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Welcome to another wonderful edition of The Hospital Activity Book for Children

This special book belongs to:



Territory: NSK/SSK

Issue: 2 - 2019

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We constantly strive to enhance our publication and we appreciate your feedback. Drop us a line: 1-877-413-6163 OR info@habfc.com



Message to Business Owners & Parents:

This book has been specially designed just for children who are sick, injured, or at risk in Saskatchewan. We are in our 24th year of producing this book, and well over one million copies of the book have been provided to children across Canada over this period of time.

Up to 5000 books will be distributed to participating hospitals, health care centres, and various victim service programs where they will be given free to children of all ages. A sincere thank you to the local businesses who have generously contributed their time and money to help make this book possible. The names that appear in this book are the supporting businesses that make this book possible.

Recognizing the ongoing support from the business community and furthering our cause to make wishes of children come true, **The Hospital Activity Book for Children** proudly maintains a partnership with **Make-A-Wish Canada**, for which we are a National Platinum Sponsor. We have made a five-year commitment to provide Make-A-Wish Canada with \$500,000 in support to assist in making wishes come true to as many children as possible.

Message to Children:

Sam, Sandy, and their dog Simon, are present throughout the activity book to guide you through the terrific assortment of games. By learning about the importance of sharing your feelings with people you trust, recognizing your dreams, colouring many pictures and figuring your way through a variety of puzzles, we will ensure your days are fun-filled!

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Welcome Friends!





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Bumbler the bee will be hiding throughout this book - try to find him as many times as you can!





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Hi Kids!

Some notes for WHILE YOU'RE HERE...

All of us who work here at the hospital want you to know that we are here to make you feel better. You might even make some new friends along the way!

Well, I guess your own doctor has explained to you why you need to be in the hospital. First, you have to go through 'admitting'. That's where your parents and the hospital staff write down a bunch of stuff about you. Then you will get a bracelet with your name on it that you get to wear the whole time you're here. They like to keep things clean around the hospital, so you might have to use special soap and shampoo when you take a bath. Don't worry about being alone though, your mom and dad can stay with you all the time!

One thing is for sure, you won't be bored! Hospitals have lots of fun things for kids. Just ask your nurse about activities that you might be able to do - they will have lots of ideas. If you think you might fall behind in school while you're here, many hospitals have school rooms you can attend. There might even be a teacher that can come to your room.

Sometimes you will get special meals that are different than at home, but they are made to help you get better. If you're having an operation, you might not be able to drink or eat for hours before. Just remember that it's not because anyone has forgotten about you, it's just that eating or drinking can make you sick during the operation. I hope we have answered some of the questions you might have been thinking about. If you have any other questions, just ask the nurse or doctor and they will be able to fill you in.

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SPIRAL OF HAPPINESS

There are some **special words** that make us **feel good inside** and give us **happy feelings**. Look into the spiral and see if you can find them. **Write down the special things** that make you feel good. If you're ever feeling sad, you can remind yourself of your happy thoughts by turning to this page.

The spiral on the right contains hidden words. See how many words you can find. One of them has been done for you to get you started. Solution on page 32



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NOT ALL HEROES WEAR CAPES



To be a hero is to be brave, to be strong, and to fight for the good in the world!

When you think of heroes, you might think of Superman, Batman or Wonderwoman. As fantastic as they are, not all heroes are characters in your favourite comic or movie. A hero could be right beside you; or even you, yourself, could be someone's hero.

When you get hurt or sick, you will go through a line of heroes to ensure the quickest, safest and most healthiest way to make sure you get better. At first, you will be surrounded by lots of different faces, questions and tests, and they may not seem like heroes, but we are here to help you see why they do what they do, and why they truly are heroes without capes!



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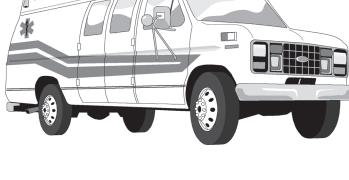
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AMBULANCE

These are the people you will see the most of. EMTs and paramedics will make sure they check every limb and will get you stable for your trip to the hospital. Like Superman and Wonderwoman, they are here to save the day!

POLICE

Sometimes the police can be scary, because they have a serious job to do. They have to protect you and everyone around you from danger. The police can make sure that other people keep a safe distance and directed to the safest area. They move quickly, like the Flash.

