care team is ready with everything needed to help and care for you right away. Don't worry, you're in capable hands when you need it most.



Why you might visit the ED

fever
sprain
cut
burn
rash
fall
cough
bite
sting
hives
pain

allergies
earache
fracture
infection
concussion
heat stroke
frostbite
sports injury
trouble breathing
car accident

How Children's Health can help

X-ray
sling
cast
MRI
EKG
stitches
splint
crutches
epipen

- IV fluids
- CT scan
- antibiotics
- heat pack
- ice pack
- nebulizer
- testing
- bandage
- ultrasound
- medication

Find the words in the word search (forward, backward and diagonal), then fill the blanks with the remaining letters to find the answer to this question:

Why should you never lie to an X-ray technician?

□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □ □ □ □ □ □ □ □

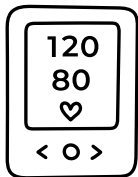
Vitals

At the hospital your care team measures your vital signs. This tells them about your body and how well it is working.

Height is how tall you are.

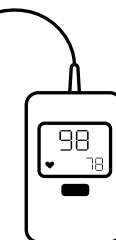
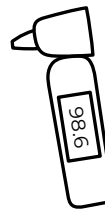


Blood pressure measures how hard your blood is pressing on your arteries as it flows through.



Heart rate or pulse is how fast your heart is beating.

Temperature is how hot your body is. A temperature around 98.6° F or 37° C is considered normal. When your body temperature is above 98.6° F or 37° C, you may have a fever. A fever is a sign your body is fighting an infection.

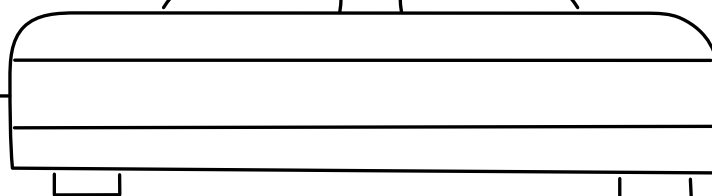
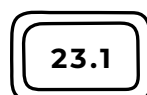


Respiratory rate is how fast or slow you are breathing.

when you are sleeping or exercising, your vital signs can change based on your activity level.

Weight is how heavy your body is.

Oxygen level is how much oxygen is in your blood. A pulse oximeter measures this. It looks like a Band-Aid™ with a light that is placed on one finger.



measure your pulse!

1

Place your first two fingers together on your wrist, below your thumb.

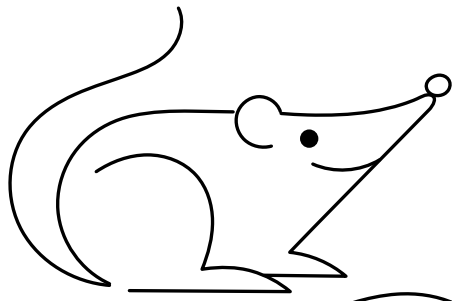


2

Press lightly. You should feel your blood pumping through your veins.

3

Count the number of beats or pulses for one minute. Write this number in the middle balloon.

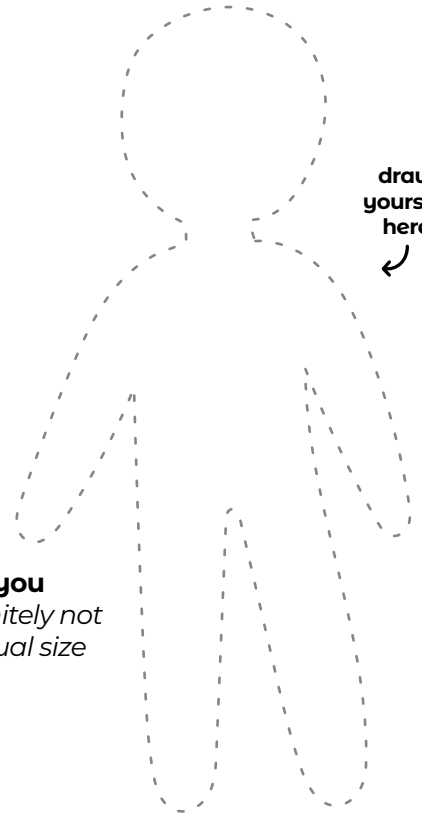


etruscan shrew
smallest mammal
actual size

up to
1200
beats per minute



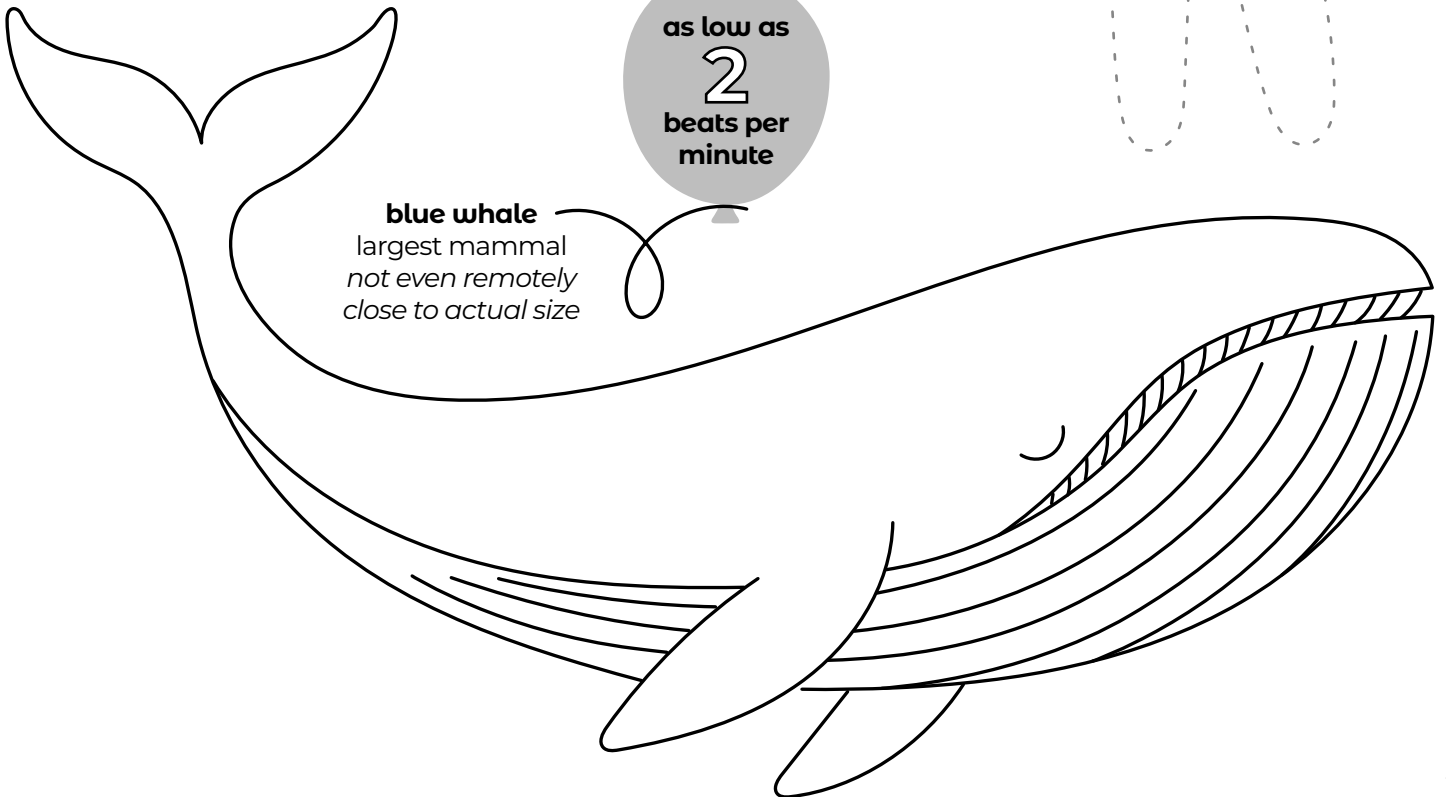
beats per minute



draw yourself here

you
definitely not actual size

as low as
2
beats per minute



blue whale
largest mammal
not even remotely close to actual size

Coping strategies

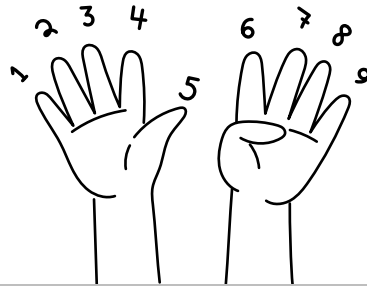
Stress is a feeling you get when you are worried. When you feel stress, notice how it affects your thoughts and your body. Finding ways to manage stress is called coping.

Circle the coping activities that help you feel calm.



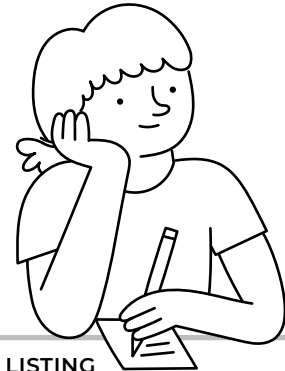
DEEP BREATHING

Take slow, deep breaths to relax your body and mind.



COUNTING OR ALPHABET

Count numbers or recite the alphabet to distract yourself.



LISTING

Write down items or tasks to organize your thoughts.



ALTERNATIVE FOCUS

Shift your attention to a different, less stressful activity.



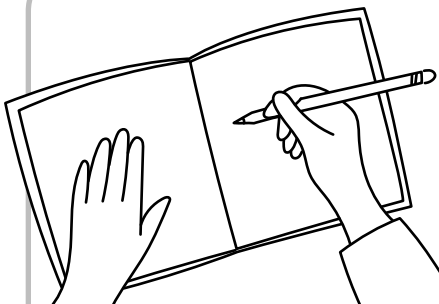
IMAGINING ARTWORK

Think about artwork you love, or picture yourself creating art.



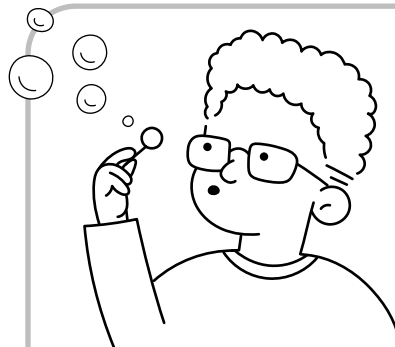
POSITIVE SELF-STATEMENTS

Think positive thoughts about yourself to boost confidence.



JOURNALING

Write your thoughts and feelings to understand your emotions.



BLOWING BUBBLES

Blow bubbles to feel calm and peaceful.

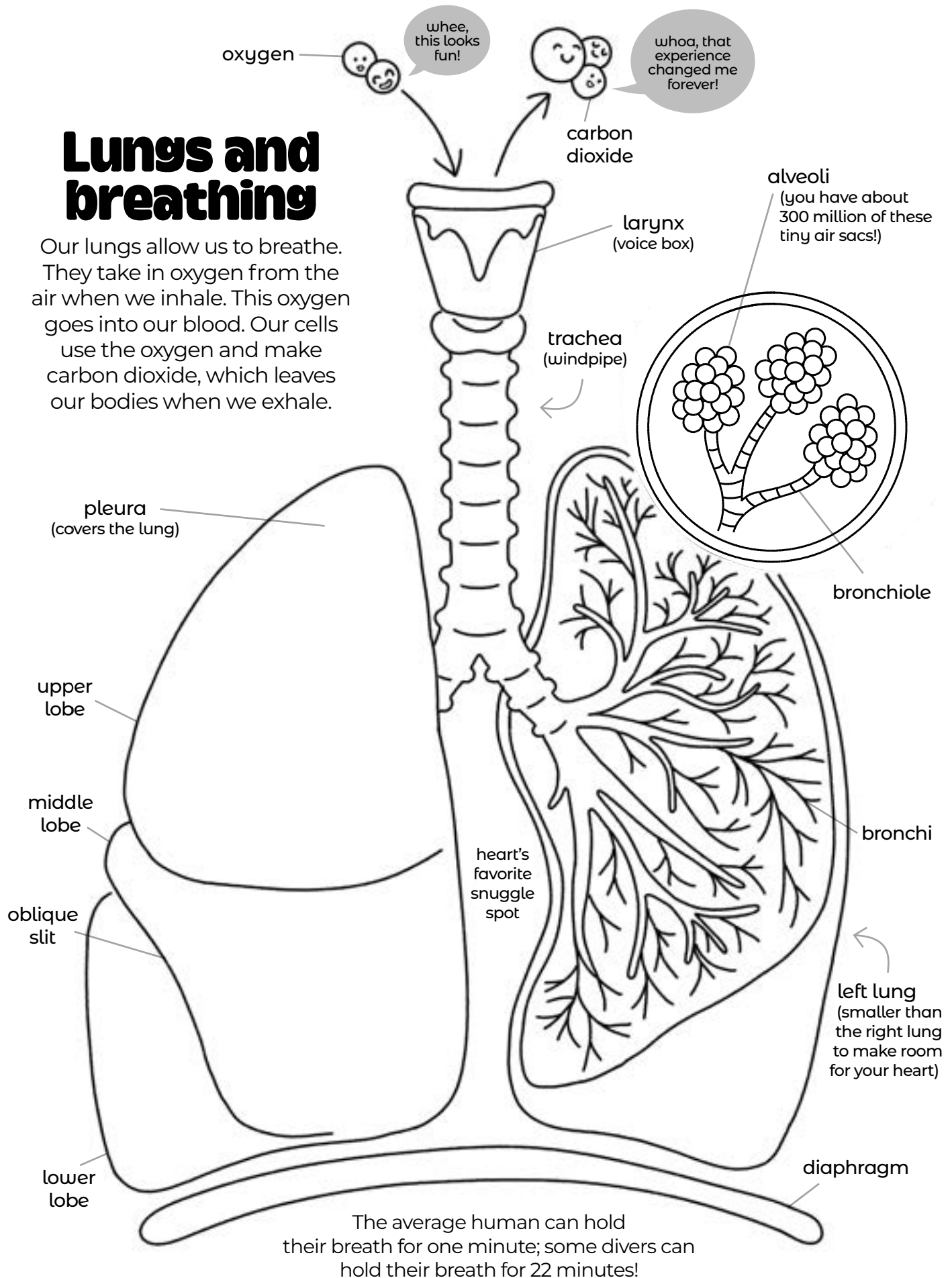
DRAW YOUR OWN

When I am having strong emotions or feelings, I can:

- 1 Go to a quiet area to calm down.
- 2 Use a coping strategy.
- 3 Say what happened.
- 4 Say what I can do differently next time.
- 5 Return to my activity.

Lungs and breathing

Our lungs allow us to breathe. They take in oxygen from the air when we inhale. This oxygen goes into our blood. Our cells use the oxygen and make carbon dioxide, which leaves our bodies when we exhale.

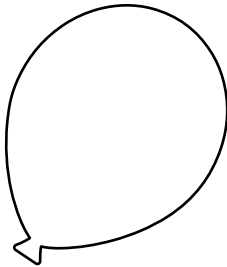
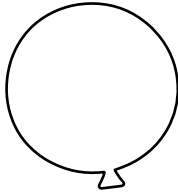


Draw a facility dog

Children's Health has specially trained and registered service dogs called facility dogs. These dogs help patients and their families feel better during their stay at the hospital.

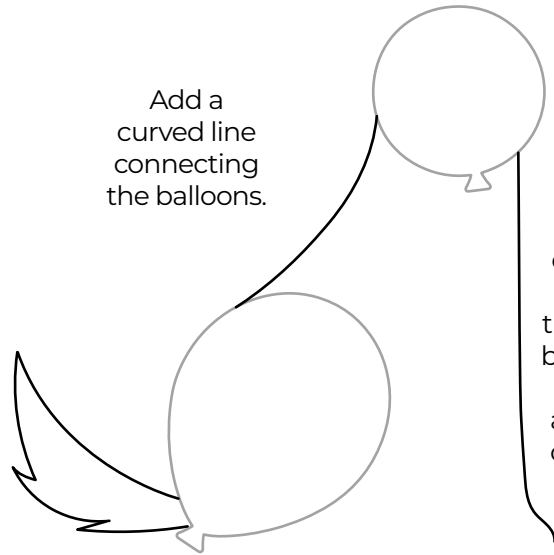
Follow these steps to draw a facility dog:

Draw a round balloon



and an oblong balloon.

Add a curved line connecting the balloons.

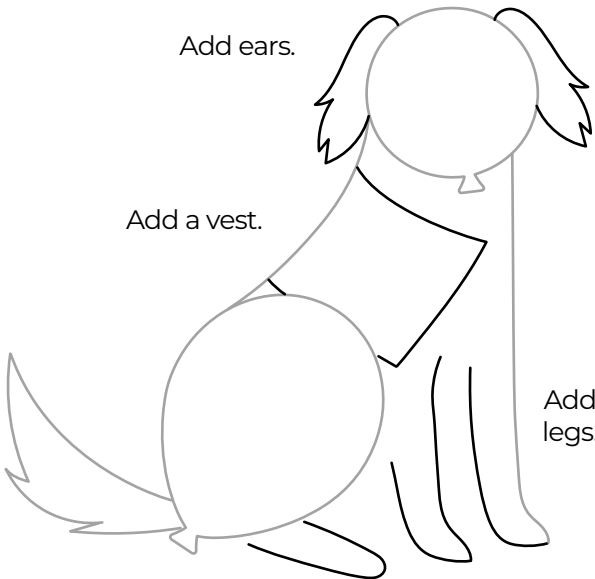


Draw a line down from the top balloon with a little curve.

Draw a shaggy tail.

Add ears.

Add a vest.

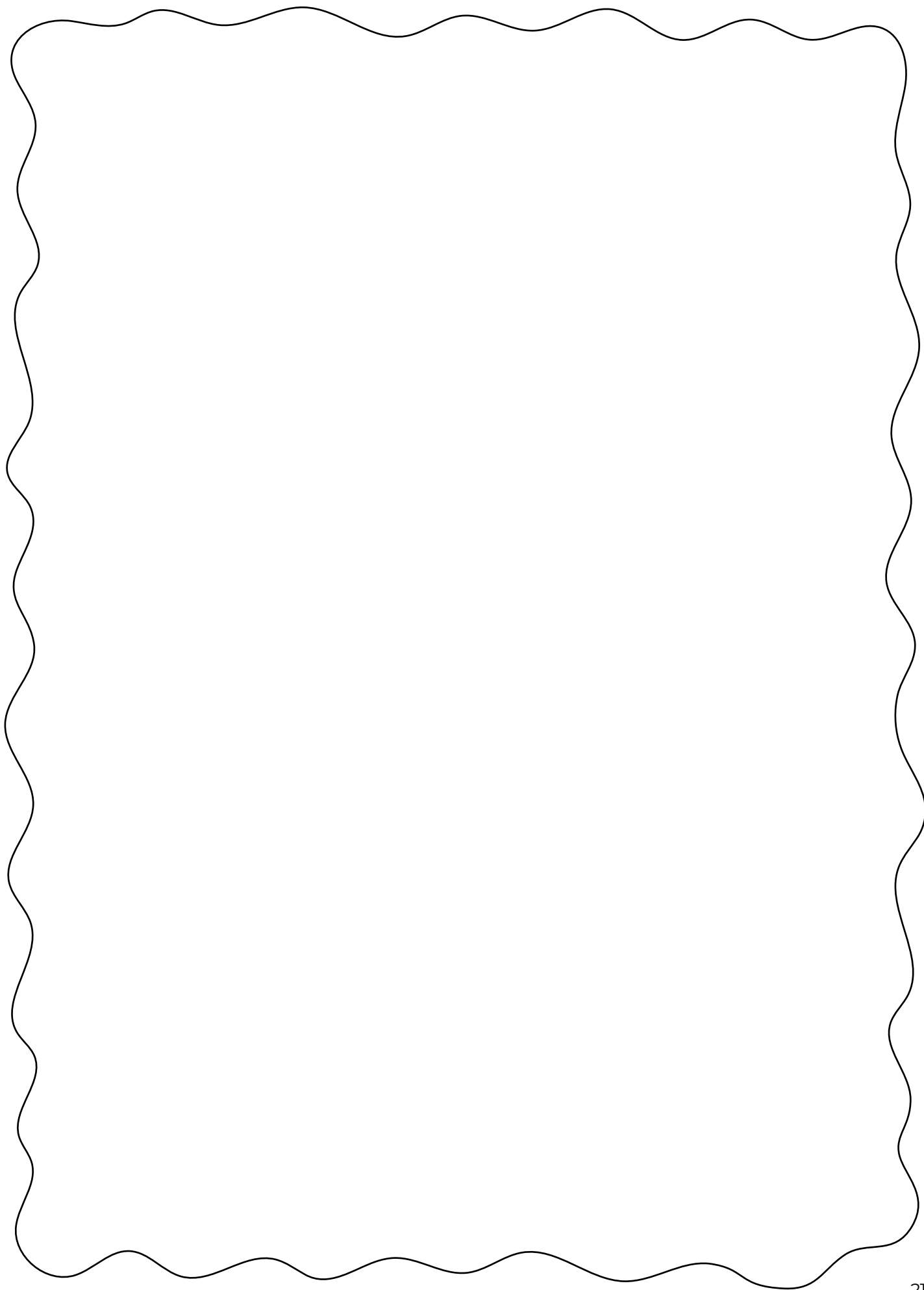


Add legs.

Draw a friendly face and fill in some fun details!



Your turn! Use the next page to practice. →



Hospital safety

It's a busy day at the hospital! Keeping the hospital safe is very important, so everyone stays healthy. In these scenes, some people and objects are following safety rules, while others might not be. Look carefully and find **three safe** and **three unsafe** items or actions in **each scene**.

HINT: Here are some things to look for!

SAFE/UNSAFE ACTIONS



PPE (examples)

BED RAILS



WRIST BANDS

CLEANLINESS



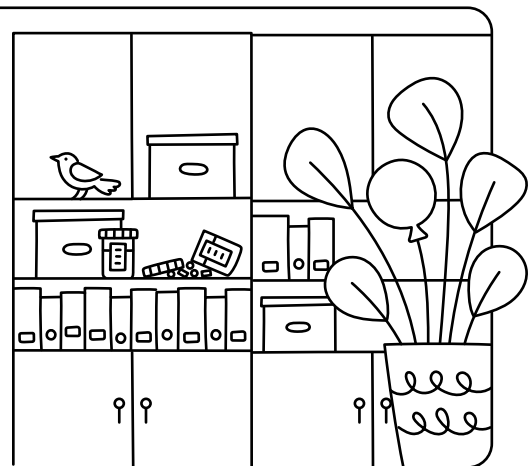
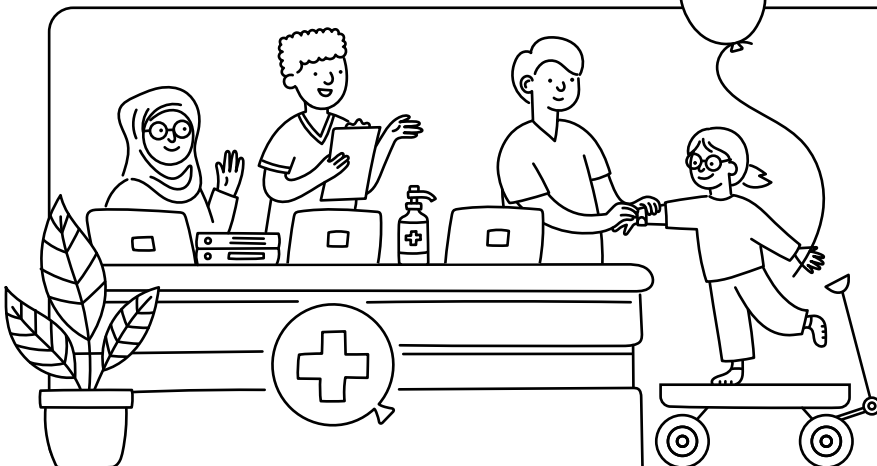
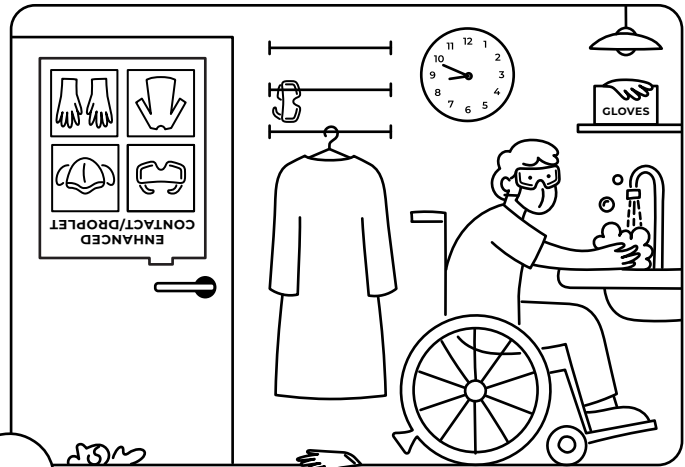
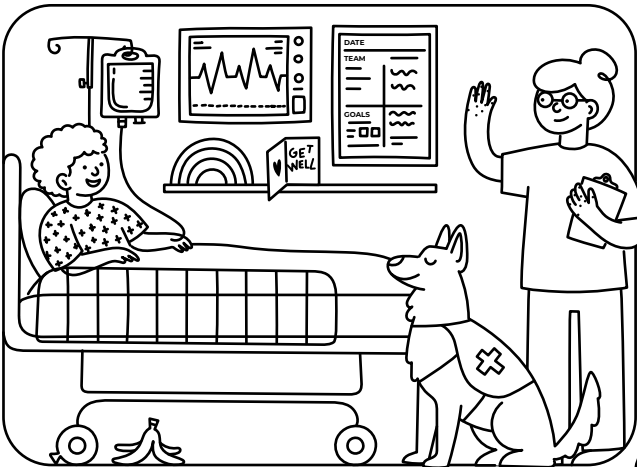
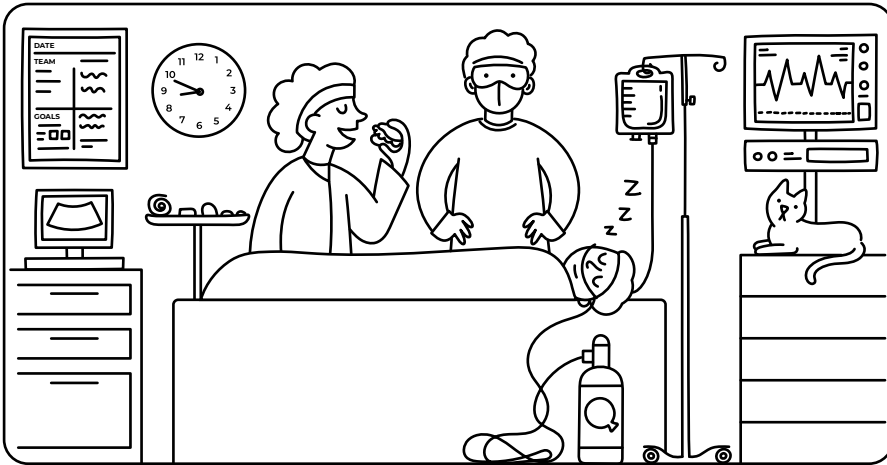
GRIPPY SOCKS

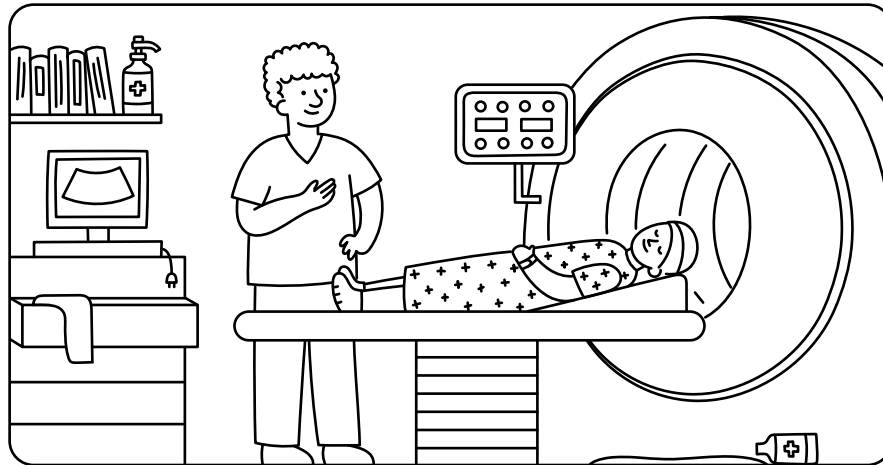
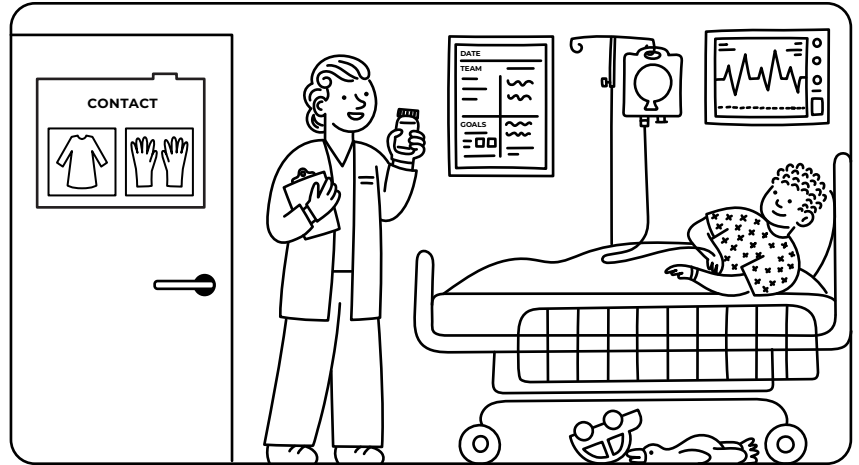
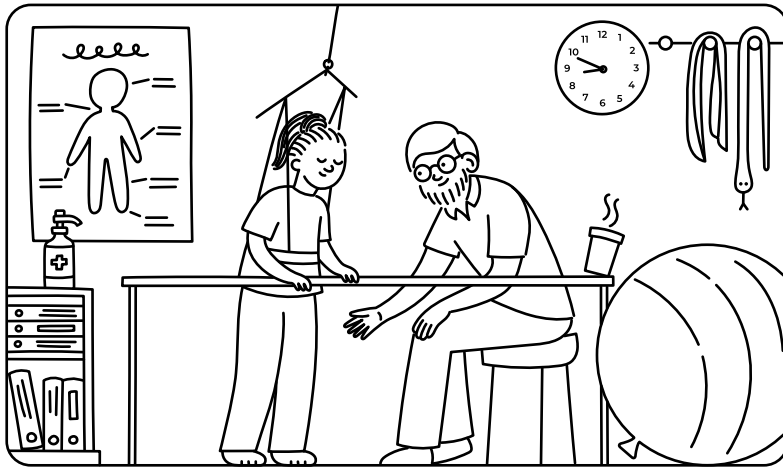
CLEAN HANDS



HAND SANITIZER

SAFETY SIGNS



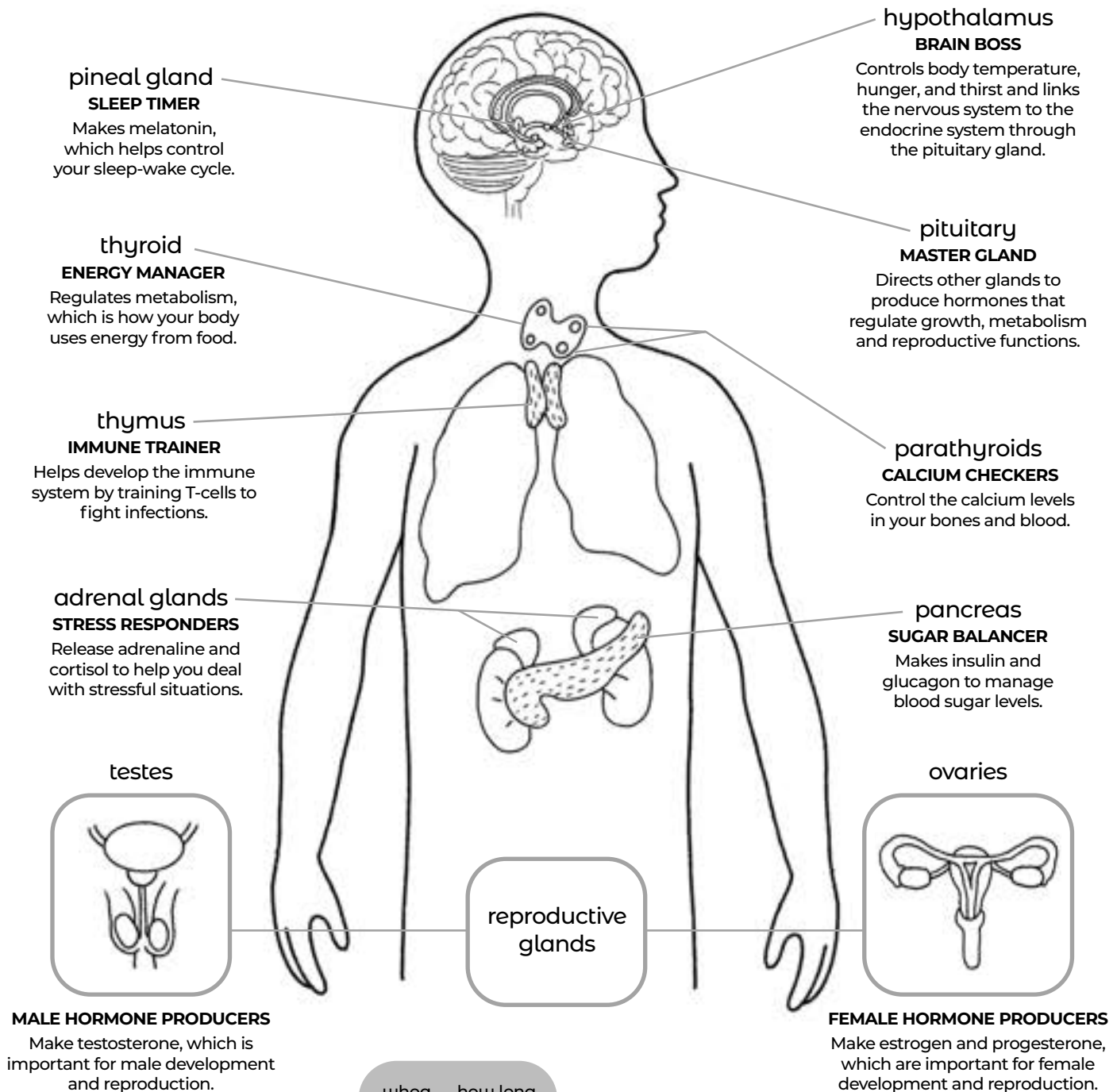


how many
balloons
can you find?



Endocrine system

Your body has a network of tiny factories known as the endocrine system. These factories produce hormones, which are chemicals that control how your body works. The different hormones have specific roles to perform in your body.



Growth hormone is mainly released during deep sleep, which is why getting enough sleep is important for growing kids.

Making hard decisions

We make choices every day, like what to eat or wear. But sometimes decisions are more complicated. When you're feeling stuck on a big decision, try using this method to make a choice.

Step 1: What problem are you trying to solve?











Step 2: List all the possible choices you could make:



<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Step 3. Pick one choice to explore:


Step 4: List what you give up when you select this choice.

Step 5: List what you get in return when you select this choice.


	<hr/>	
	<hr/>	
	<hr/>	
	<hr/>	
	<hr/>	






TOTAL





TOTAL




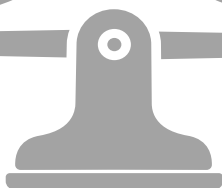

























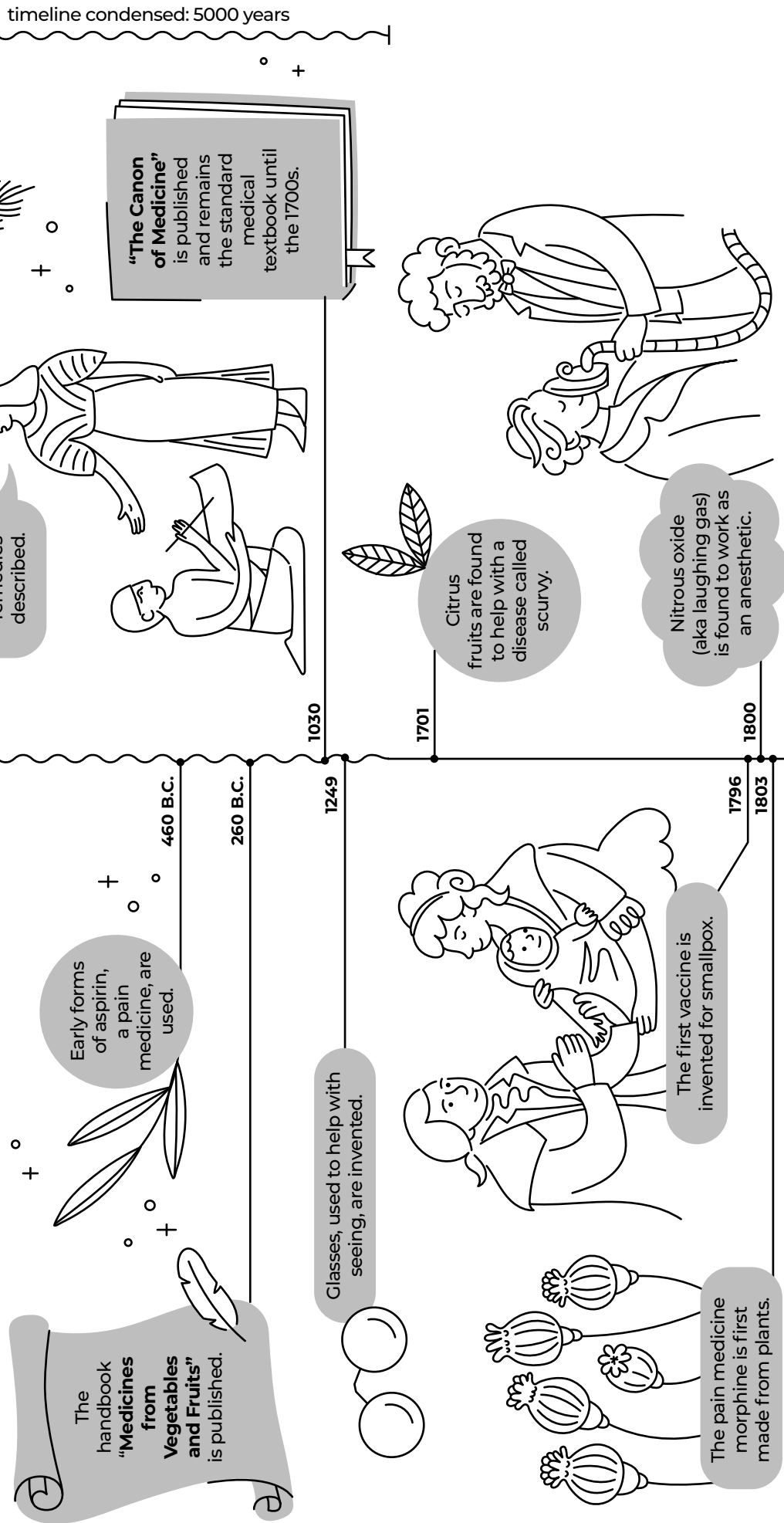


Step 6. Put a value or number next to each choice and add up the numbers for each list.

Is what you give up worth what you get in return?

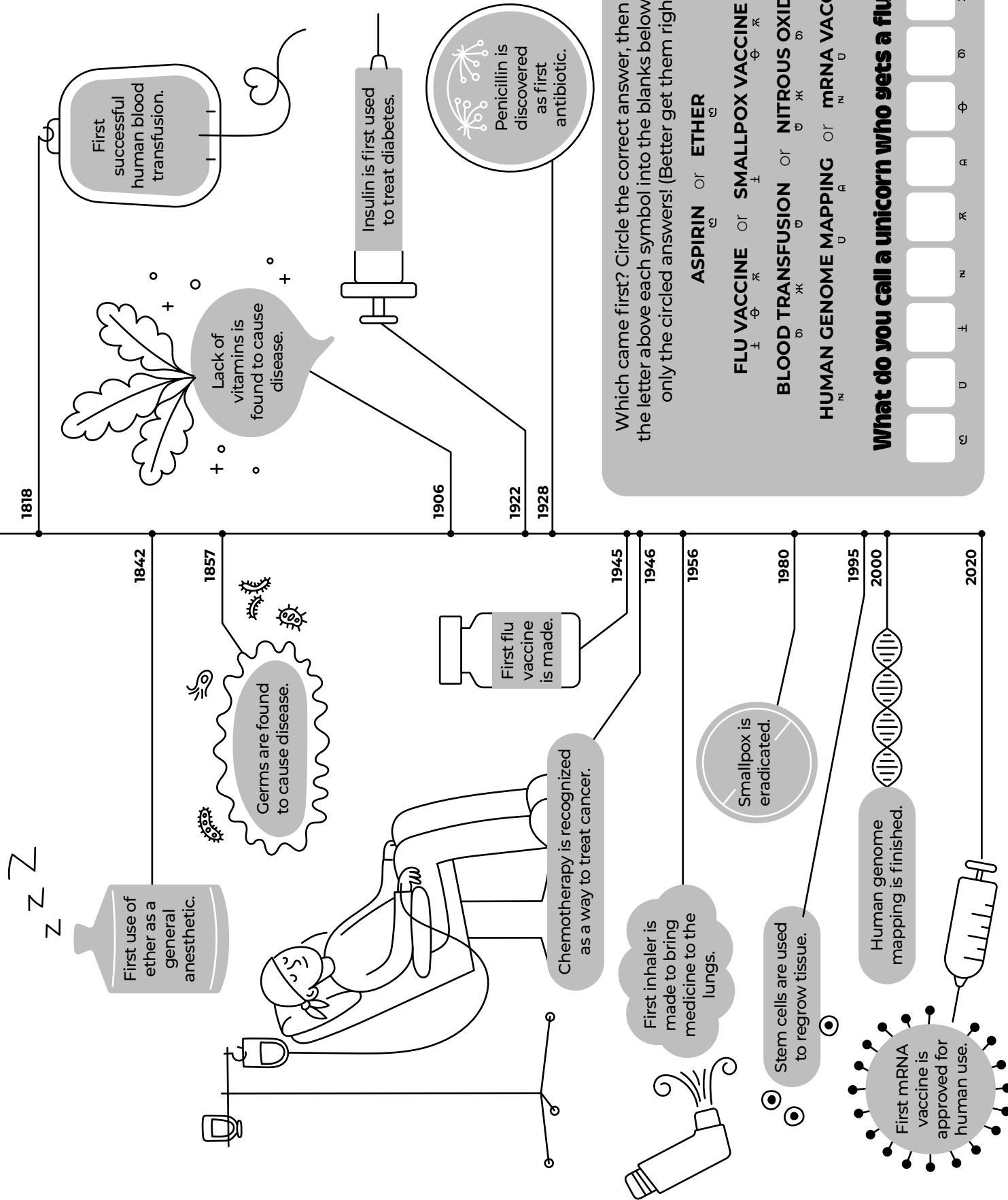
History of medicines

For thousands of years, we have used medicine to treat sick people. Look through the timeline to see some of humankind's noteworthy achievements!



Hey there!

Turn your book 90 degrees to read this timeline of medicine.



Which came first? Circle the correct answer, then write the letter above each symbol into the blanks below, using only the circled answers! (Better get them right!)

ASPIRIN or ETHER

FLU VACCINE or SMALLPOX VACCINE

BLOOD TRANSFUSION or NITROUS OXIDE

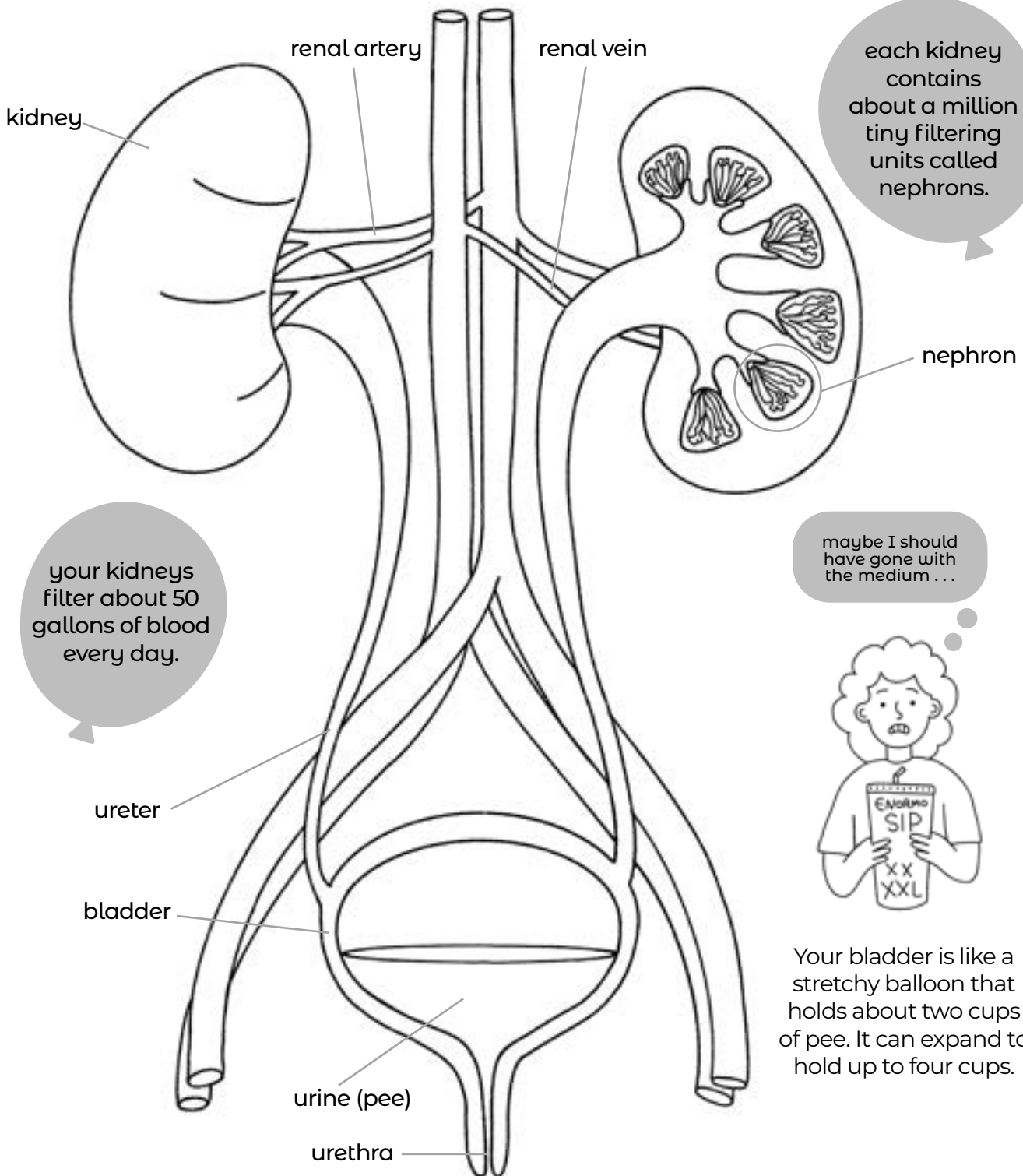
HUMAN GENOME MAPPING or mRNA VACCINE

What do you call a unicorn who gets a flu shot?

--	--	--	--	--	--	--	--	--	--	--	--

Kidneys and urinary system

Your kidneys are bean-shaped organs that filter your blood. They remove waste and extra water, turning it into urine (pee). The pee travels through tubes called ureters to the bladder, where it's stored until you go to the bathroom. Finally, it leaves your body through a tube called the urethra. This system keeps your body balanced and healthy by getting rid of waste.



Foley catheter

A catheter is a tube that goes into your body that removes fluids. The foley catheter is a tube that drains pee from your body and collects it in a bag.

Keep your foley catheter clean!

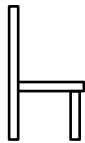
STAY CLEAN ALL DAY



Wash your hands after you use the bathroom.



Stay clean, take showers — no baths, please!



Keep the foley bag off floor, hook to a bed or chair.

MAINTENANCE



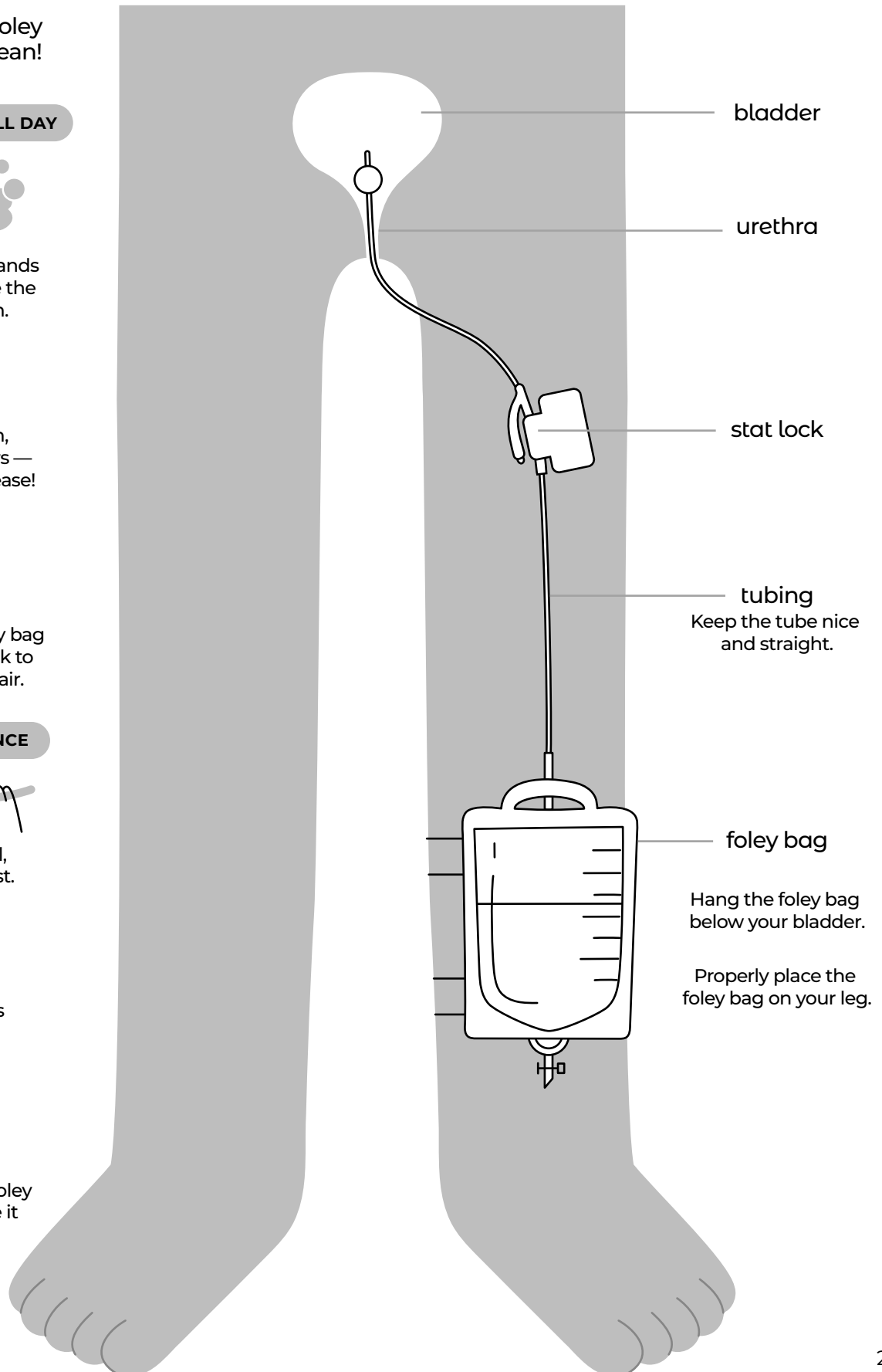
Don't pull, tug or twist.