FIRE DEPARTMENT

The fire department does more than just put fires out. Like the police, firefighters will make sure no more harm will come to you or the people around you. They are usually the first ones to arrive, and make room for you and the people you need. Like the Fantastic 4, they are a team!





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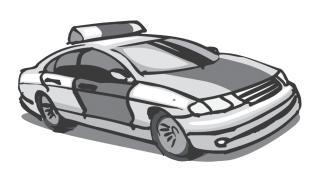
I FELL ON MY STREET

Bradley fell on his street, so he should stay still to make sure he stays safe. This means that other people and vehicles need to give him space. Which team can help clear the way?



I'M REALLY SCARED

Accidents are really scary, but the pros move FAST. This team will arrive quickly and let everyone down the line know what Bradley needs. Who will speed through to make sure Bradley gets his help?



MY ARM HURTS

Bradley may be hurt and scared, but there are people that will stabilize him so he won't hurt as much until he gets to the doctor. Who will keep Bradley safe and stable, as well as get him to the doctor as fast as possible?



Solution on page 32

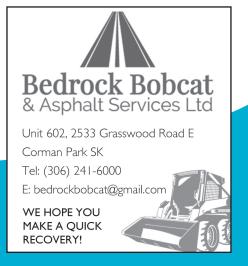


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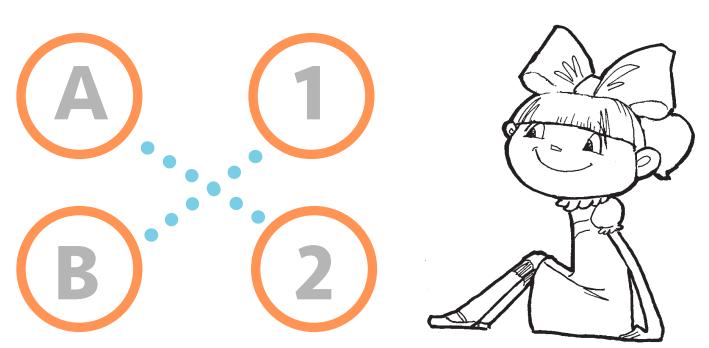
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Wishing all the children a speedy recovery!



NOT ALL HEROES WEAR CAPES SCENARIO MATCH



Now that you have learned a few things from the **previous page**, let's see if you can help Sandy out. Sandy's friend Bradley has slipped on his scooter on his street. Bradley seems to be hurt. He does not know who he will see on his trip to the doctor. Can you help him match his questions to the services? **Match the right service to the right question!**



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Laughter is the best medicine!

























Solution on page 32



Always shoot for the moon! For even if you miss, you will land among the stars!



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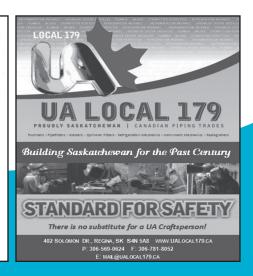
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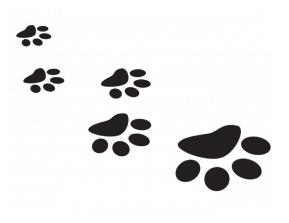
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Simon's

Can you help guide Simon to collect all of his dog-bones and find his way home?





Solution on page 32



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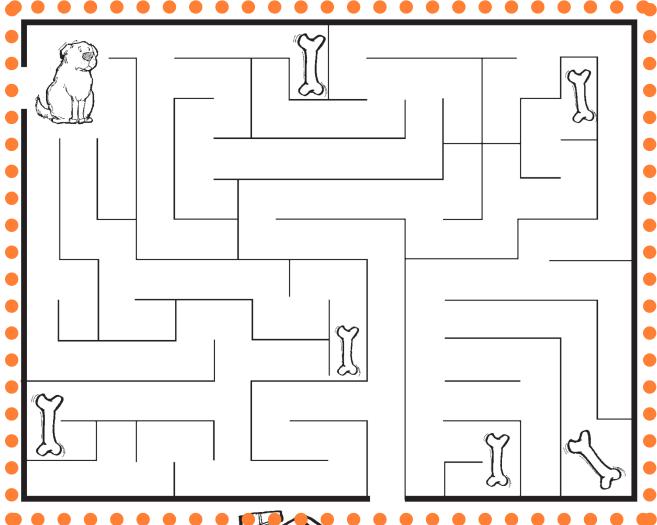


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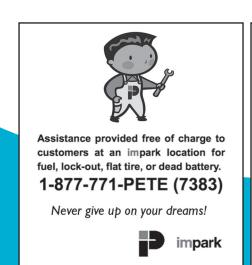
Wishing you well kids!