Drink lots of water.



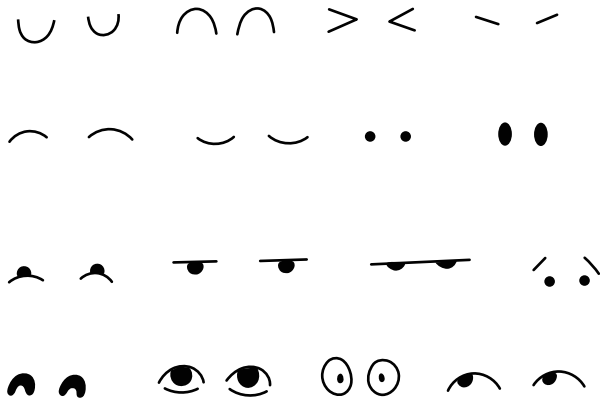
Empty the foley bag before it gets full.



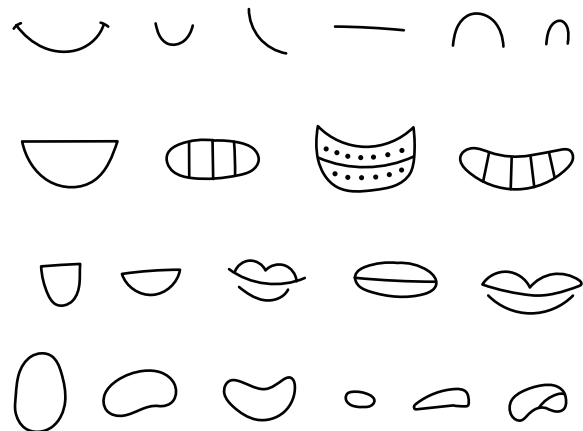
Different folks, one community

At Children's Health we love how different everyone is and try to make everyone feel welcome. When you're here at the hospital, you'll meet lots of people with different looks, beliefs, abilities, cultures and backgrounds together.

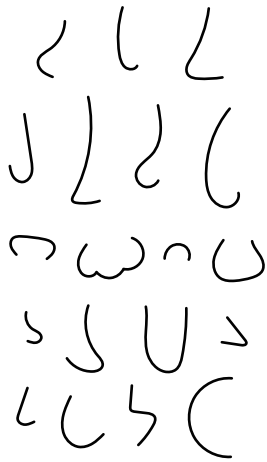
eyes



mouths



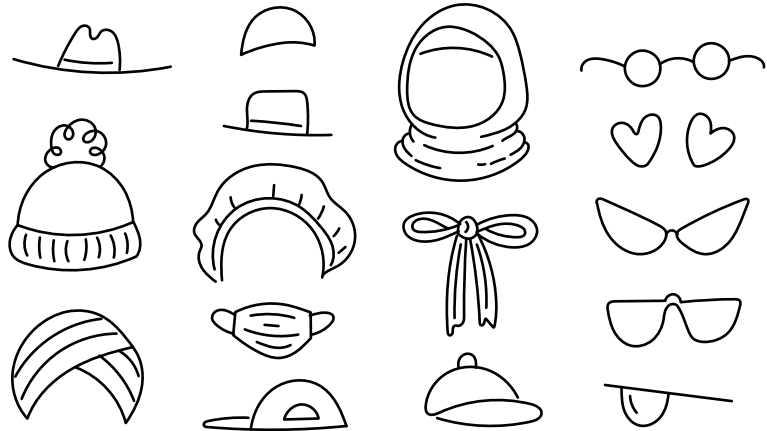
noses



ears



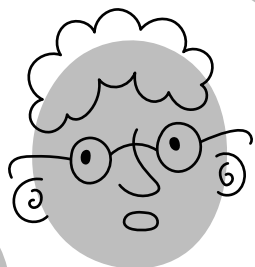
accessories



hair

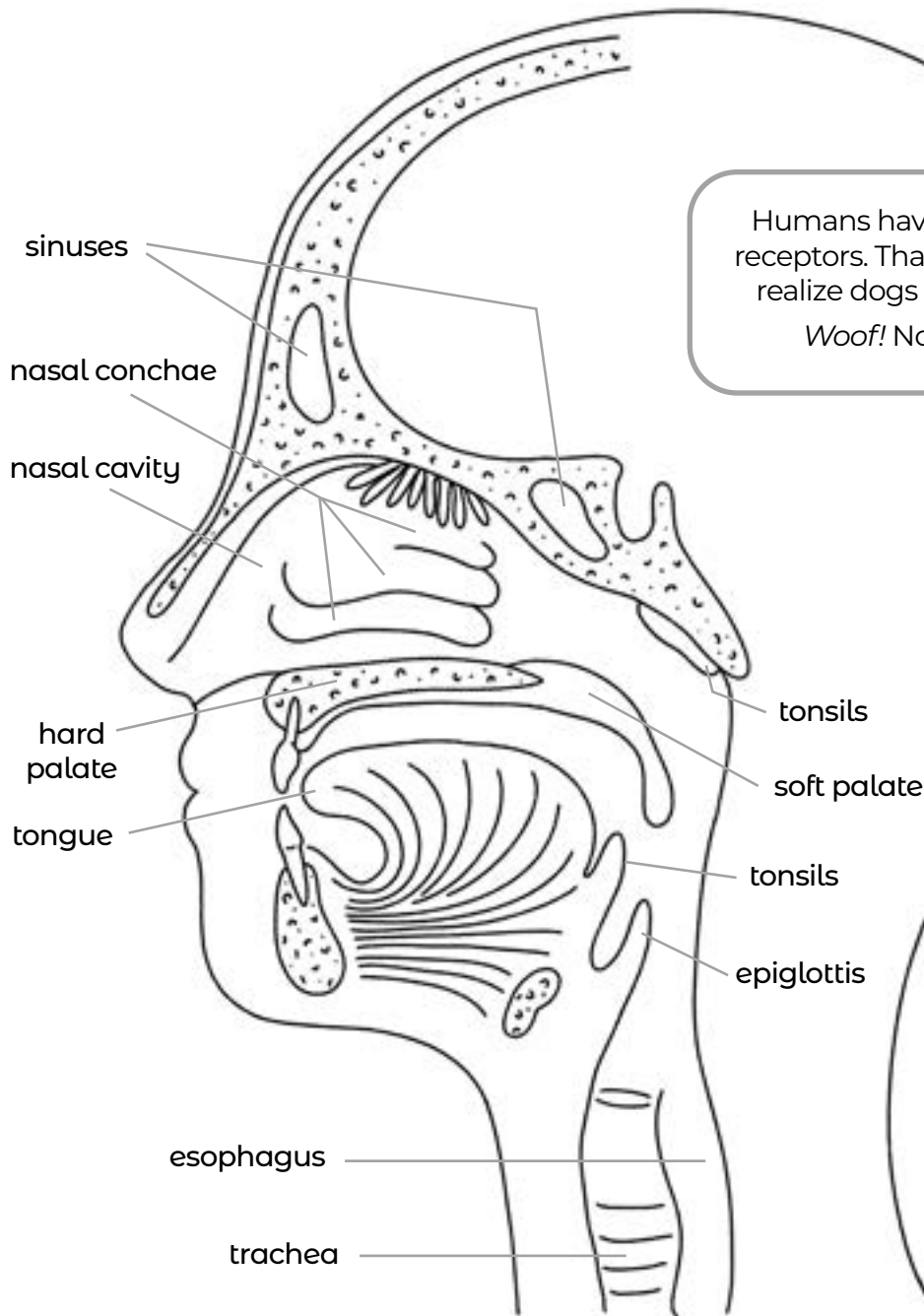
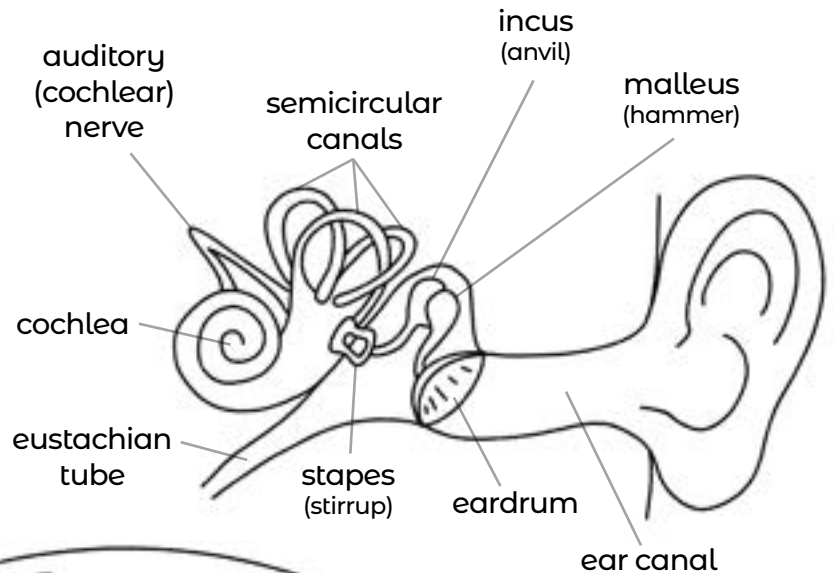


Use details from the opposite page to
draw as many different faces as you can.
We drew three examples for you.



Ear, nose and throat

The ear, nose and throat help us hear, breathe, smell and talk. Our ears pick up sounds and help us balance. Our nose helps us breathe and smell. Our throat helps us speak and swallow.



Humans have 20 million smell receptors. That's a lot ... until you realize dogs have 400 million!
Woof! Now that's a lot!

Your nose makes about a quart of mucus every day to keep your nasal passages moist and healthy. That's as much as a large soda bottle!



you thought this was a soda, but it snot!

You're hired!

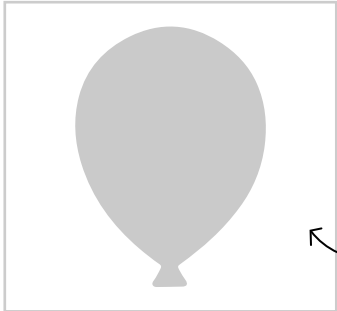
As long as you're here, you're a part of the Children's Health team!
Design your ID badge, and discover your new job assignment here at the hospital.

FIRST NAME

LAST NAME

- 1 -

- 2 -



Draw yourself here

- 3 -

- 4 -

1

**Your
birth
month**

Jan. senior
Feb. chief
March junior

April apprentice
May resident
June head

July executive
Aug. master
Sept. expert

Oct. lead
Nov. novice
Dec. assistant

2

**First
letter
of first
name**

a stinky	n noodle
b sneezy	o stiff
c broken	p bouncy
d bubbly	q gooey
e giggly	r farting
f wiggly	s fuzzy
g squishy	t jiggly
h clunky	u puffy
i itchy	v dizzy
j slimy	w lumpy
k squeaky	x gummy
l gurgly	y wobbly
m crunchy	z slippery

3

**Third
letter
of first
name**

a bone	n skin
b brain	o armpit
c toe	p belly button
d finger	q shoulder
e stomach	r forehead
f knee	s gut
g lung	t jaw
h mouth	u butt
i eye	v skeleton
j elbow	w heart
k ear	x neck
l cheek	y colon
m nose	z veins

4

**Your
birth
date**

1. 2. 3 specialist
4. 5 surgeon
6. 7 facilitator
8. 9 therapist

10. 11 director
12. 13 investigator
14. 15 researcher
16. 17 evaluator

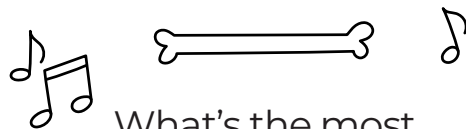
18. 19 nurse
20. 21 counselor
22. 23 technician
24. 25 manager

26. 27 aide
28. 29 examiner
30. 31 consultant

Laughter is the best medicine

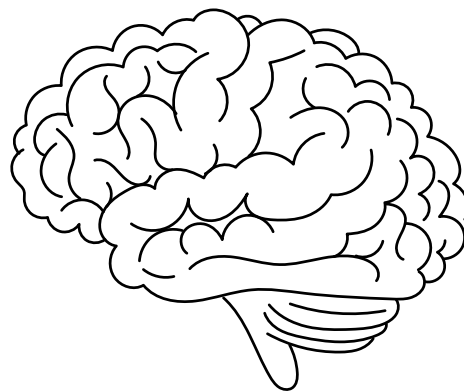
What do you call a doctor who fixes websites?

A URL-OLOGIST.



What's the most musical bone?

THE TROM-BONE!



Why did the brain skip bath time?

IT DIDN'T WANT TO GET BRAINWASHED!

If kidney stones could speak, what would they say?

URINE TROUBLE



Why can't a hand be twelve inches long?

BECAUSE THEN IT WOULD BE A FOOT.

Where do you always lose at hide and seek in the hospital?

IN THE ICU



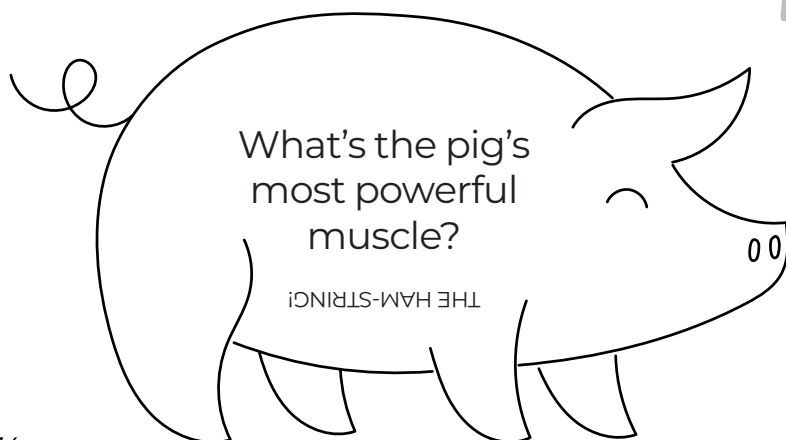
What are X-rays of your teeth called?

TOOTH PICS



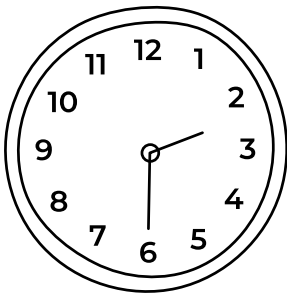
What did the doctor give the sick lemon?

LEMON-AID!



What's the pig's most powerful muscle?

THE HAM-STRING!



What time do you
call the dentist instead
of the doctor?

AT TOOTH-HURTY

+ *

The doctor asked me if
I was sure my right ear
had a problem.

I said, "Yes! I'm *definite*!"

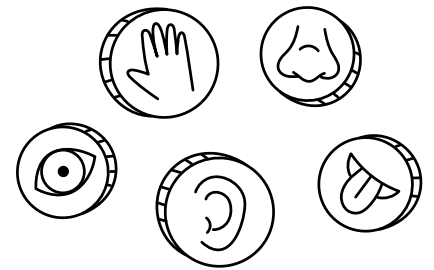


+ *

Why is the
nose always in
the middle of
the face?

BECAUSE IT'S
THE SCENTER.

+ *



How much money do you
have when you combine
taste, touch, smell, sight
and hearing?

5 "SENSE"

What has a
bottom at
the top?

YOUR LEGS!

+



+ *

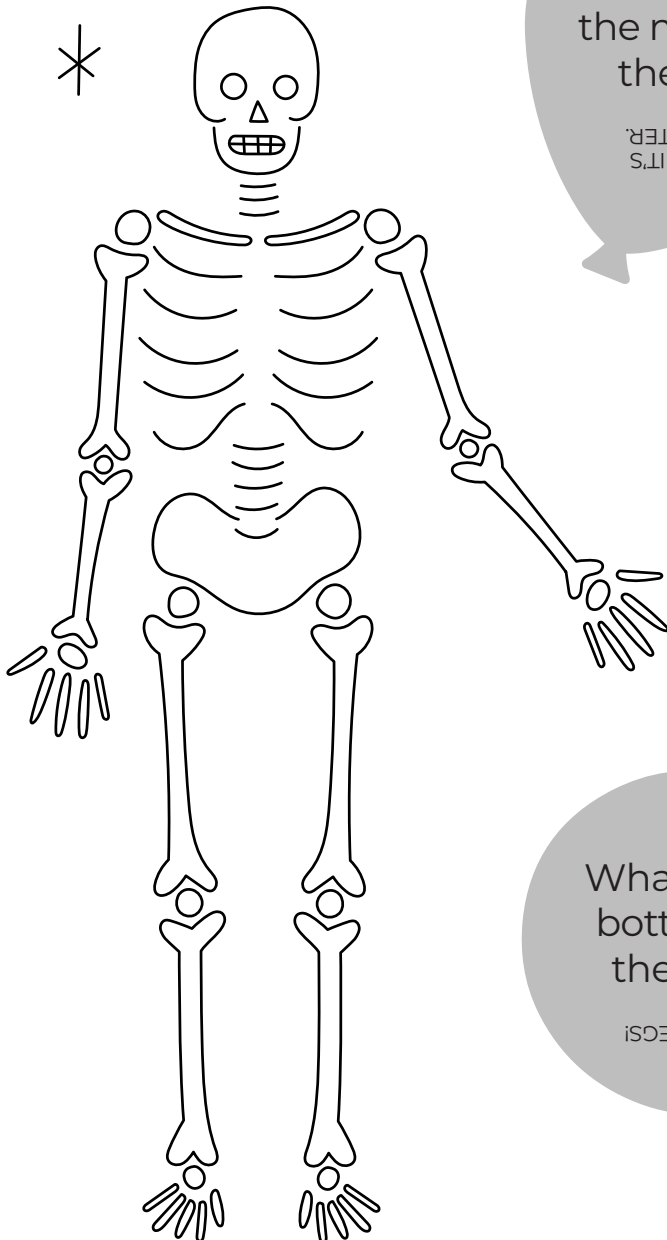
What do you call a
doctor who gives out
"get well soon" cards?

A CARDIOLOGIST

+ *

Why are skeletons
terrible patients?

BECAUSE THEY ALWAYS
HAVE A BONE TO PICK!

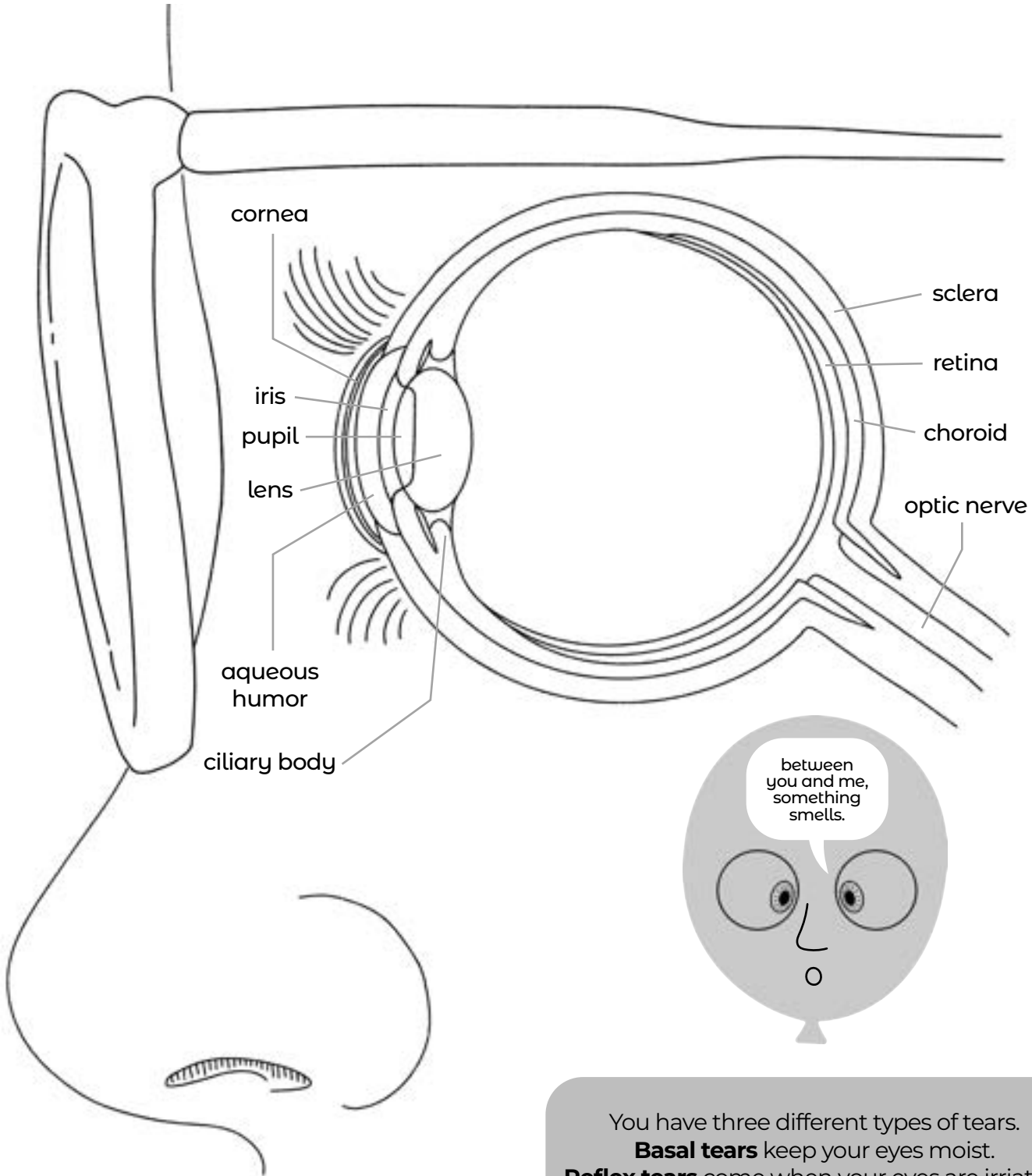


+

*

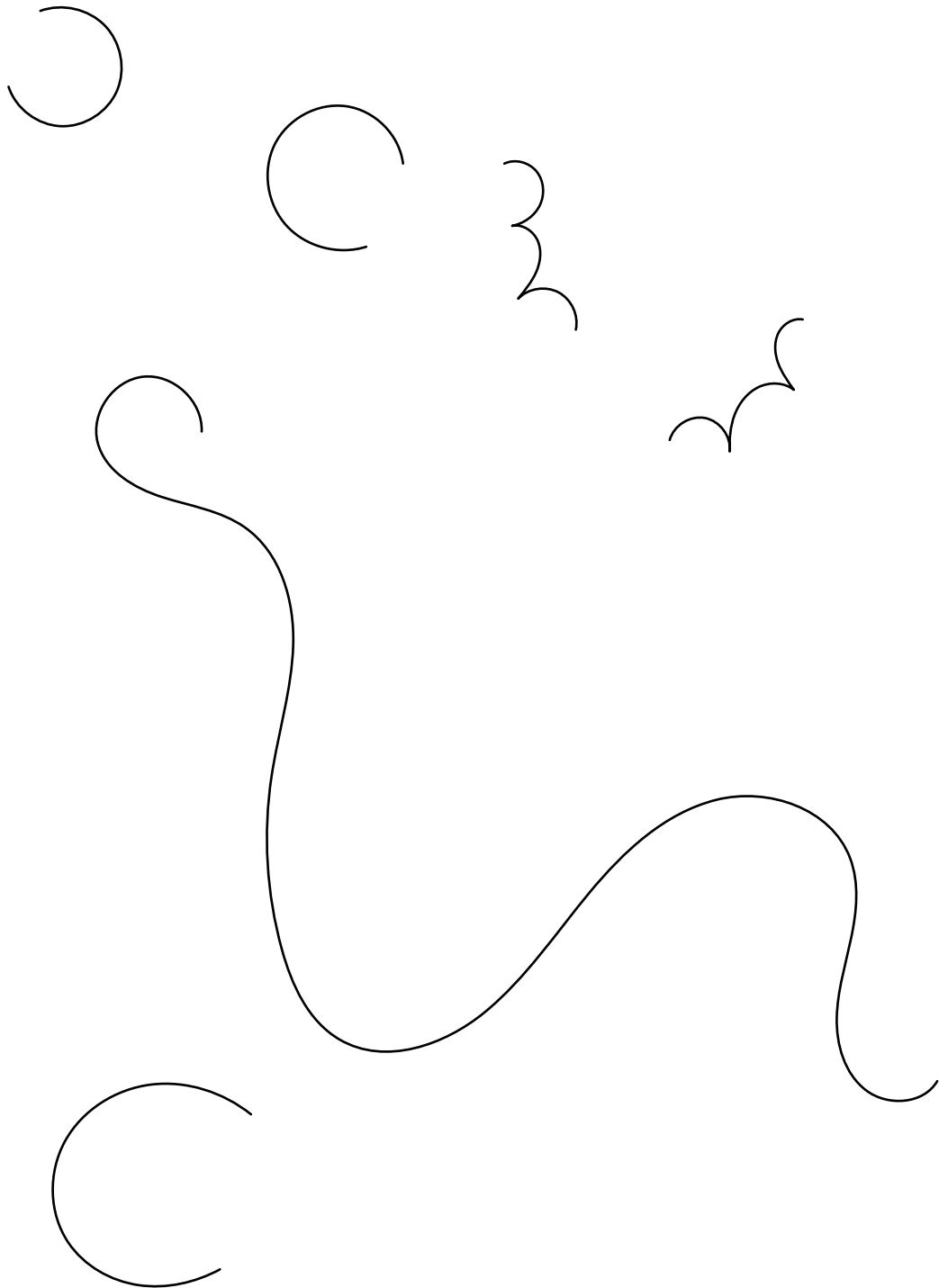
Eyes and vision

Our eyes help us see the world around us. Light enters the eye through the cornea and passes through the pupil. The lens focuses the light onto the retina at the back of the eye. The retina has cells that turn light into signals sent to the brain through the optic nerve. The brain processes these signals, allowing us to see colors, shapes and movement. Our eyes and brain work together to create the images we see every day.



Let's make a scene

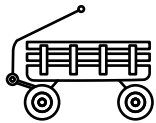
At Children's Health, you can find lots of fun and colorful artwork, like animals and nature scenes. Use your imagination and turn these squiggles into your own special artwork for the hospital. Can you incorporate some balloon shapes?



Hospital rooms

Hospital rooms are full of equipment and supplies to help you feel better and more comfortable! Here are some items you may see in the hospital.

can you find...



wagon
(1)



books
(3)



cards
(3)



balloons
(5)

gloves
(6)



gown
(1)

face mask
(3)



hand sanitizer
(4)

IV pole and bag
(2)

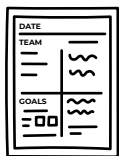


monitors
(2)



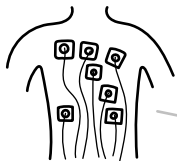
oxygen
(1)

pulse oximeter
(3)



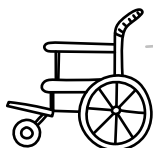
blood pressure cuff
(2)

chart/board
(1)



stethoscope
(3)

EKG leads



wheelchair
(2)

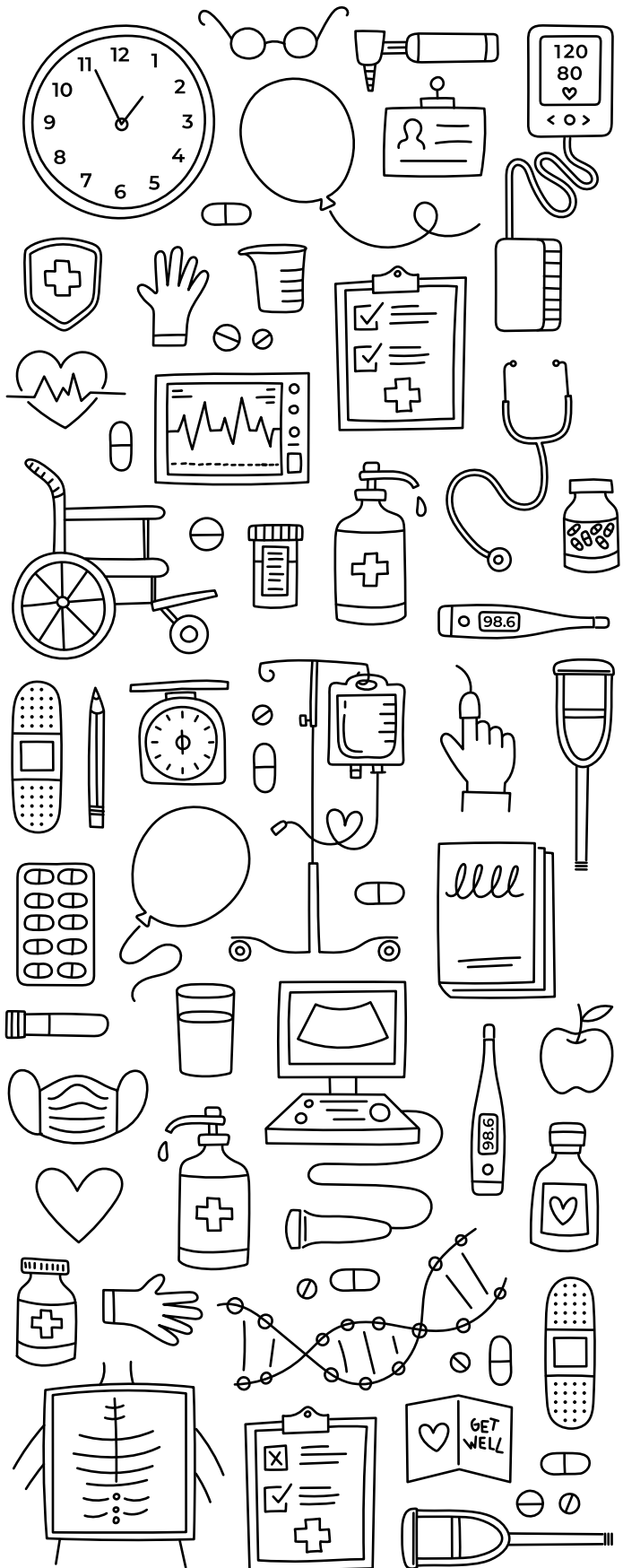
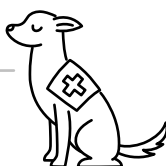
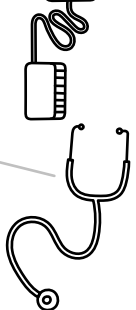
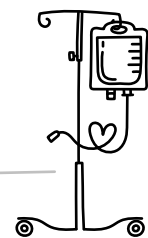
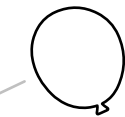
otoscope
(4)



crutches
(4)

facility dog
(2)

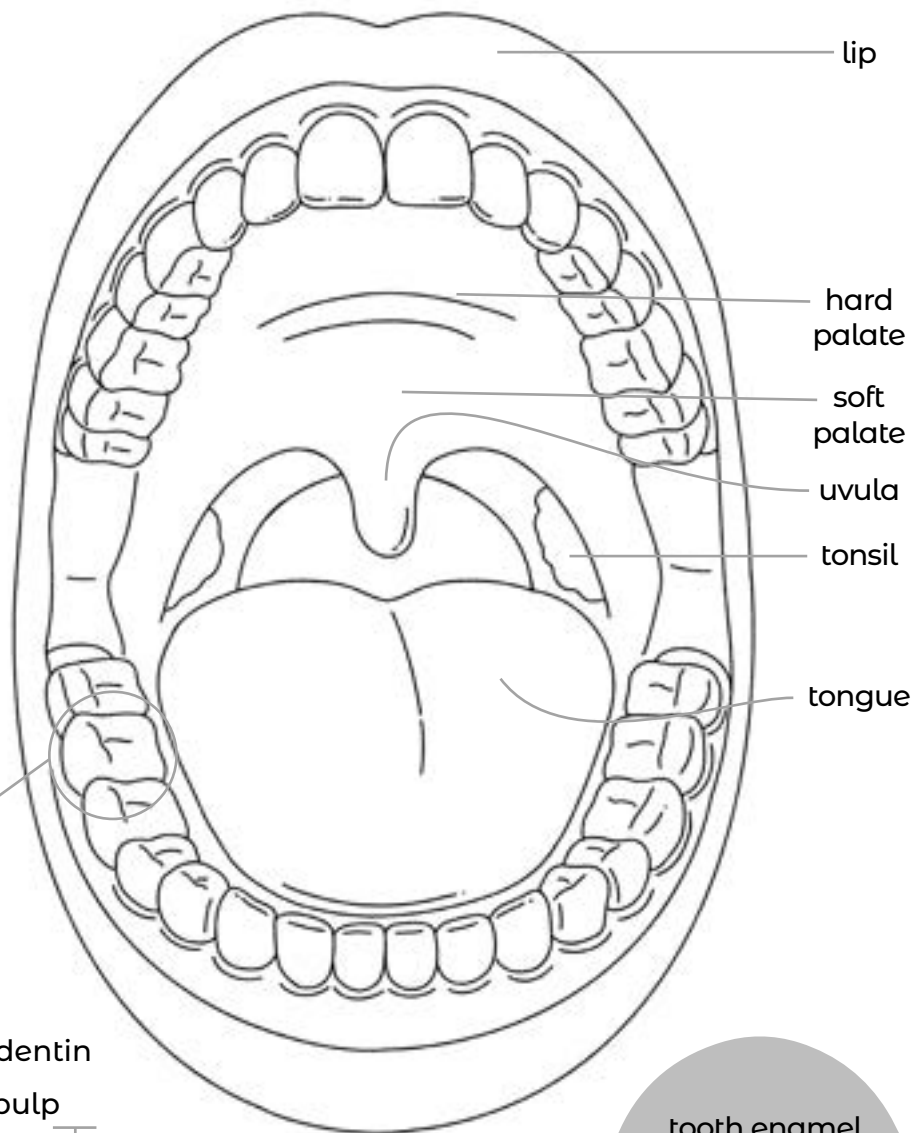
thermometer
(6)



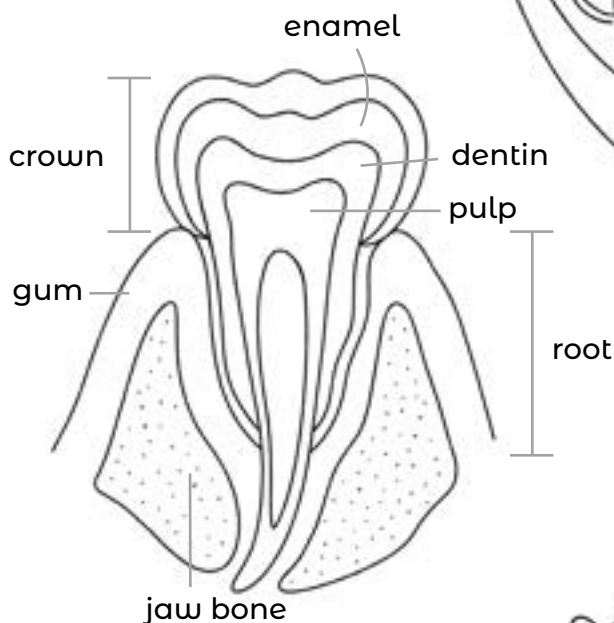


Mouth and teeth

The mouth and teeth help us eat and speak. Our teeth break down food, making it easier to swallow and digest. The tongue helps move food around and allows us to taste. Saliva starts the digestion process. Additionally, the mouth and teeth work together to help us form words and talk.

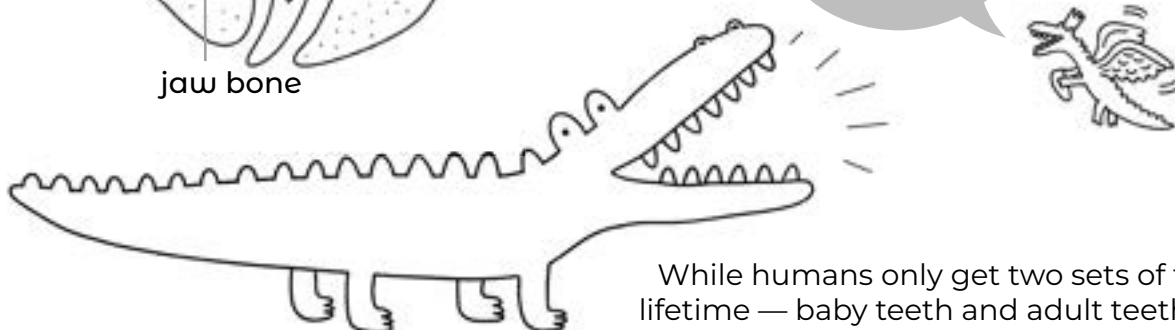


your teeth are the only parts of your body that can't repair themselves.



tooth enamel is the hardest substance in the body — even stronger than bones.

yes, you have a nice smile, but have you ever stopped to think how much this is costing me?



While humans only get two sets of teeth in their lifetime — baby teeth and adult teeth — crocodiles can regrow their teeth up to 50 times!

Nutrition is how food helps our bodies grow and stay healthy.
We get the nutrients our bodies need by eating a variety of foods.



Why were the apple and the orange all alone?

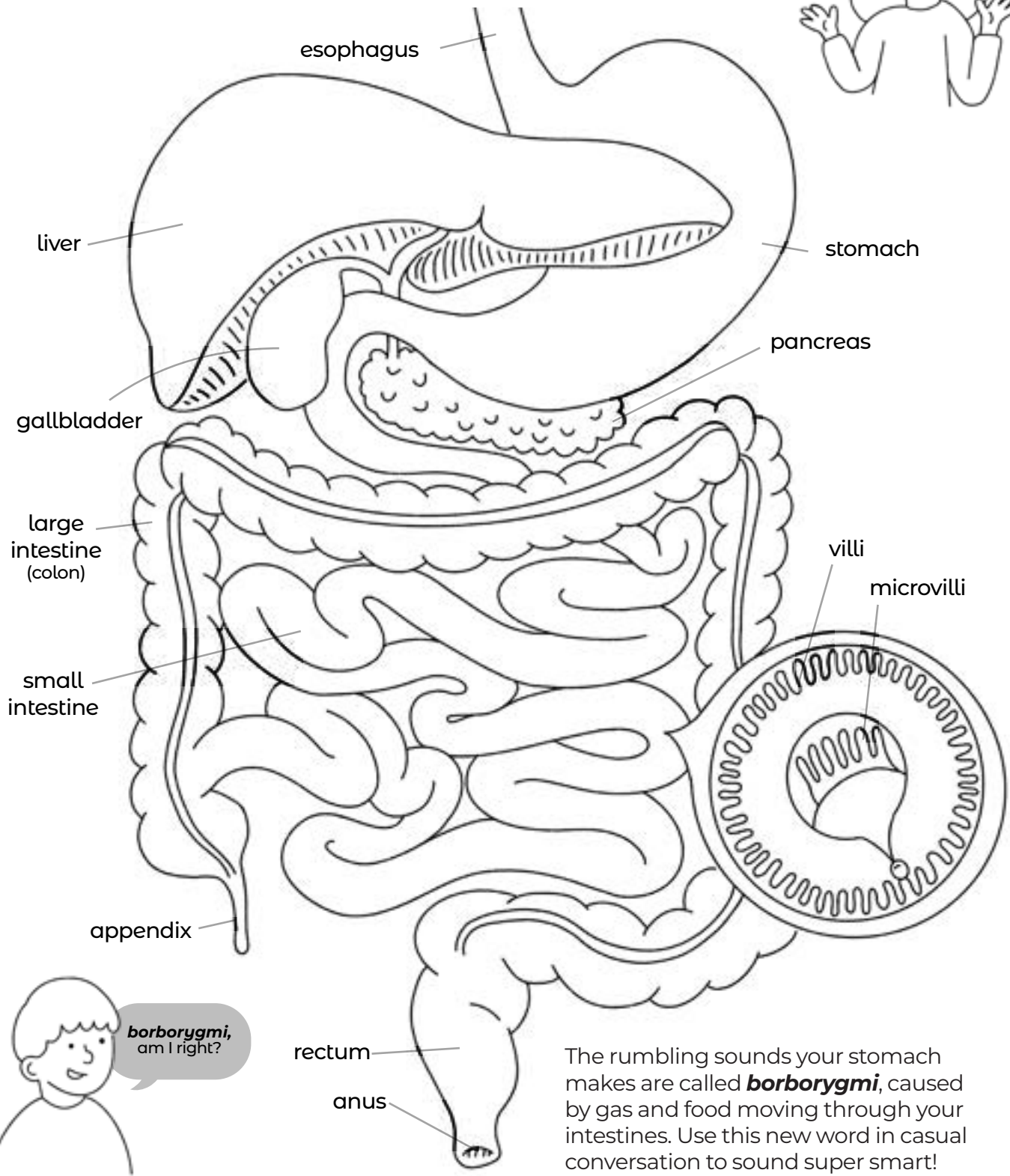


A P P L E B L F I S H F E E B C C O U S C O U S E
B E P N A L A A L L I T R O T E R T O M A T O E C
C C O E S A E P P C H E R R Y L I Z P K L I M G U
T A T K P C M O B A N A N A A E C U U O S E A N T
R B A C A K T R T E S T H C E R E A L C P E N A T
U B T I R B A K O S E T B S O Y M I L K C C G R E
G A O H A E O C R E G R A P E F R U I T A H O O L
O G N C G R Y O R E G A N O L E M R E T A W I R N
Y E A S U R A R A H S P L Q U I N O A U F O T N N
I N U T S Y M N C C T S E A F O O D ! D A E R B I

Digestive system

The digestive system turns our food into energy. The food we eat travels through the esophagus to the stomach, where it's broken down. The intestines absorb nutrients, and what's left is turned into waste. This system gives our bodies the fuel they need to grow and stay healthy!

so there I was, in the middle of our final exam, and suddenly, out of nowhere, I had the loudest **borborygmus**!

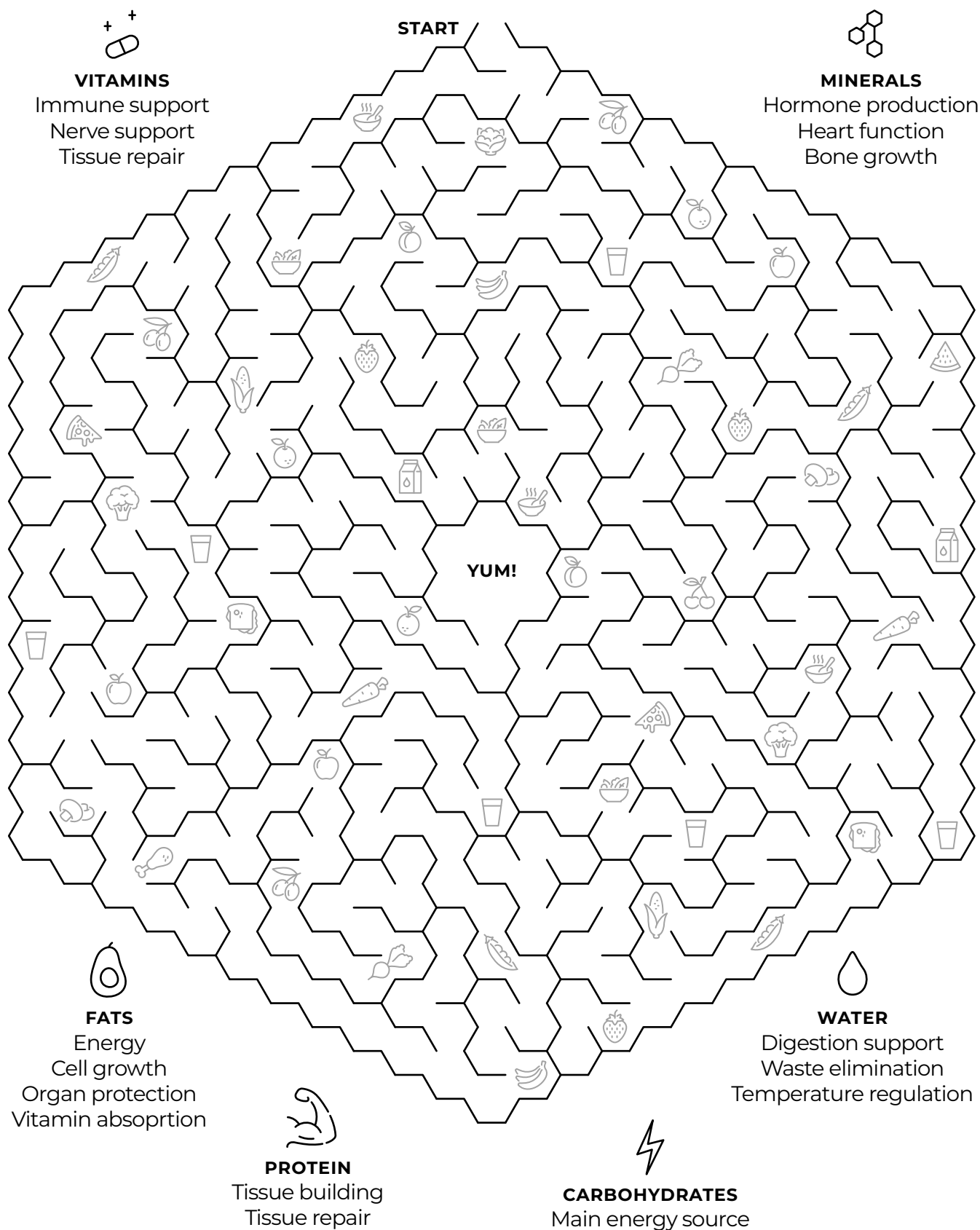


The rumbling sounds your stomach makes are called **borborygmi**, caused by gas and food moving through your intestines. Use this new word in casual conversation to sound super smart!

Nutrients

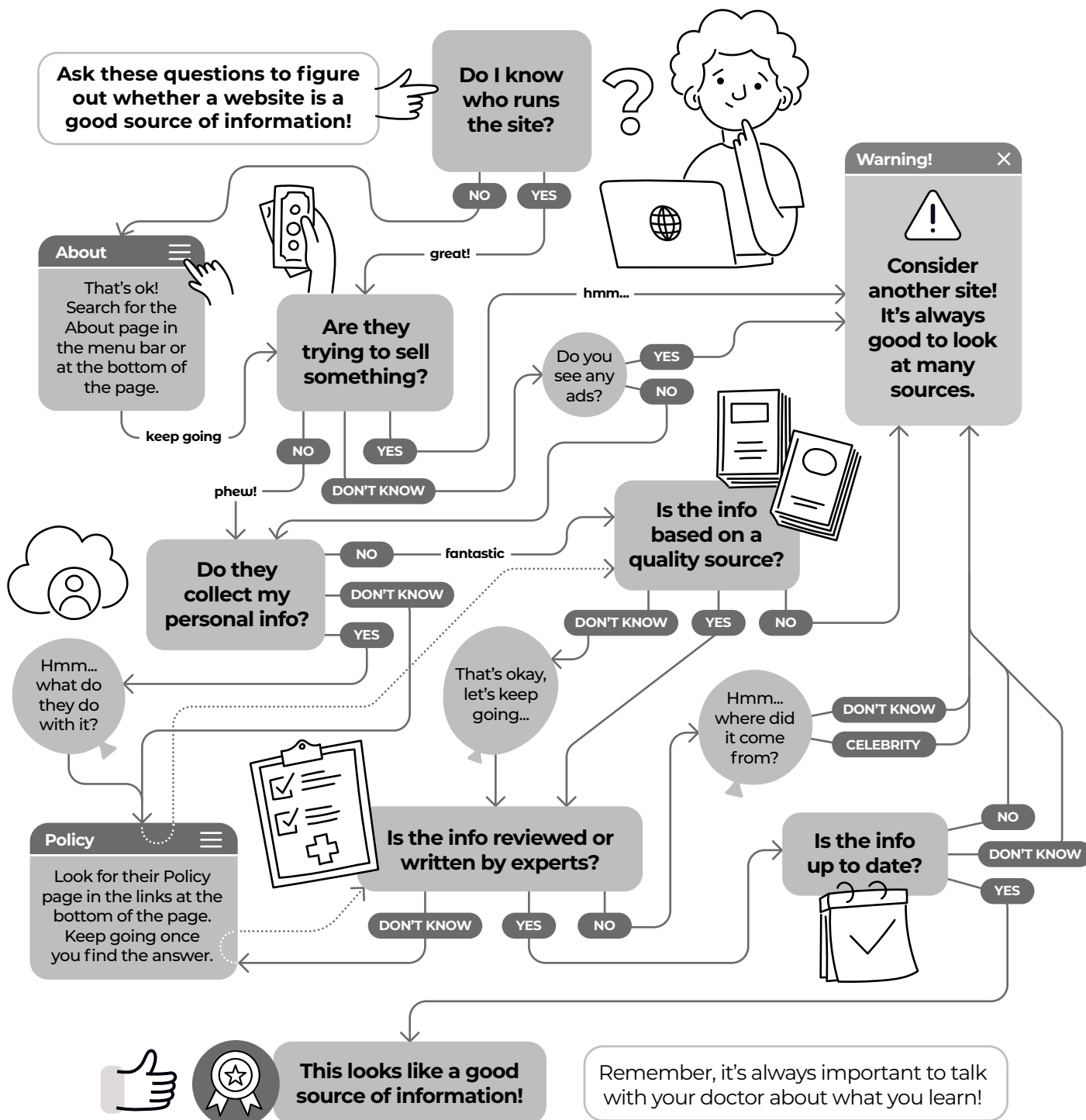
Nutrients are the parts of food that our bodies use to function. They give us energy, help us build strong bones and muscles, and help our bodies heal.

Eat your way through the maze to collect a variety of nutrients.



Finding health info online

When you're not feeling well, looking up information online can help you understand what is going on. It's important to learn how to check if you can trust a website



Using your new skills, find the three websites you can trust below. Use underlined words from these sites to solve the riddle at the bottom of the page.

 why do I feel butterflies in my stomach?

< > www.nervous-no-more.com

feeling nervous?