My Body is My Own;

A CHILDREN'S BILL OF RIGHTS

"this doesn't feel right" or "I wonder what I should do?" or "this is fun!" Have you ever had a gut feeling right in your stomach telling you whether you feel good or bad about a certain situation? When you doubt these feelings, you must not be scared and always remember to trust yourself!

Talk about your gut feelings for any reason, you have to honour your feelings and trust them. You have the right to talk about whatever you need to, to ensure that all your needs are met. Read your **Bill of Rights** out loud on the next page so Sandy can you hear you, nice and clear! Once you've finished that, **fill in** your own right that you feel you deserve!





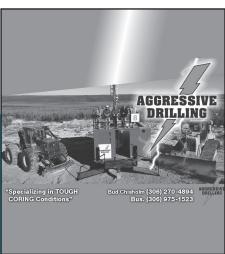
LIVE WELL WITH





I HAVE THE RIGHT TO:

- 1. Learn and ask questions
- 2. Seek help
- 3. Laugh and be happy
- 4. Express my feelings
- 5. Take care of myself
- 6. Follow my dreams
- 7. Do things for myself
- 8. Protect my mind and body
- 9. Receive and give affection
- 10. Be proud of my work
- 11. Be the best that I can be
- 12. Love myself, love others and
- be loved
- 13







HOW AM I FEELING?



SAD

It's okay to feel sad, and to let people know when you are sad. Sometimes when Simon is sad, like when it's raining and he can't go outside, he is upset.

When he is done being sad, he has Sam and Sandy to play games inside with, like checkers!

HAPPY

Being happy is Simon's (and probably yours) favourite feeling! Share your happy feelings

with everyone around you, it's good for everyone!





MAD

When someone cuts in line in front of you, or is being a bully, you might feel yourself get angry or upset. Share your feelings of anger as calmly as you can, it's okay to be mad! Like Simon though, he gives himself time to calm down so he doesn't stay mad!





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3122A Miller Ave Saskatoon, SK T. 306.933.4320 F. 306.933.4314 You will feel lots of different feelings every day. In fact, there are so many, sometimes it's hard to know how we are feeling. Feelings are completely normal, and we should be able to express them when we feel we need to.

Use the area below to draw out how you feel today.

If you are not sure, Simon has expressed some of his feelings on the last page.







We are wishing you well kids!





Wishing you well!

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Wishing all the children sunshine and laughter!

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I'm sure you've heard a fire truck siren before! They are very loud and attention grabbing, so get out of their way!

Did you know there are 5 different kinds of fire trucks? There is a pumper truck, which can pump 1,250 gallons of water every minute! A heavy duty rescue truck carries tools to help get people out of car accidents. A yellow aerial ladder truck carries ladders and tools that allow firefighters to reach great heights. A quint truck (quint means 5) has ground ladders, aerial ladders, a pump, a water tank and a hose. A tiller truck is used for fires that burn high, it has 2 steering wheels and 2 drivers!





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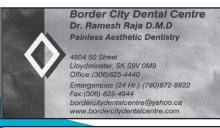




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Finish the fire truck! This is a special dot-to-dot that is not numbered. Pick a dot and try complete the outline of the truck!















Colour the autumn leaves picture using the different colours below for each number:

1 Yellow 2 Orange 3 Green

4 Blue 5 Purple 6 Brown 7 Red



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We hope you get well soon!



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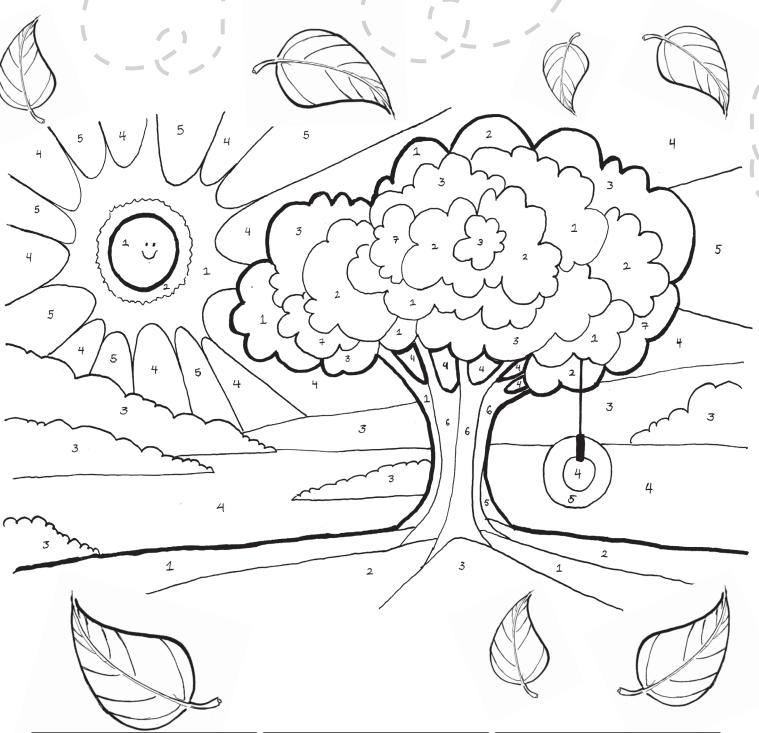


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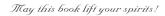
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May all your dreams come true!

Let's start off with some fun facts. Use it as a starter to any big questions or curiousities you may have!

DID YOU KNOW?

Have you ever wondered how far the stars are? That twinkling light that you see is so far away that it has actually taken about 4 BILLION YEARS to reach your eyes! 4 billion years seems like a long time ago... and it is! In fact, it was so long ago that the startlight you see actually left those stars long before the dinosaurs roamed the earth!

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CURIOUSITY? & Questions

How many times have you wished you knew the answers to the questions that pop in your head?
When you question something, it's because you don't understand or there is more you would like to know. Finding answers to your questions will make your uncertainties go away. Always turn to your loved ones. Ask your friends and family the questions that concern you the most. They will always do their best to give you a great answer! Use the page to your left to ask some questions and you and your family can find the answers together!



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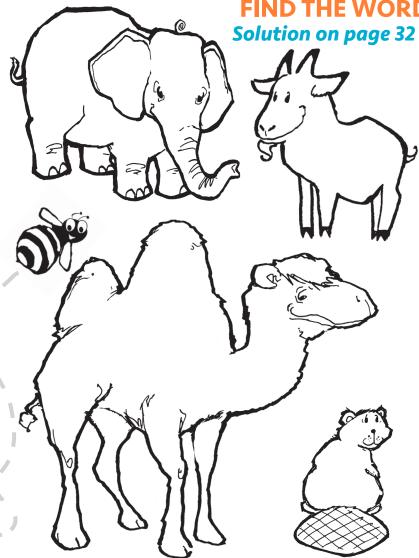






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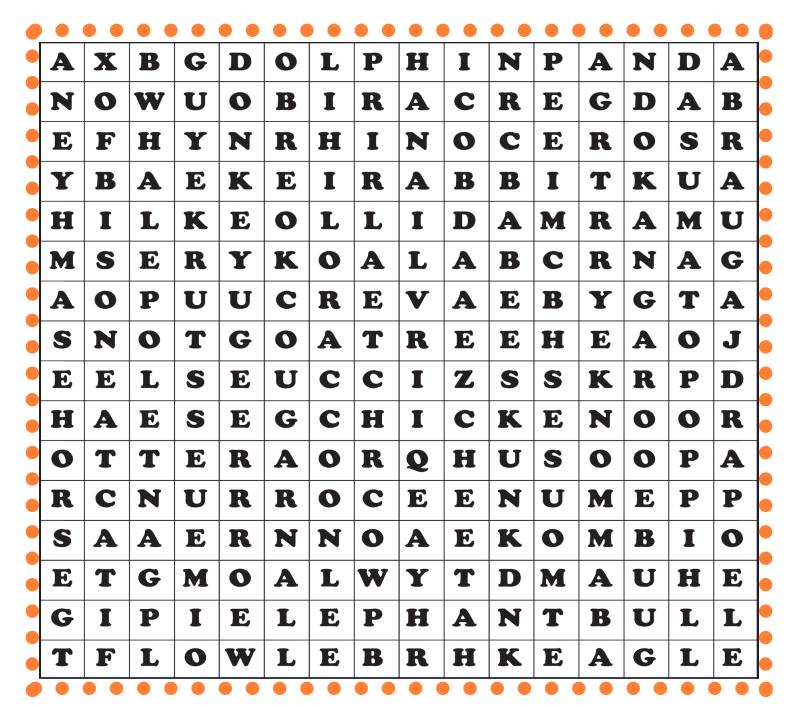