2 SIGN UP FOR OUR

4 FREE COURSE TODAY

NAME:

EMAIL:

9 BIRTHDAY:

FREE
FREE
FREE

< > www.butterflies-b-gone.biz

BUTTERFLIES

~ B ~

GONE!

3

1 Buy our elixir today only for

5 4 easy payments of \$19.99



< > www.butterfly-revealed.com

UNFLAPPABLE REALITY:

The hidden TRUTH about

butterflies that

"EXPERTS" don't want

you to discover!

SPONSORED:

Gary's Guide

to Butter-Guts



< > www.kidshealth.org/policies

POLICIES

Our medical experts review all

content for accuracy. In order to

3 protect your privacy, we never

5 share any personal information

9 with third parties without your

consent.


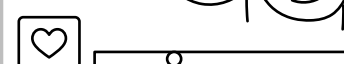
< > www.youtube.com/natur-ally

7 My friends and I

4 found this one

2 weird trick to

cure butterflies!

< > www.childrens.com/emotions

Do you have butterflies?

4



You may be feeling butterflies because

1 your nervous system is active. Don't

worry! It's very common to feel this.

7

children'shealth

< > www.medlineplus.gov

BREATHING TIPS FOR KIDS

When kids use these

8 go-to breathing


2 exercises, they

experience an

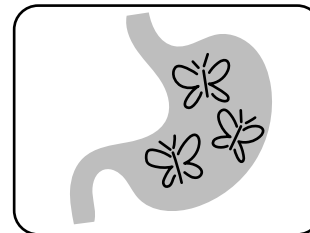
increased sense of

6 calm in their body.

By The National Library of Medicine



< > www.tru-X-rays.co



6 **REAL X-RAY OF ACTUAL**

8 **BUTTERFLIES IN THE STOMACH!**


< > www.medicinedad.info

Nervousness arises not from

fluttering butterflies within,

6 but from an overabundance of

1 black bile in the stomach.



Hippocrates,

Father of Medicine,

350 B.C.E.

7

Why are skeletons nervous to go to parties?

1 2 3 4 5 6 7 8 9

Internet safety

You can enjoy all the fun and helpful things on the internet while keeping your information safe. Here are tips for internet safety:

Keep things private.

Only talk to people you know in real life.

Don't share personal details like:

- Full name
- Home address
- Birthday
- Phone number
- Passwords
- Revealing photos

Be kind.

DON'T be a bully.

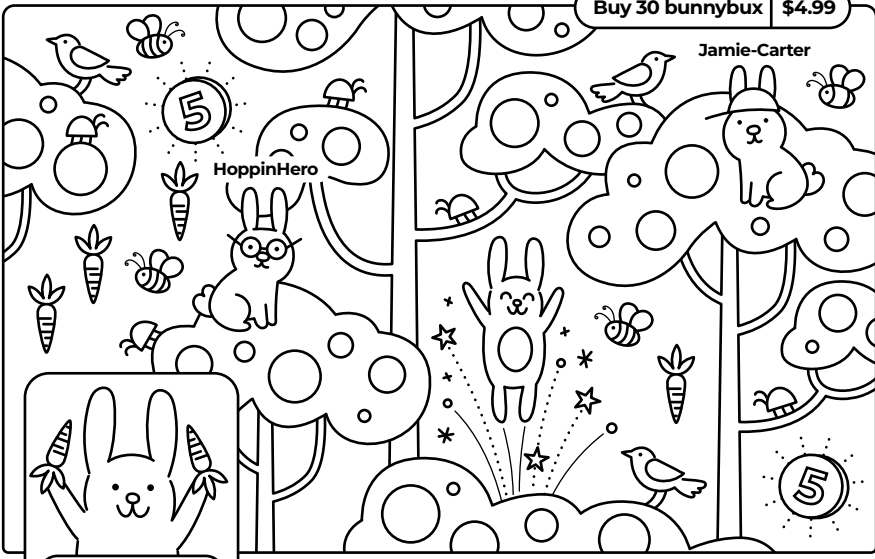
DO stand up for others if they are being bullied.

Report inappropriate content.

Know what is real.

Recognize when something is an ad, edited or fake. Try to understand the motivation for the post. Ask an adult if you are not sure.

Check out this online game some friends are playing together. Look carefully at the game and the chat box. Underline three ads and circle two examples of personal details that should be kept private.



Buy 30 bunnybux \$4.99

ChatterBox

HoppinHero says: yo where do u find the carrot blaster power up?

CosmicCarrot says: uhhhh I think were bout to find out

Promoted says: Level up your game and WIN BIG! Start today.

Jamie-Carter says: NO WAY! u did it? howd u do that? tell us!!!!

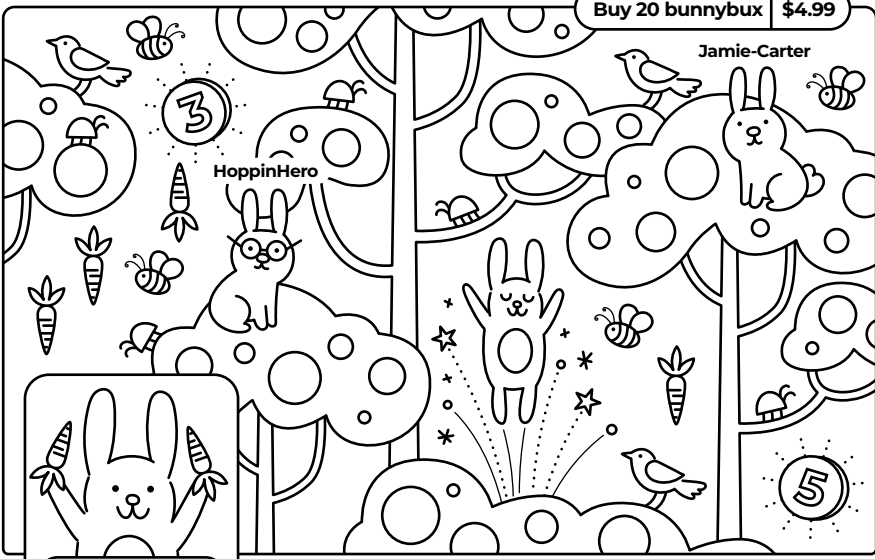
CosmicCarrot says: u just got to collect 17 carrots then bop a bird

HoppinHero says: my life is changed forever :/ i gotta try and get that

CosmicCarrot says: oh i gotta go its my birthday and its CAKE TIME

Get new merch now! LIMITED QUANTITIES [CLICK HERE](#)

Spot 15 differences. ↗



Buy 20 bunnybux \$4.99

ChatterBox

HoppinHero says: yo where do u find the carrot blaster powder up?

CosmicCarrot says: uhhhh I think were bout to find out

Promoted says: Level up your game and SCORE! Start today.

Jamie-Carter says: NO WAY! u did it? howd u do that? tell us!!!!

CosmicCarrot says: u just got to collect 17 carrots then bop a bird

HoppinHero says: my life is changed forever :/ i gotta try and get that

CosmicCarrot says: oh i gotta go its my birthday and its CAKE TIME

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Pain management

Pain is when something hurts inside or outside your body. You can feel physical, emotional and mental pain. This scale helps you rate your pain. Each face shows how much pain is felt. What do these pain levels look like for you? Draw different facial expressions on the balloons below to match the numbers on the pain scale.



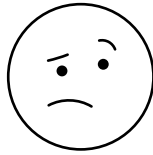
0

No
hurt



2

Hurts a
little bit



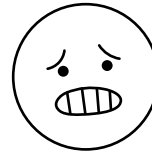
4

Hurts a
little more



6

Hurts
even more



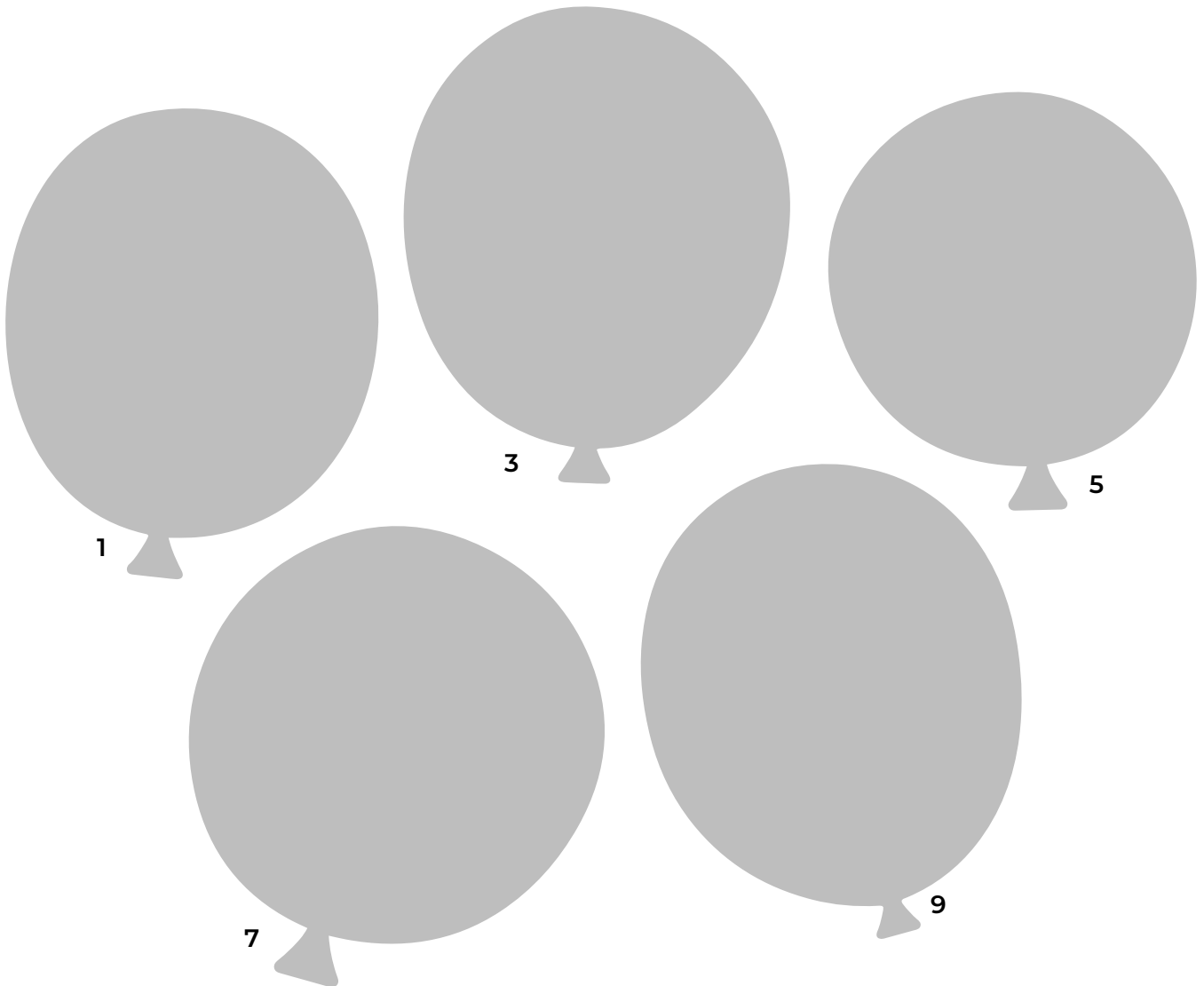
8

Hurts a
whole lot



10

Hurts
worst



Sharing what hurts helps your care team help you. Make sure to let them know: Where does it hurt? When does it hurt? Is the pain in one place or lots of places? Does anything make the pain feel better or worse?

Let's go on a scavenger hunt!

Play is a great way to get better! We have several play options for patients staying at the hospital. Visit each of these places and see what you can find.

Draw or write in something for each prompt.

courtyard	Something green	Something living	Something small
	Something round	Something wet	Something huge

art room	Something red	Something fun	Something messy
	Something fuzzy	Something light	Something heavy

playroom	Something blue	Something noisy	Something soft
	Something pretend	Something you can build	Something hard

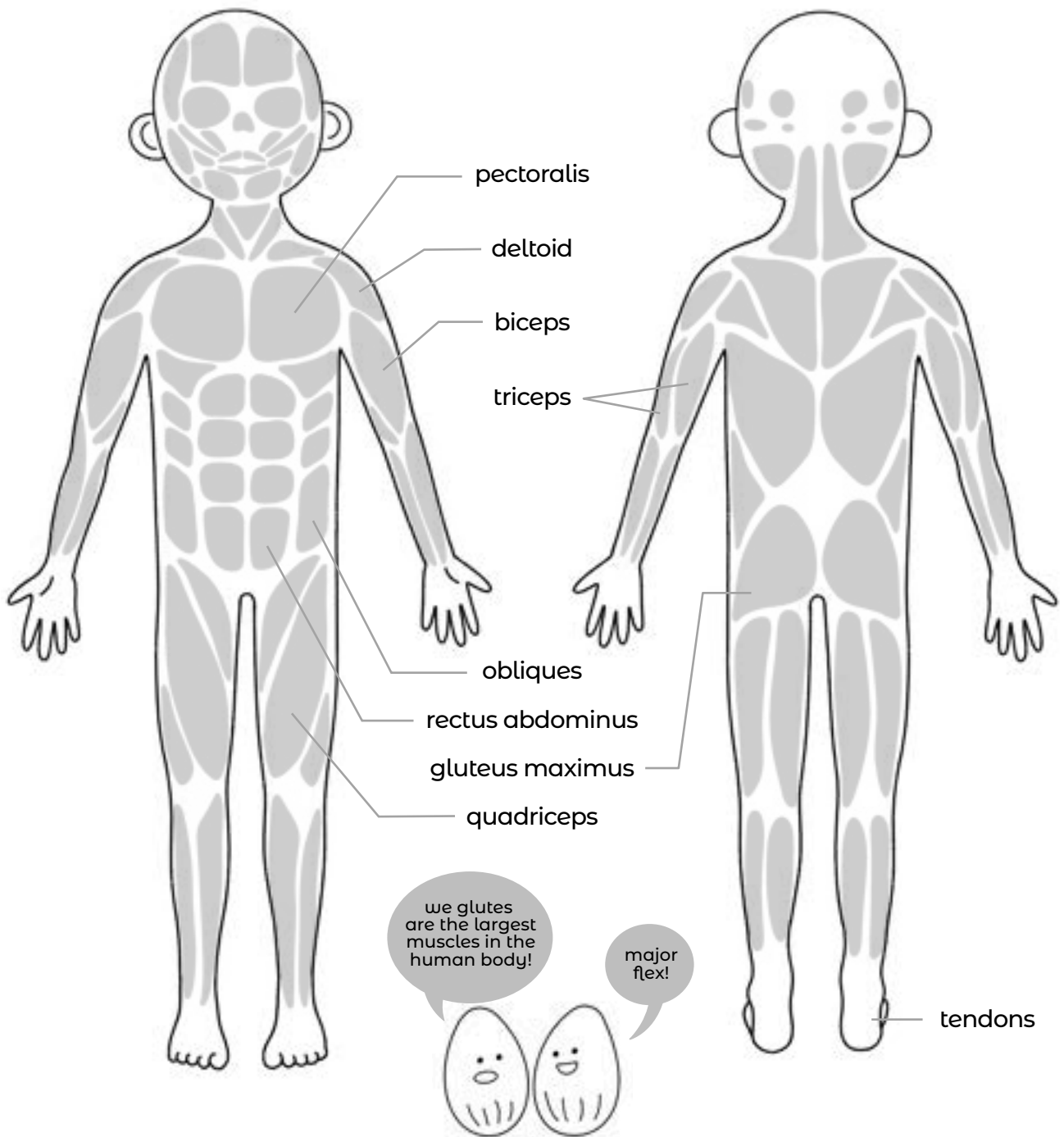
library	Something purple	Something rough	Something heavy
	Something light	Something beautiful	Something you've never seen

studio (Dallas hospital only)	Something yellow	Something shiny	Something quiet
	Something gray	Something surprising	Something fragile

Psst! Need help finding these places? Ask your Child Life specialist to point you in the right direction!

Muscular system

Our muscles work together to help us move and do activities. Muscles also help your posture and make heat to keep your body warm.



Voluntary muscles



Skeletal
Moves bones and
body parts

Involuntary muscles



Cardiac
Pumps blood
through the heart



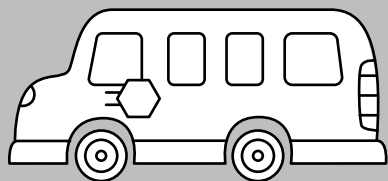
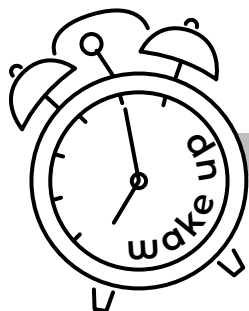
Smooth
Controls movements in
organs and blood vessels

Exercise

Exercise doesn't have to be complicated. When you move your body, you become stronger and more flexible. Aim to be on the move for at least one hour every day.

OPTION 1: Head through the maze and collect at least 60 minutes of exercise.

OPTION 2: Head through the maze and collect EXACTLY 60 minutes of exercise.



Late for the bus!



Run!
1 MINUTE



Bike to school.
8 MINUTES



Use extra
elbow grease
during chores.
18 MINUTES



Make all your
swishes come true
in P.E. class.
19 MINUTES



Don't touch the ground
at the playground.
9 MINUTES



Skip out on
jumping rope.
0 MINUTES



Have a ball at
physical therapy.
38 MINUTES



Soccer is
rained out.
0 MINUTES



Seven laps around
the hospital floor.
15 MINUTES



Freestyling with the
breakdancing crew.
12 MINUTES



Dissolve into
the couch.
0 MINUTES



Active virtual
reality video
game.
12 MINUTES



Walk
the dog.
34 MINUTES



Make a splash
at the pool.
58 MINUTES



Pillow fight!
6 MINUTES



Reproductive system

The reproductive system makes, stores and releases the cells needed to create a baby.

In females, the ovaries store and release eggs, and the uterus provides a place for a baby to grow. In males, the testes make and release sperm.

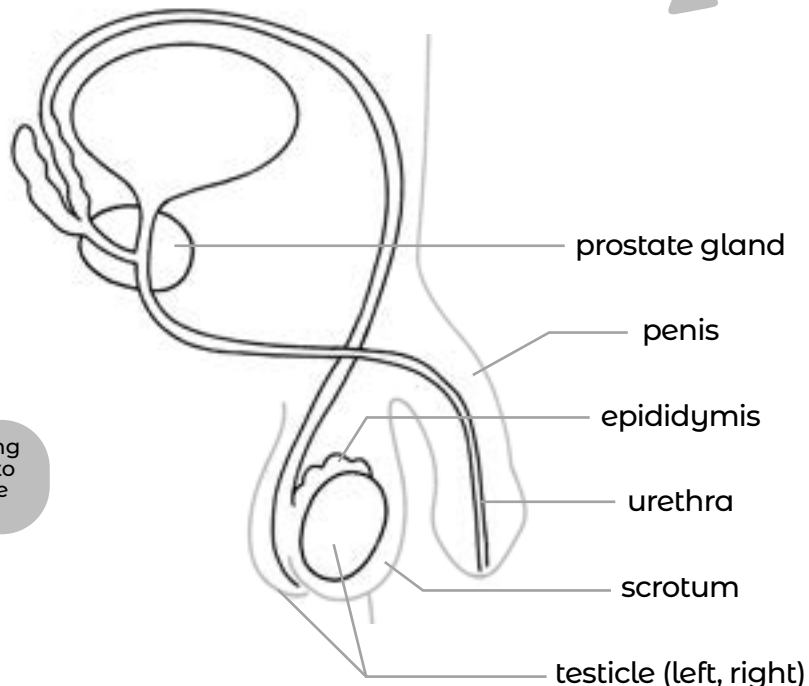


the human egg (ovum) is the largest cell in the body and can be seen without a microscope!

↑
actual size ovum

the male body constantly makes new sperm cells, with about 1,500 created every second!
in contrast, females are born with all the eggs they will ever have stored in their ovaries.

MALE SIDE VIEW



hello there!

sperm

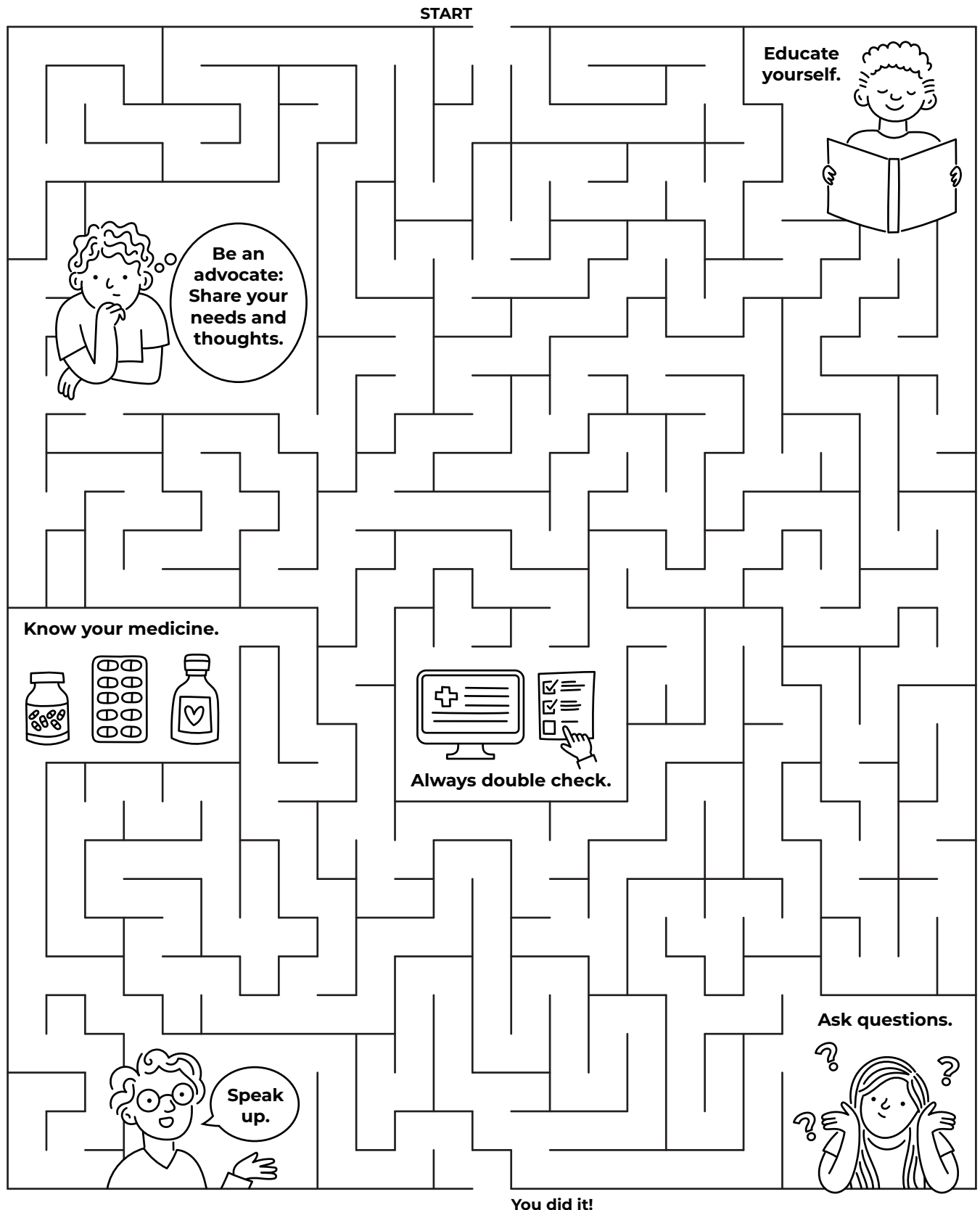
i've been waiting my whole life to meet someone like you!

egg

Play a part in your care

Taking care of your health means you understand your needs, talk to your care team, learn about your body and always ask questions.

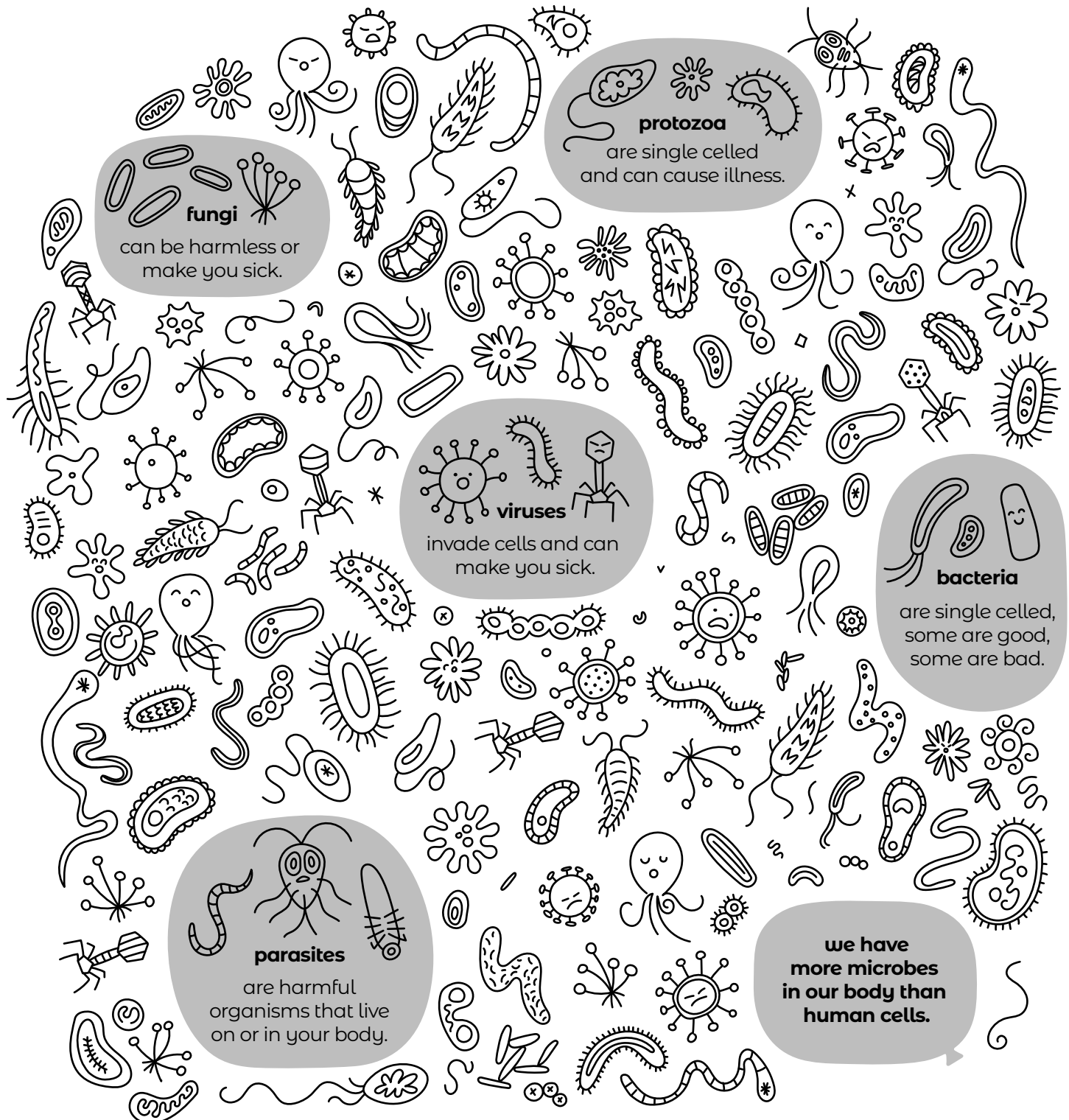
Move through the maze to find all the ways you can play a part in your care.



Germ and microbes

Microbes are tiny living things on and inside our bodies that we can't see with the naked eye. Some of these microbes are good because they help break down food and keep us healthy. Others are bad and can make us sick. We often call these bad microbes "germs."

Find 5 pairs of microbes that match perfectly. For example:  = 



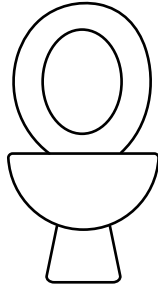
Hand hygiene

Clean hands are caring hands. Hand hygiene (keeping hands clean) is the best way to prevent spreading germs in the hospital and in everyday life.

You should wash your hands:



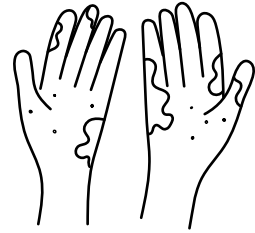
Before and after eating.



After using the restroom.

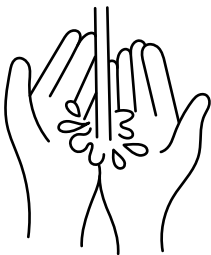


After sneezing, coughing, blowing or wiping your nose.

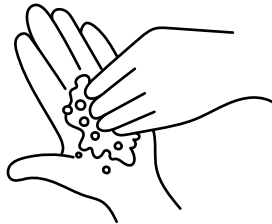


When your hands look dirty.

How to wash your hands:



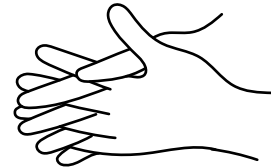
Wet your hands with warm water.



Put soap in one hand.



Scrub all parts of your hands, including between your fingers, for 20 seconds.



Sing a song like Happy Birthday or the ABCs to keep count!



Rinse your hands under running water.



Dry your hands with a paper towel and throw away the paper towel.

How to use hand sanitizer:



Put the hand gel into your hand.



Spread it all over both hands, including between your fingers.



Rub your hands together for at least 20 seconds.

Sing a song like Happy Birthday or the ABCs to keep count!

Let your hands dry without wiping.

Immune system

The immune system is like a shield that defends our body against harmful invaders like bacteria and viruses. It uses cells and proteins to find and fight off these germs.

bone marrow
Makes white blood cells.

when you have a fever, it's your immune system's way of helping to fight off an infection by making it harder for germs to survive.

allergies are a case of mistaken identity!
sometimes your immune system mistakes harmless things like pollen for harmful invaders, which causes allergic reactions.

adenoids
Trap and fight germs that enter through the nose.

tonsils
Trap and fight germs that enter through the mouth.

lymph vessels
Carry a clear fluid called lymph, which contains white blood cells.

lymph nodes
Filter lymph and trap germs.

thymus
Make T-cells (kind of white blood cell).

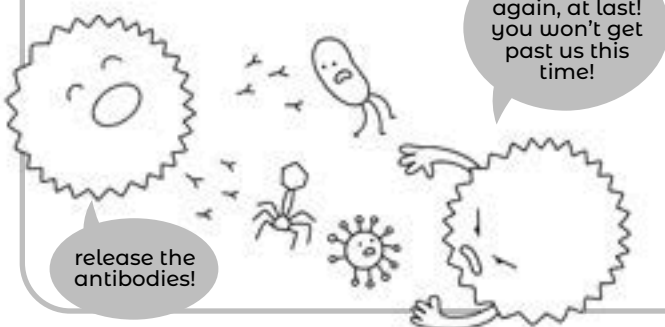
spleen
Make lymphocytes.

lymphatic system

types of white blood cells

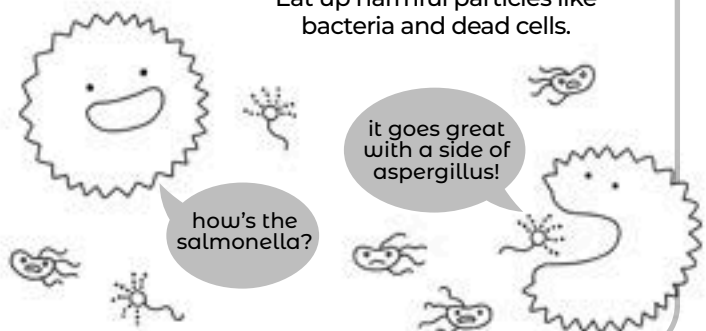
lymphocytes

Remember past infections and make antibodies to attack.



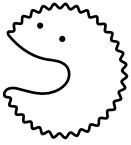
phagocytes

Eat up harmful particles like bacteria and dead cells.

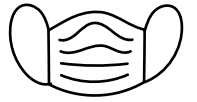


Symptoms of infection

An infection happens when harmful germs enter your body and make you sick. They can get in through cuts, the air you breathe or food. Recognizing symptoms of infection is important for getting treatment. Your body's defense system, the immune system, fights these germs to keep you healthy.



Unscramble these symptoms of infection. The definitions are on the right.



ERFVE

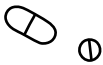
9

High body temperature.

SCHLIL & AETSWS

2 _____
10 & _____

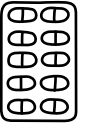
Feeling cold and then sweaty.



FIFST CNEK

7

Difficulty moving the neck.



NPAI

12

Hurting sensation in the body.



OHUGC

14

Forcibly expelling air from the lungs.



NEEZGISN

6

Sudden burst of air from the nose.



NYURN ONES

4

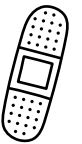
Liquid discharge from the nose.



OSER HORTAT

13

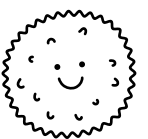
Pain or irritation in the throat.



TAMOHCS INPA

1 _____
8 _____

Discomfort in the belly area.



RDHIRAEA

3

Frequent, watery poops.



GITOMVIN

15

Forcibly expelling stomach contents through the mouth.



GWNSLIL

16 11

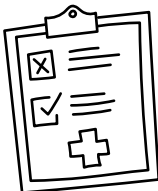
Enlarged or puffy area on the body.



SPU

5

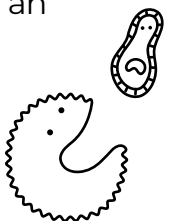
Thick, yellowish liquid from an infected area.



HRAS

17

Red, itchy or bumpy skin.



After unscrambling the words, use letters from the numbered blanks to find the answer to this question!

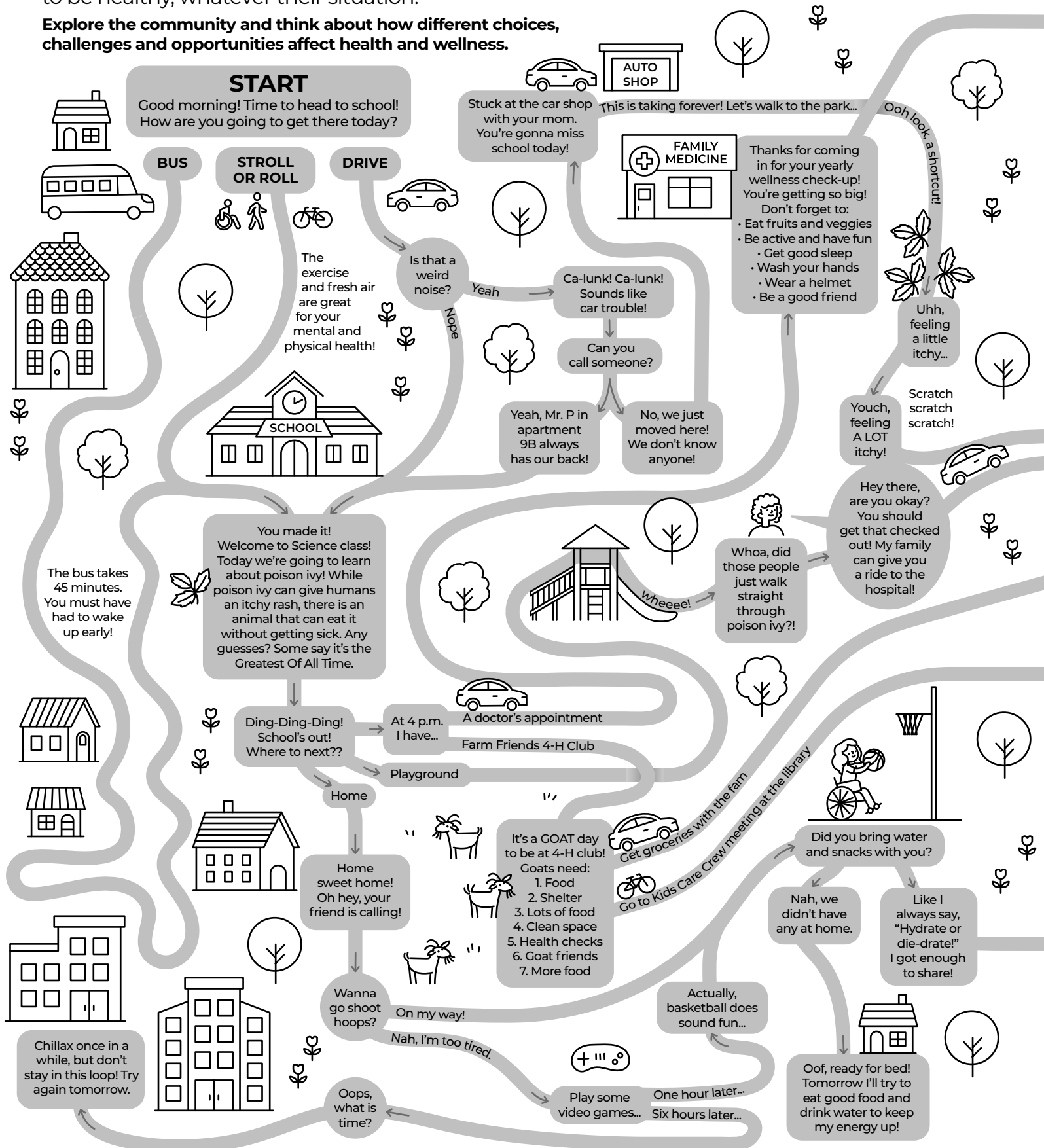
How do germs communicate?

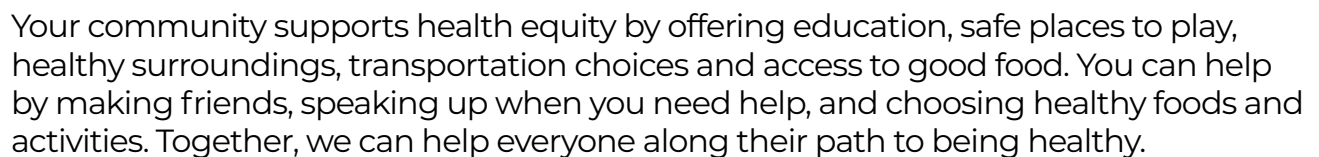
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Health in the community

Your health starts where you learn, play, work and live. We each have different challenges and opportunities. **Health equity** is when every person has the chance to be healthy, whatever their situation.

Explore the community and think about how different choices, challenges and opportunities affect health and wellness.

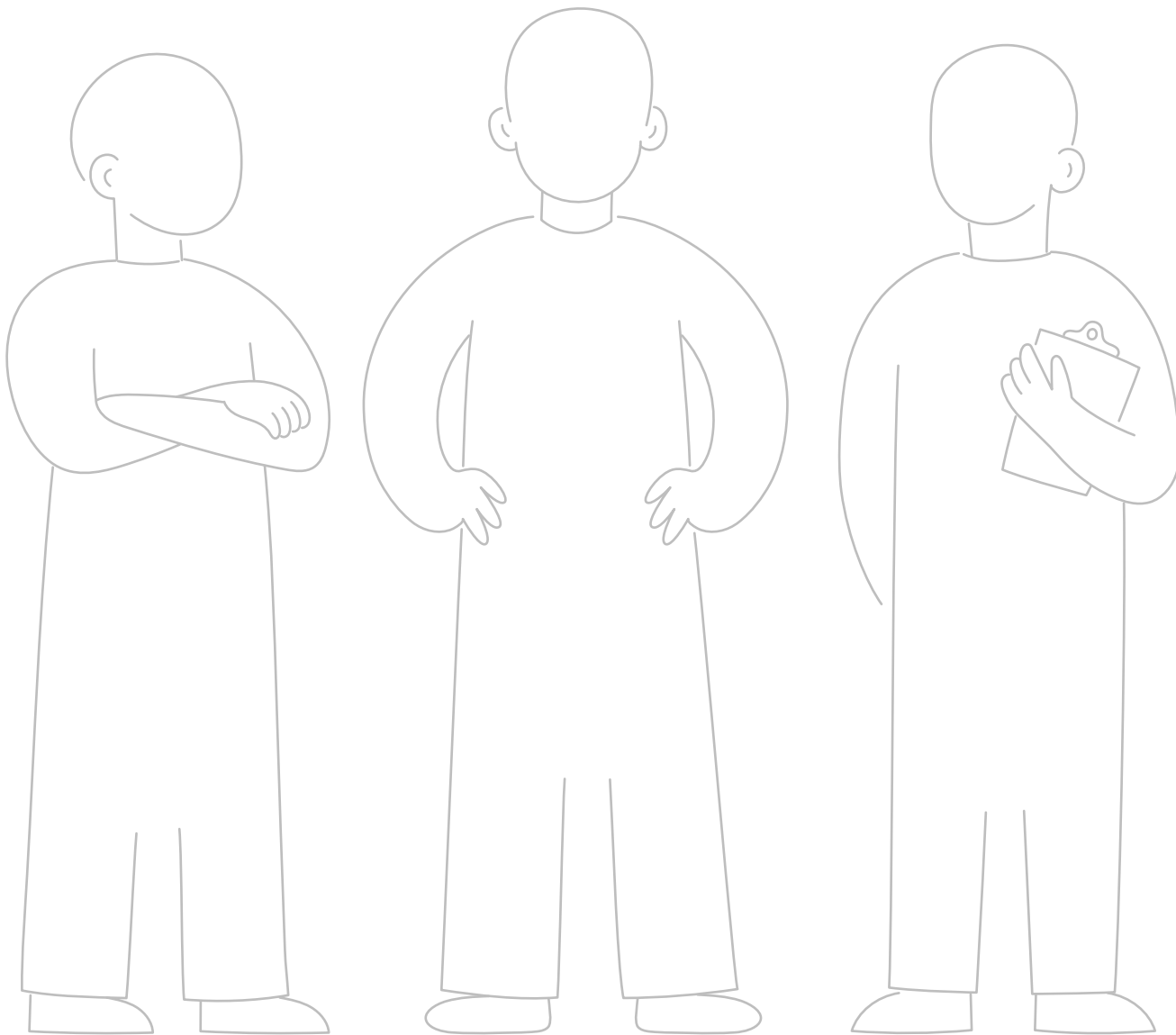




Personal protective equipment

Personal protective equipment (PPE) is clothing or equipment that protects people from germs or disease. PPE works like a shield. It can include things like masks, gloves, face shields and gowns. Your care team wears PPE because it keeps everyone safe and helps prevent the spread of illness.

Help this care team suit up for safety! Use the examples below to draw PPE on each of these hospital workers. Add in lots of details to let their personalities shine through!



DIFFERENT KINDS OF PERSONAL PROTECTIVE EQUIPMENT



SHOE COVERS



GOGGLES



FACE SHIELD



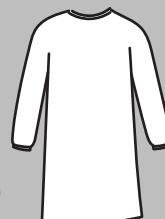
MASK



GLOVES



MEDICAL CAP



GOWN



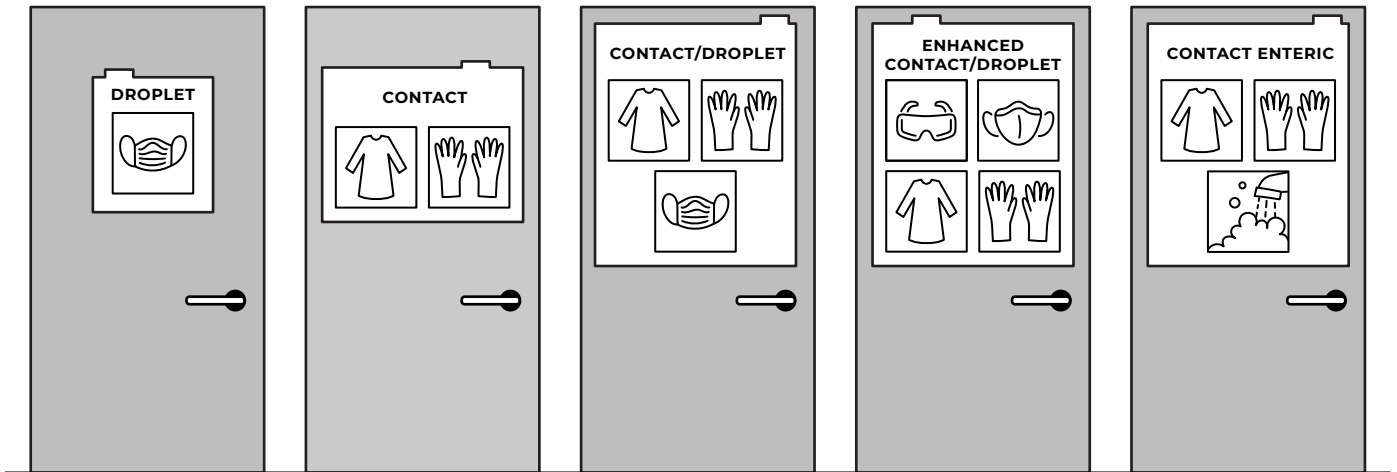
APRON

Transmission-based precautions

Transmission-based precautions are steps you and your care team take to create barriers between people and germs. They are used when you have or may have an illness you can give to someone else, or when you need to be protected from illness.

When people come into your room, they will be wearing PPE. A sign on your door explains what kinds of PPE your care team will wear and the steps they will follow to keep everyone safe.

Draw a line connecting each care giver to the room they are prepared to enter.



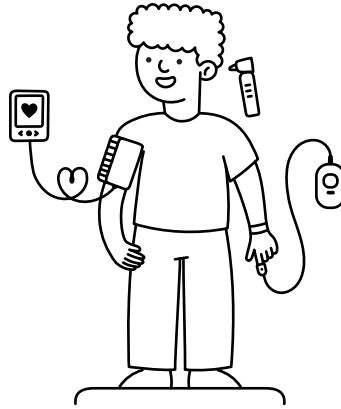
Steps for surgery

Having surgery might feel a little scary, but knowing what will happen can help you feel more comfortable. Here's a quick guide to what you can expect on your surgery day.



1. ARRIVE AND CHECK IN

When you get to the hospital, you'll check in at the desk and get a hospital bracelet.



2. GET VITAL SIGNS TAKEN

When it is your turn, a nurse will call you back and check your vital signs.



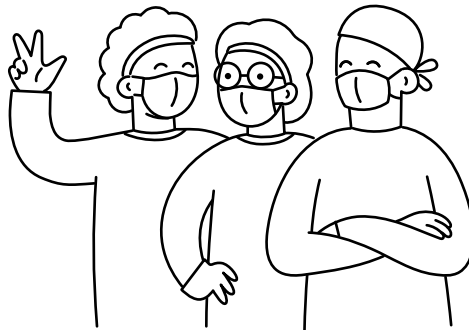
3. CHANGE INTO YOUR GOWN

In the pre-op room, you'll put on your hospital gown and grippy socks.



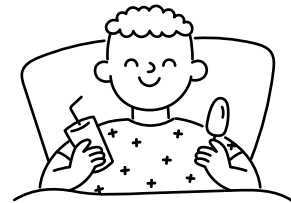
4. RELAX AND FALL ASLEEP

You may drink some medicine to help you feel calm. An anesthesiologist will come give you medicine to help you fall asleep so you won't feel anything during surgery.



5. HAVE SURGERY

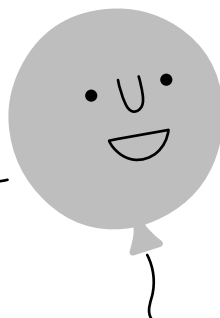
While you are asleep, the surgeon will perform the surgery. A medical team will make sure everything goes smoothly, taking care of you the whole time.



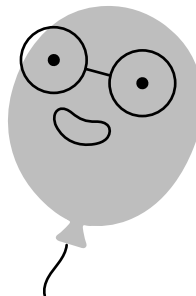
6. WAKE UP AND RECOVER

After surgery, you'll wake up in the recovery room where nurses will be taking care of you. When you're awake, your job will be to eat popsicles or drink juice.

How do doctors stay so calm?



They have a lot of patients.



A little thanks goes a long way

Feeling grateful for your caregiving team? Tell them how much you appreciate their care and help. Just follow these easy steps to put your thanks into words:



Greeting

Start out with "Hello" or "Dear" and write in the name(s) of who you would like to thank.



Thanks

Now write "Thank you for" and describe what about them makes you grateful.



Big moment

Describe one specific time they did something that made a big difference.



Sign off

End with something like "Thanks again," or "See you soon," and add your name.

On the other side of this page, you'll create some artwork. When you're finished both sides, cut along the dotted lines and give your thank you note to the recipient.



A large speech bubble shape containing horizontal lines for writing the thank you note.

Create some artwork

You've written a wonderful thank you note. Now, let's make it even more special! Use the space below the dotted line to draw a picture or create some artwork to decorate the back of your note.

Here are a few ideas to get you started:

Draw a picture

Think about something that makes you happy or a fun memory you have with your care team. Draw it!

Be creative

You can draw anything you like — maybe a heart, a smiley face or even a cool design.