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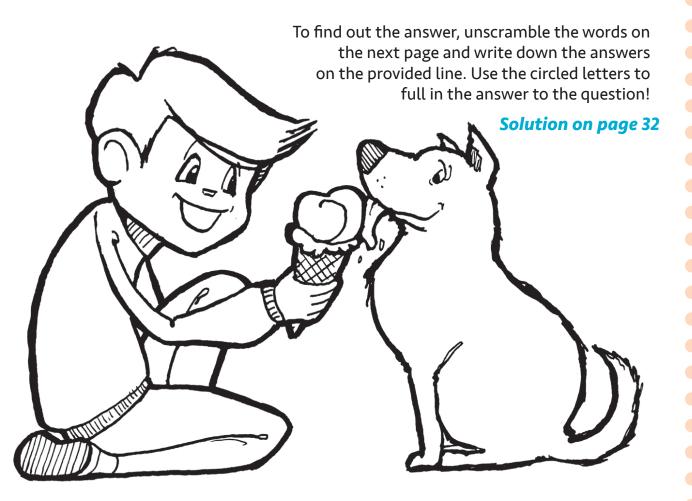


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Jumbled Word Hint

1. R O F G

Ribbit

6. U S B

School



2. LERUR Measure 7. M I T E

Watch



3. O P S T

Sign

8. TERIG

Grrr!



4. PELES

Night

9. M O H E

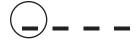
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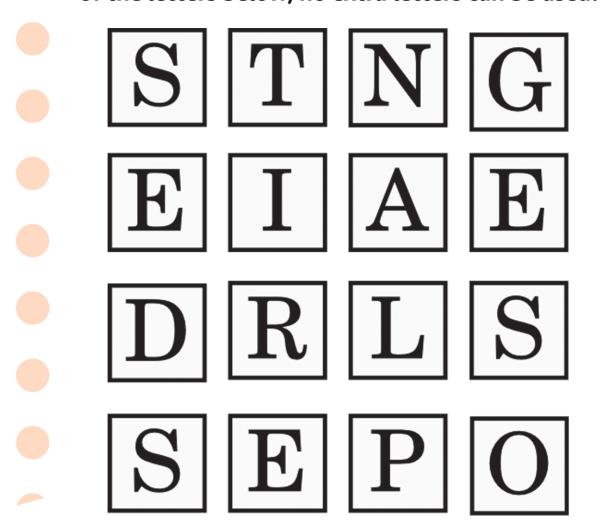
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BOGGLED

Using a spare piece of paper, see how many words you can make out of the letters below, no extra letters can be used!







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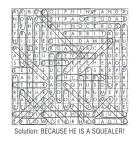
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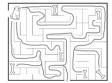
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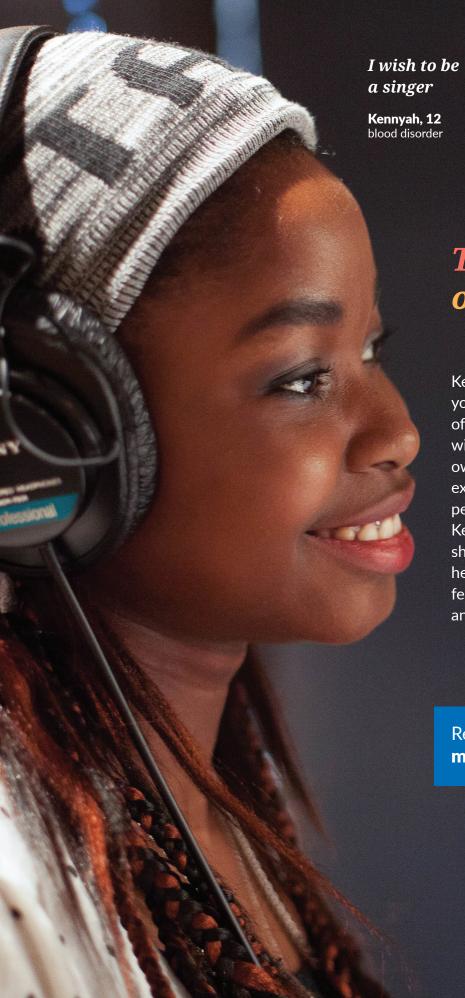


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