Add color

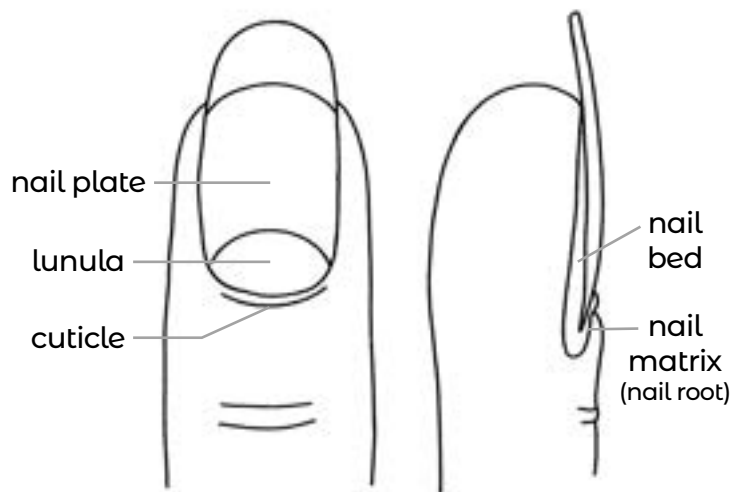
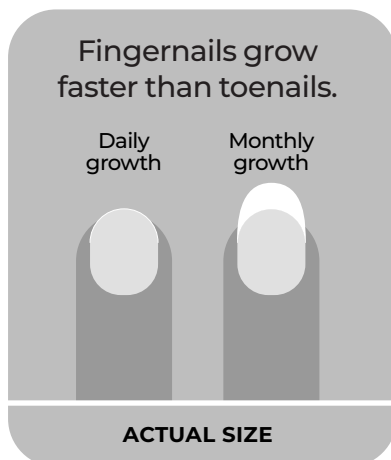
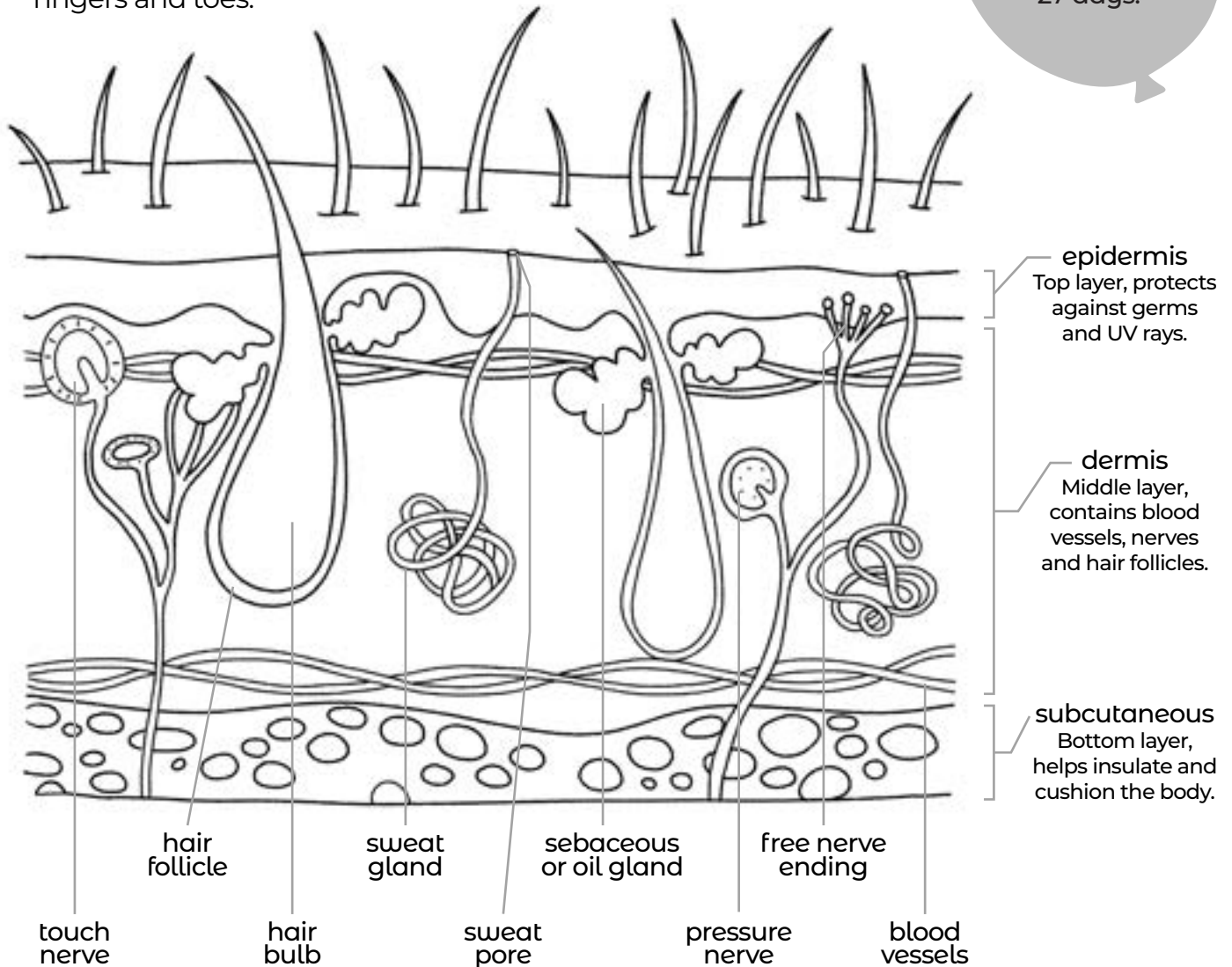
Use crayons or colored pencils to make your artwork bright and cheerful.



Skin, hair and nails

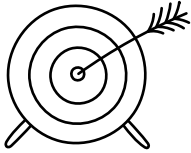
Hair, skin and nails help protect our bodies from the outside world. Skin is the largest organ and acts as a barrier, keeping germs out and moisture in. Hair helps regulate temperature and gives a layer of protection. Nails protect the tips of our fingers and toes.

your skin
replaces itself
about every
27 days.



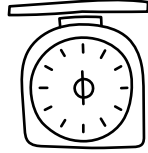
SMART goals

A goal is something you hope to achieve. Making goals helps you stay motivated and reminds you what you want. SMART goals are a special kind of goal that turns a hope into a plan! SMART stands for:



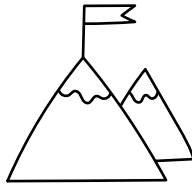
S

SPECIFIC



M

MEASURABLE



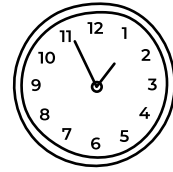
A

ATTAINABLE



R

RELEVANT



T

TIMELY

My goal is:

SPECIFIC

S

Provide clear details about what you want to achieve.

MEASURABLE

M

How will you track your progress and know that you have finished?

ATTAINABLE

A

Is it possible for you to achieve this with your skills and resources?

RELEVANT

R

How is this goal related to your growth and success?

TIMELY

T

Set a time limit. Choose a date by which you will accomplish your goal.

We need your help! Here are five common goals, but they're not SMART. Draw a balloon string connecting words and phrases that will make these five goals Specific, Measurable, Achievable, Relevant, and Timely. One is done for you. Please note, there are multiple correct answers!

Learn more
I WILL

Save money
I WILL

Eat better
I WILL

Be active
I WILL

Make friends
I WILL

WALK EAT READ VISIT MAKE WORK SET ASIDE DO TALK TO

MY 2 5 10 25 100 1,000 1 MILLION

BOOKS DOLLARS MEALS MINUTES MILES FISH TIMES

CLASSMATES PHYSICAL THERAPY DOG(S) VEGGIES PEOPLE MUSEUMS

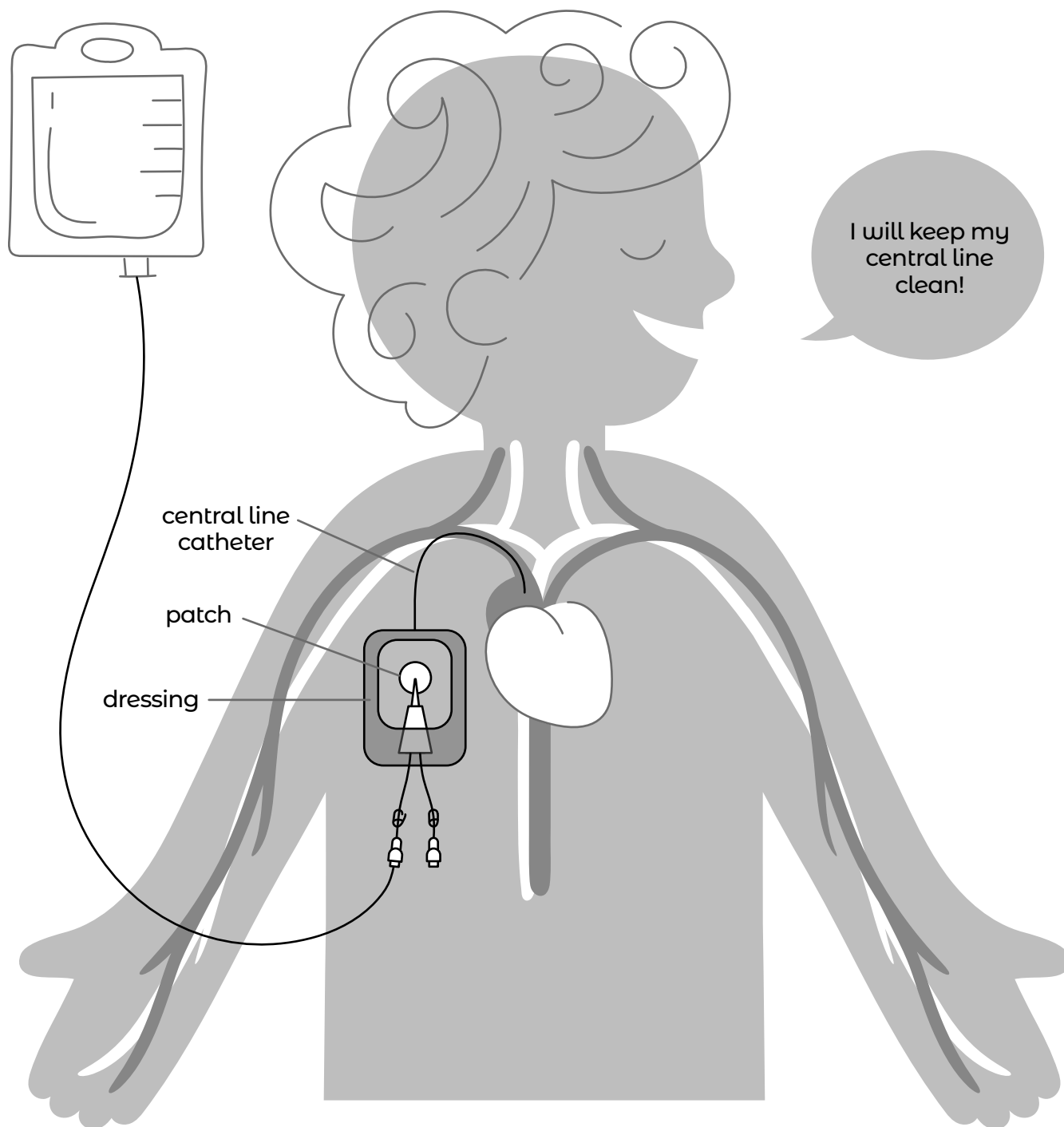
EVERY MINUTE EVERY HOUR EVERY MORNING EACH DAY EACH WEEK EVERY MONTH EVERY YEAR

FOR 1 FOR 2 FOR 3 FOR 5 FOR 20 FOR 100

MINUTE(S) HOUR(S) DAY(S) WEEK(S) MONTH(S) YEAR(S)

Central line

A central line is a long tube that goes to the vein near your heart. You can get medicine, fluids, blood or nutrition through a central line.



PREVENT INFECTION



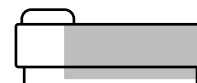
Keep it clean



Keep it dry



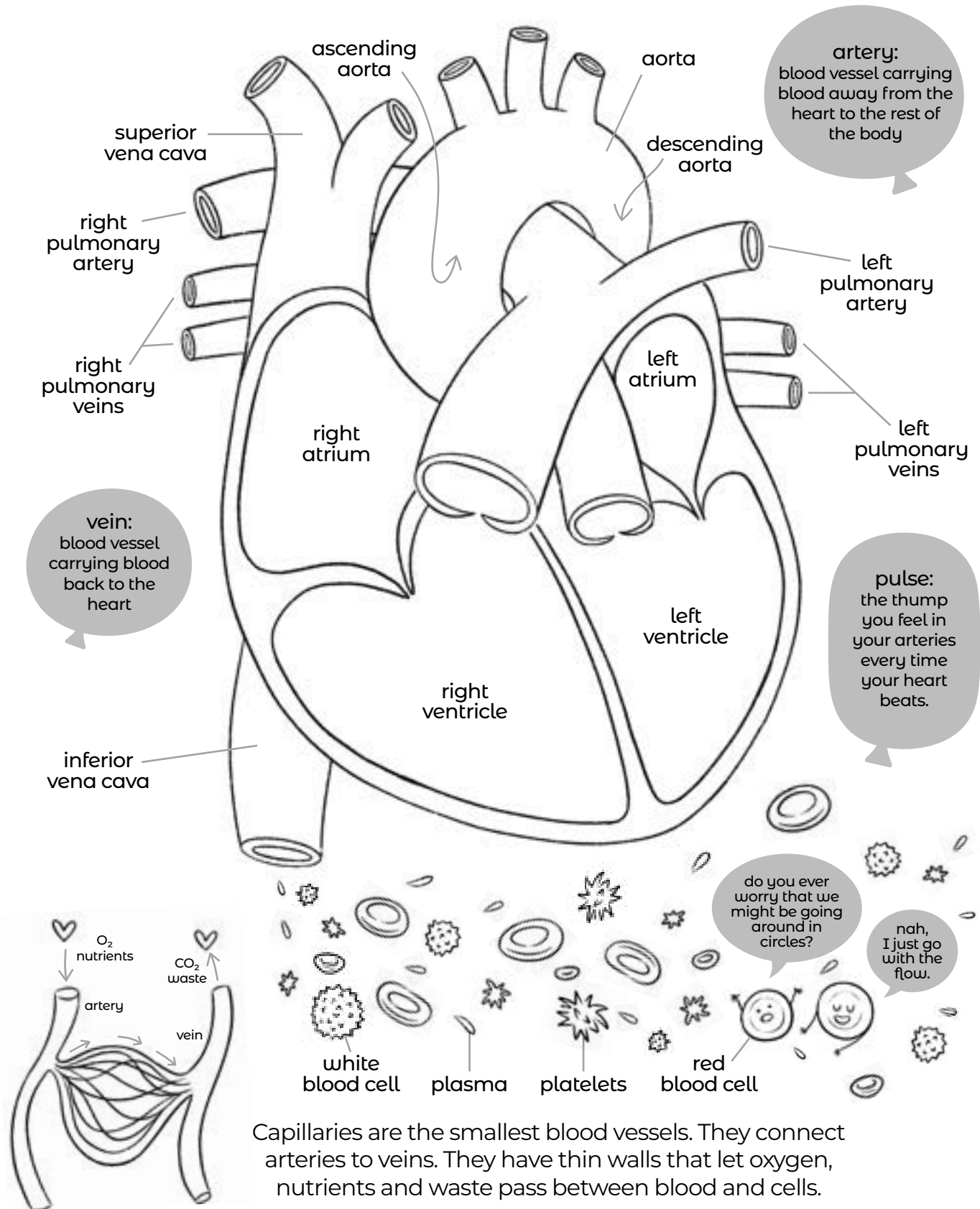
Hand hygiene



Clean sheets

Blood, heart and circulation

Circulation is when blood moves throughout our body. The heart pumps blood, which carries oxygen and nutrients to our cells. Blood then travels through a network of blood vessels like arteries and veins. This system keeps us alive and healthy by delivering what our bodies need and removing waste.

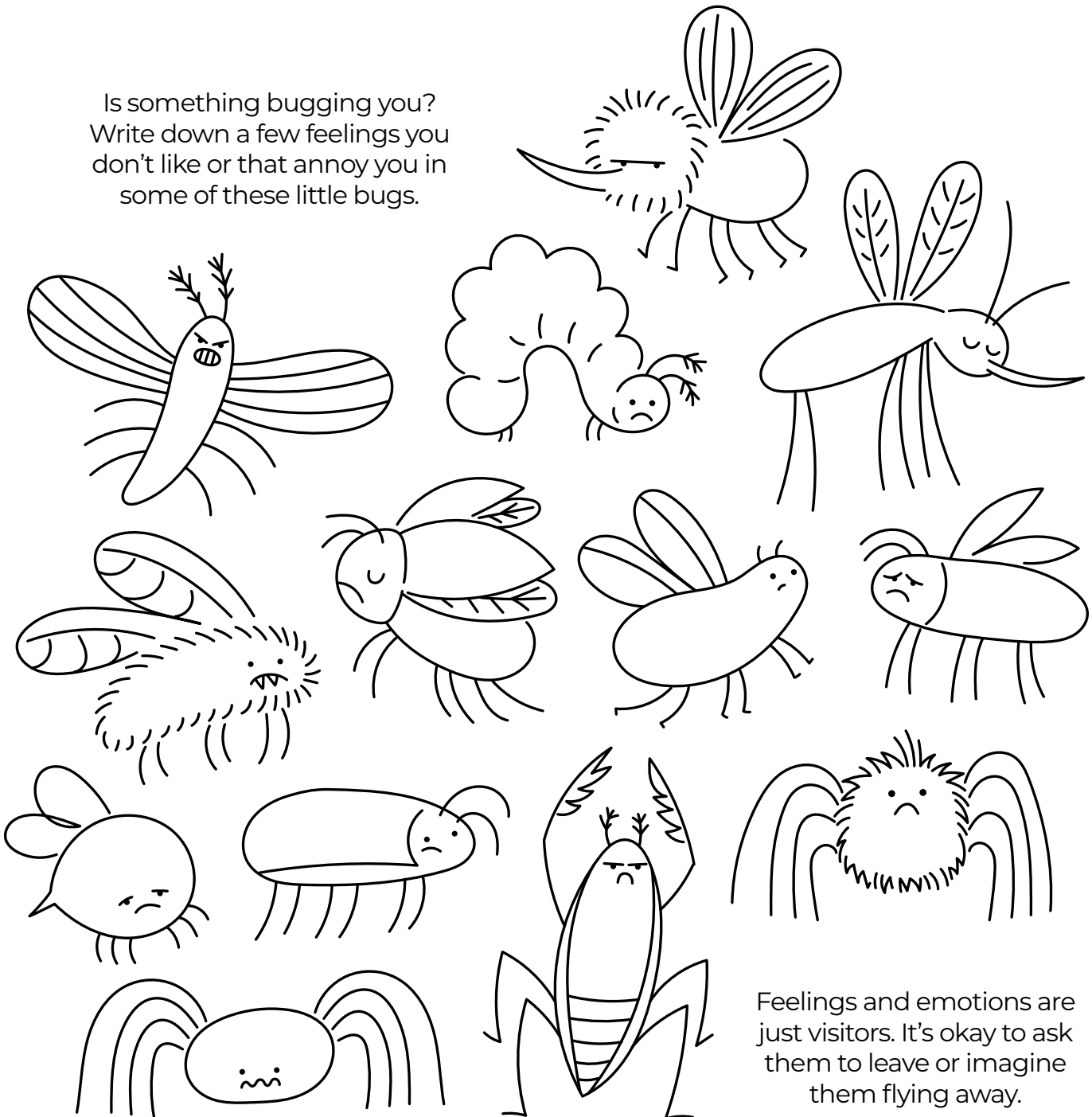


Feelings and emotions

We experience a wide range of emotions every day, and each feeling helps us understand and respond to our world in different ways. Here are some words to describe a variety of feelings and emotions we may feel:

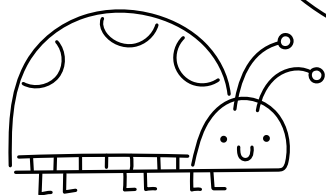
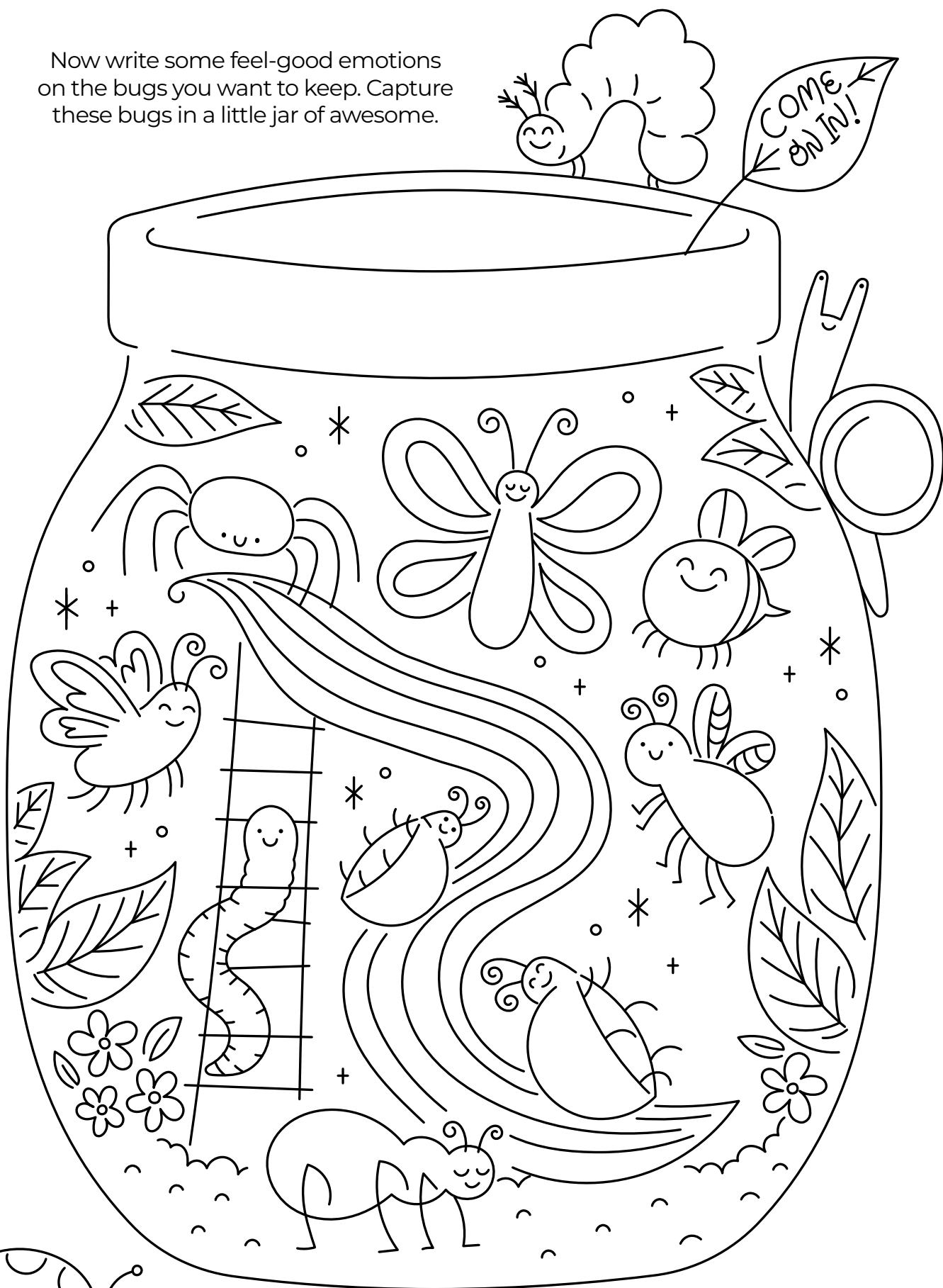
Regretful	Hopeful	Withdrawn	Apathetic	Bored	Curious	Discouraged
Confident	Joyful	Shy	Cautious	Frustrated	Lonely	Excited
Relaxed	Silly	Satisfied	Interested	Safe	Determined	Annoyed
Proud	Peaceful	Confused	Embarrassed	Guilty	Fearful	Alienated
Loved	Accepted	Thoughtful	Resentful	Enthusiastic	Jealous	Grateful

Is something bugging you?
Write down a few feelings you
don't like or that annoy you in
some of these little bugs.



Feelings and emotions are just visitors. It's okay to ask them to leave or imagine them flying away.







Now write some feel-good emotions
on the bugs you want to keep. Capture
these bugs in a little jar of awesome.



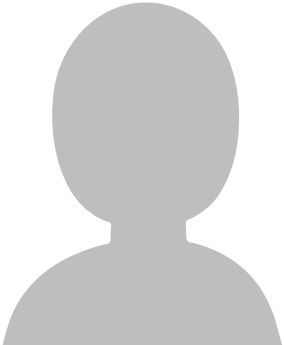
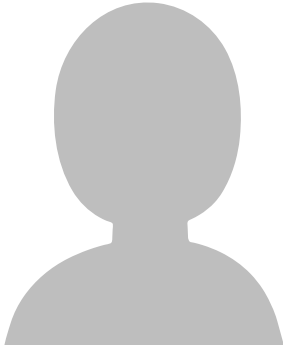
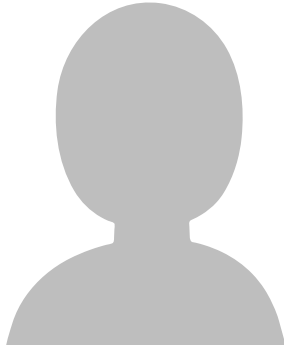
Notice what it feels like to have those feelings. Awareness
is a great way to remember what is awesome in your life.

Going back to school

Going back to school after a stay at the hospital can make you feel many emotions. Read through this list of feelings and circle three words that best describe how you feel.

HAPPY	ANXIOUS	SCARED	MAD	SAD	SECURE
					
Excited Confident Relieved Grateful Hopeful	Nervous Stressed Worried Hesitant Confused	Insecure Helpless Intimidated Terrified Threatened	Frustrated Irritated Jealous Annoyed Enraged	Disappointed Lonely Guilty Hurt Detached	Supported Trusted Loved Accepted Proud

Draw yourself feeling each of these. Rate on the scale how strong the feeling is.

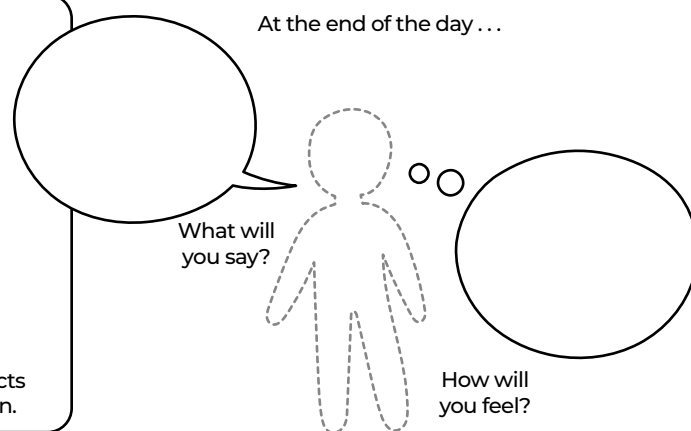
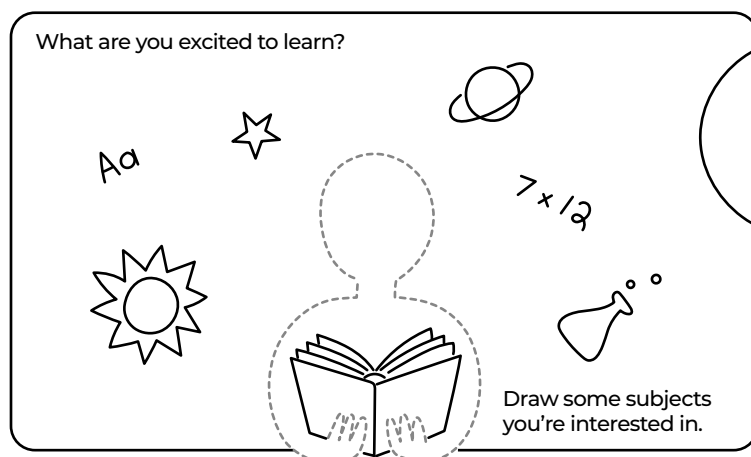
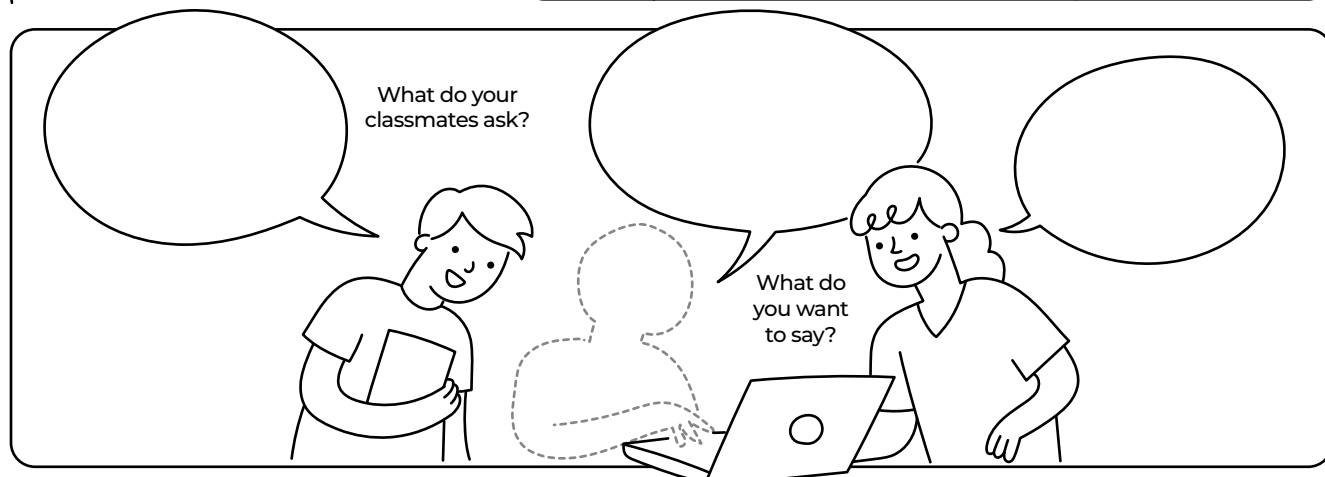
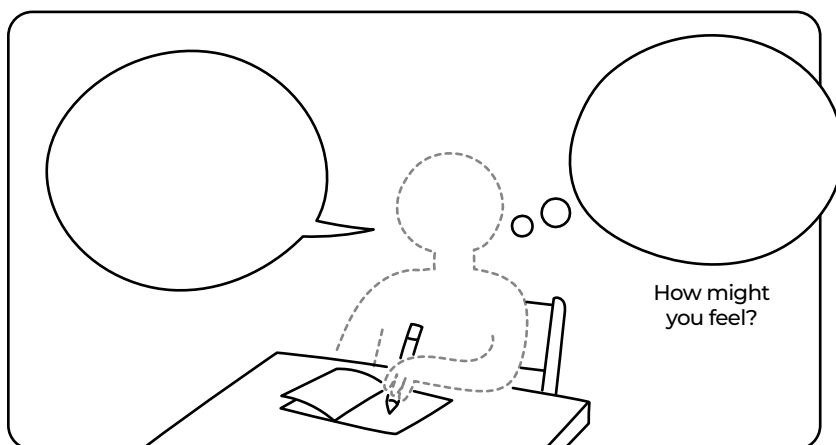
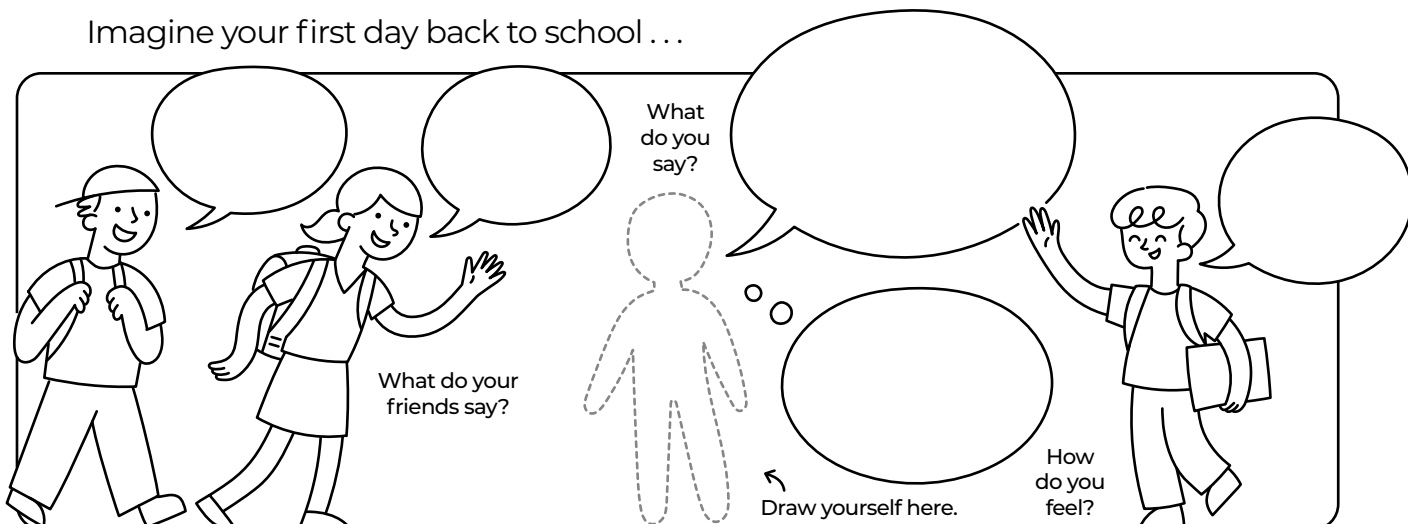
		
A bit A lot	A bit A lot	A bit A lot

You can choose to talk about your experience or keep it private. If you decide to share, think about how you want to tell your friends at school and what feels comfortable.

The scariest thing they might say	The thing I hope they say
-----------------------------------	---------------------------

What I can say in response

Imagine your first day back to school ...



Being a good friend

Good friendship is important! Our friends make us laugh and support us when we need it. What makes a good friend? A good friend is:

Generous — They share.

Supportive — They stand by you.

Honest — They tell the truth.

Reliable — They keep their promises.

Good listener — They are there for you.

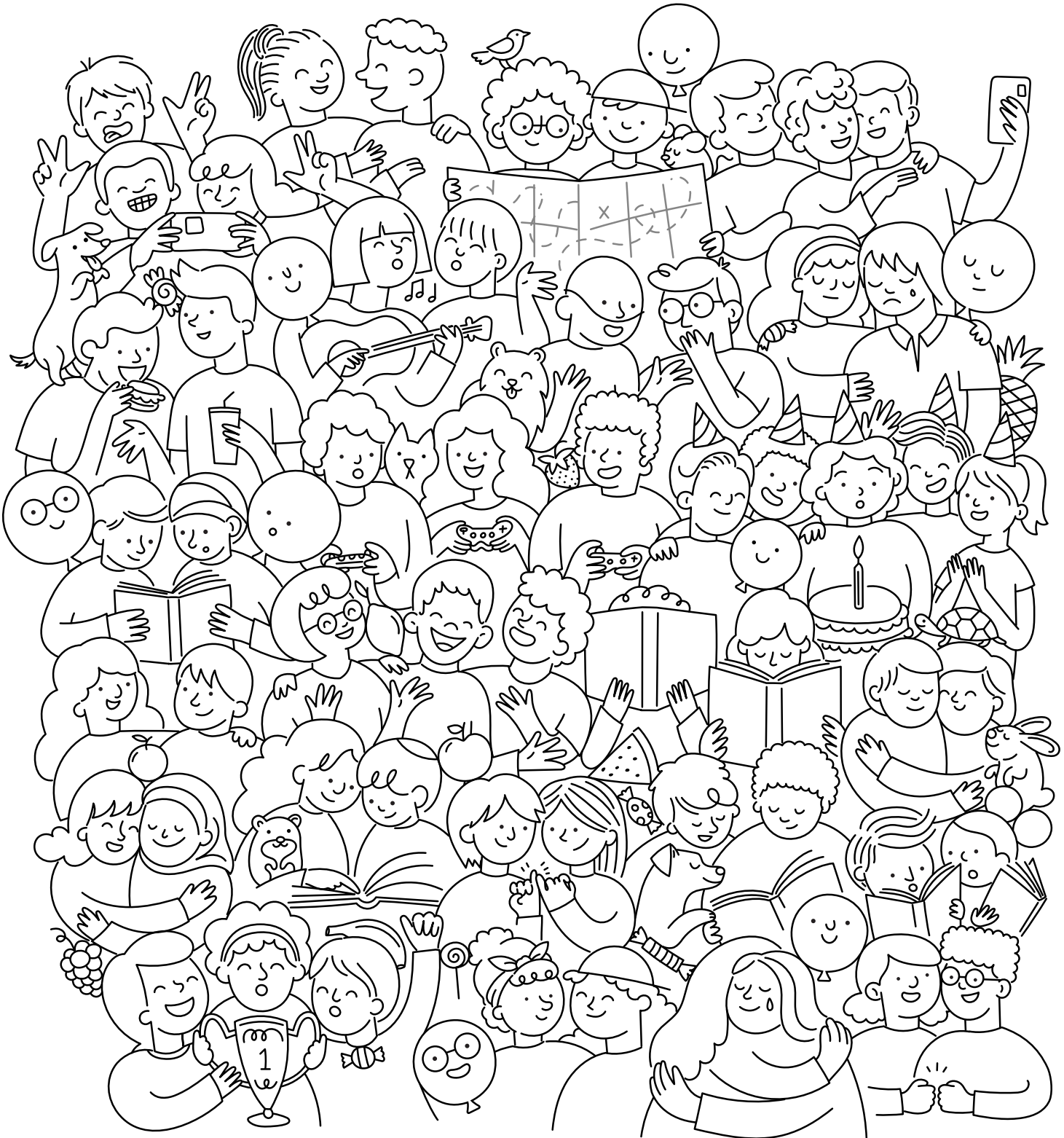
Encouraging — They help you grow.

Fun — They make you laugh.

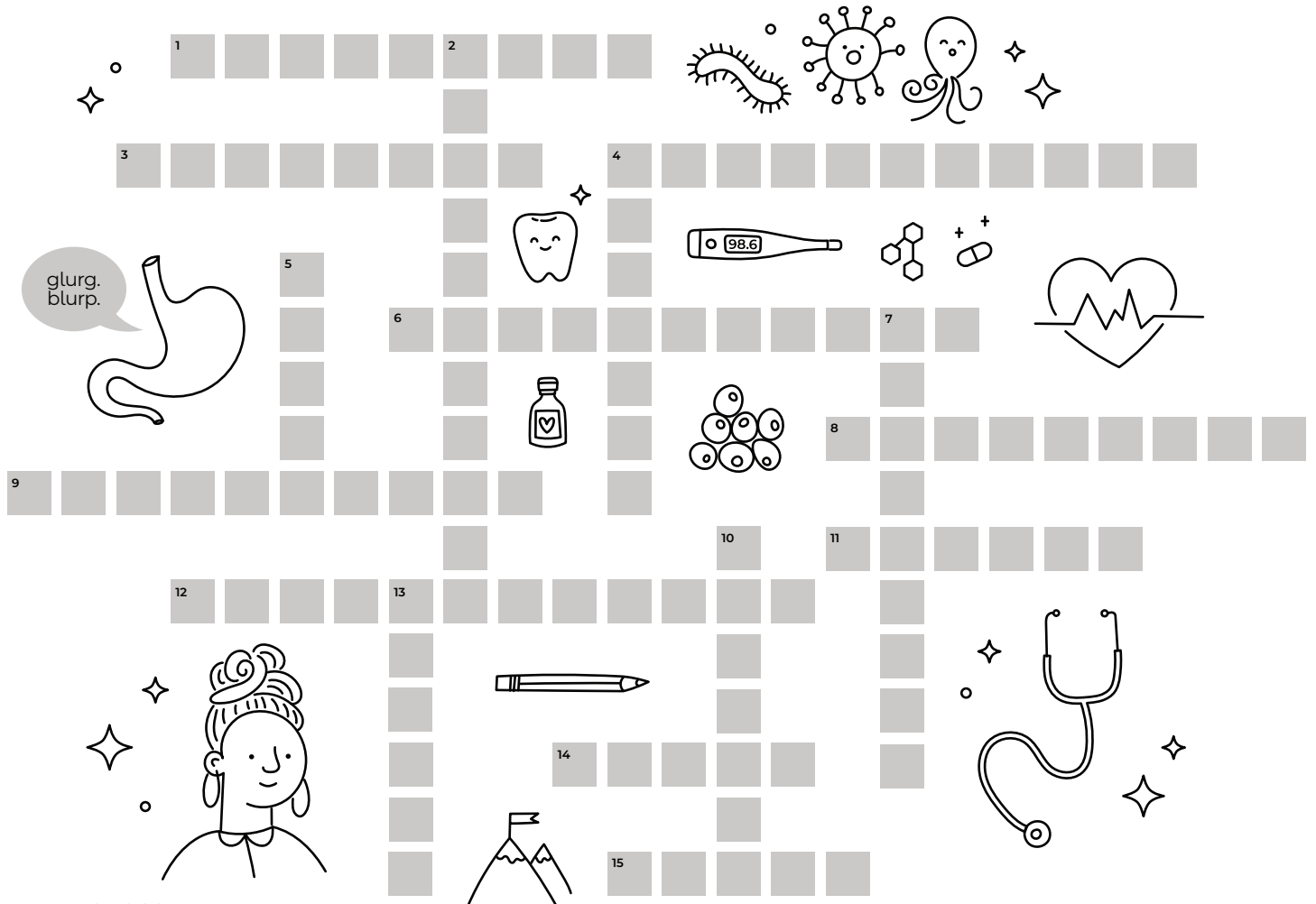
Kind — They show they care.

Respectful — They value you.

Can you find: Eight balloons • Nine non-human friends • Two group selfies • Six candies • Seven books • Eight fruits



Crossword



ACROSS

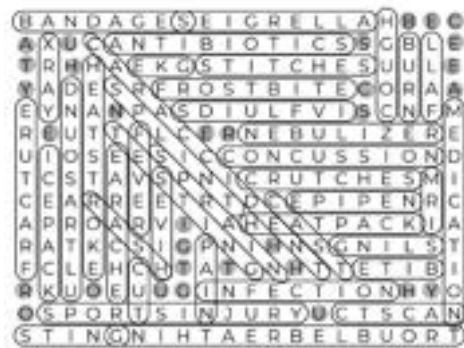
1. When harmful germs invade your body and make you sick.
3. The first vaccine ever created was for_____.
4. How hot or cold your body is.
6. A long tube that reaches the vein near your heart.
8. In 1995, _____were first used to regenerate tissue.
9. The rumbling noises your stomach makes.
11. A collection of similar cells that form organs, muscles, skin and other body parts.
12. A hospital worker who offers emotional and social support.
14. Specific, measurable, attainable, relevant, timely.
15. Our _____ allow us to breathe.

DOWN

2. The hardest substance in the body, stronger than bones.
4. A butterfly-shaped gland that regulates metabolism.
5. Longest and strongest bone in the human body.
7. The parts of food that our bodies need to function.
10. Tiny filtering unit in the kidneys.
13. A vessel that carries blood away from the heart.

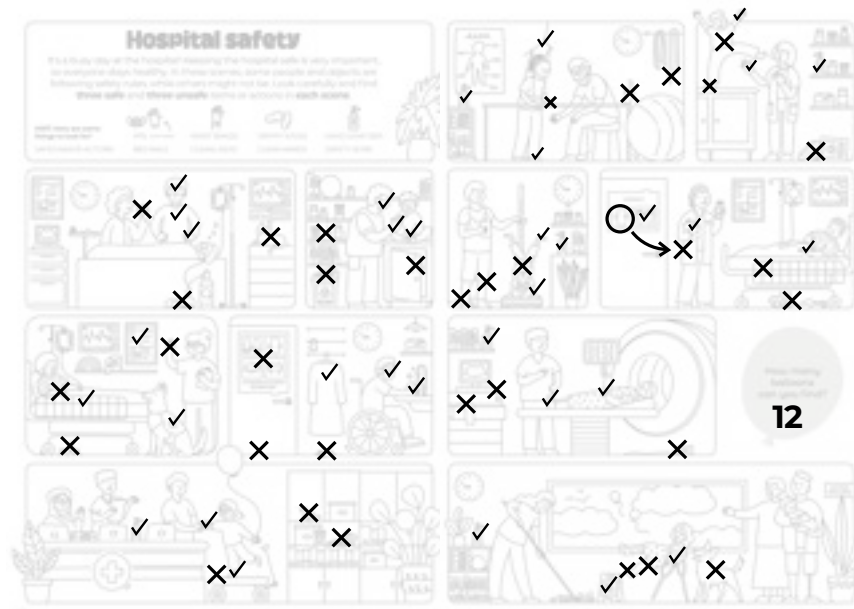
Answers

PAGE 15

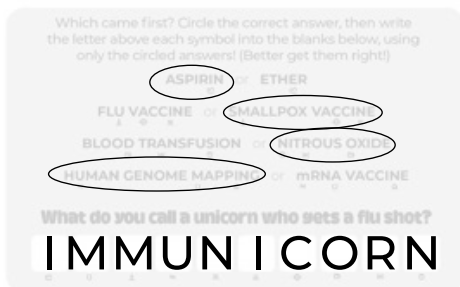


BECAUSE THEY CAN SEE
RIGHT THROUGH YOU

PAGES 22-23



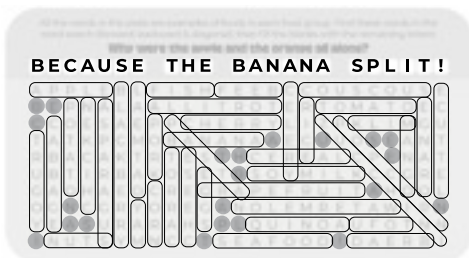
PAGE 27



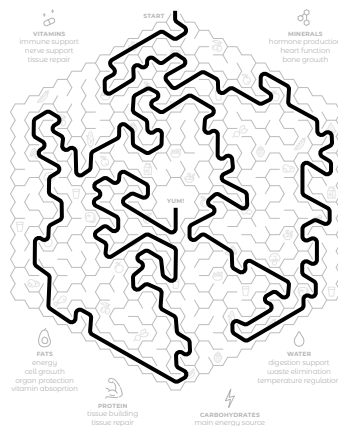
PAGES 38-39



PAGE 41



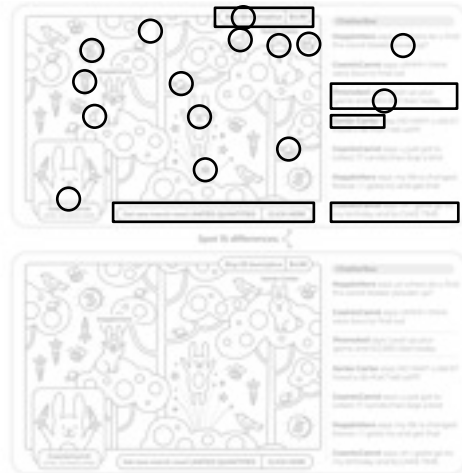
PAGE 43



PAGE 45



BECAUSE THEY NEVER HAVE ANY BODY TO GO WITH

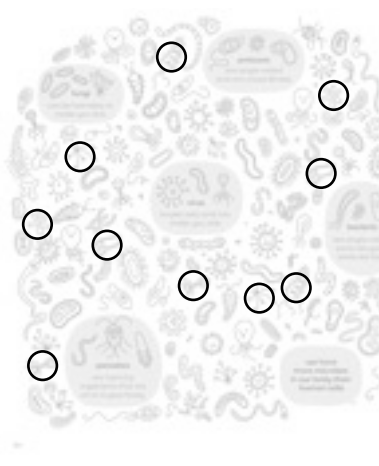
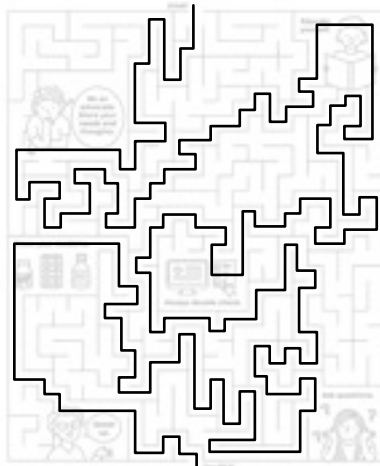
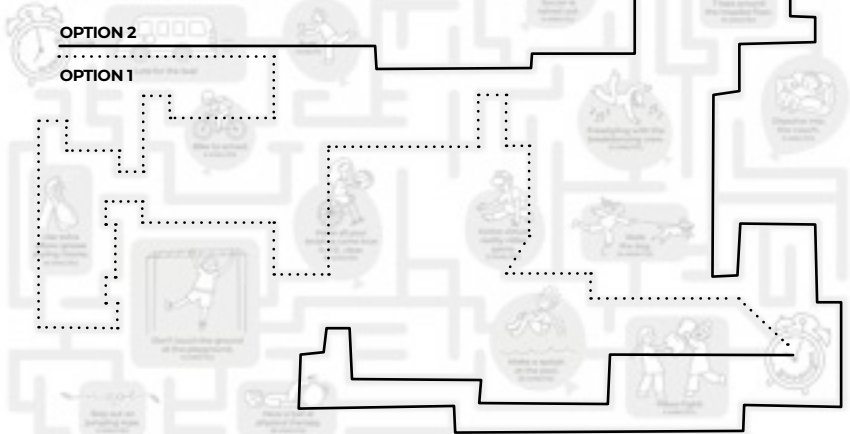


Exercise

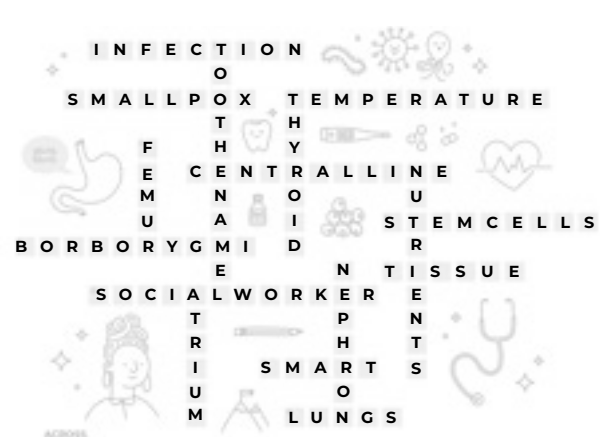
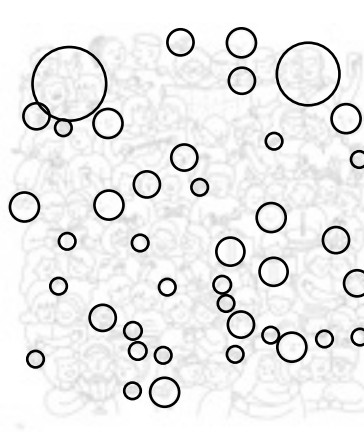
OPTION 1 HAS MANY CORRECT POSSIBILITIES

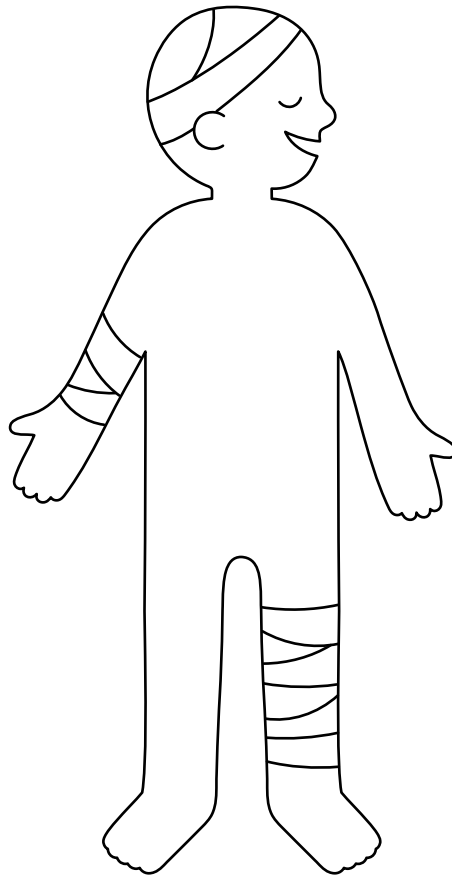
OPTION 2

OPTION 1



THEY USE CELL PHONES





That's a wrap!

Time to check out of this book!

Date completed

Your fanciest signature is required here

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