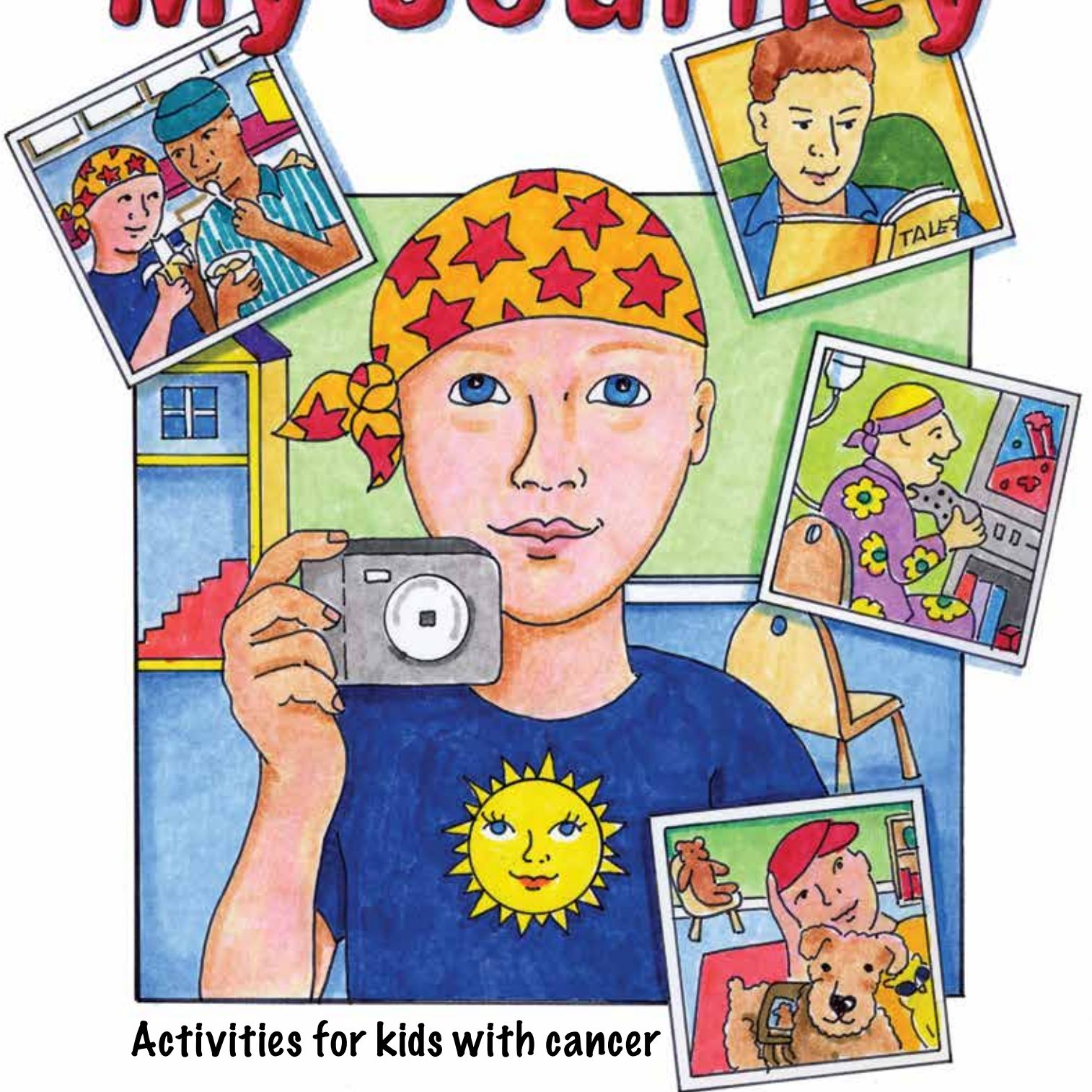


Pictures of My Journey



Activities for kids with cancer

 LEUKEMIA &
LYMPHOMA
SOCIETY®
fighting blood cancers

someday
is today®

A Note for Caregivers:

Pictures of My Journey— Activities for kids with cancer

Children with cancer face new people, situations and concerns. While they may need long periods of treatment, they can also look forward to resuming full lives—returning home to family, school and friends. We hope that *Pictures of My Journey—Activities for kids with cancer*, will help children to cope with their cancer experiences and assist them in looking forward to their futures. Younger children may enjoy using the book with parents, older siblings, healthcare providers or school staff. School-age children can enjoy the book on their own. However, caregivers may find that using the book with children of any age will help to generate discussion, questions and expression of feelings. Additional resources are listed on the back page.

Acknowledgement

The Leukemia & Lymphoma Society (LLS) gratefully acknowledges, for her critical review and important contributions to the material presented in this publication,

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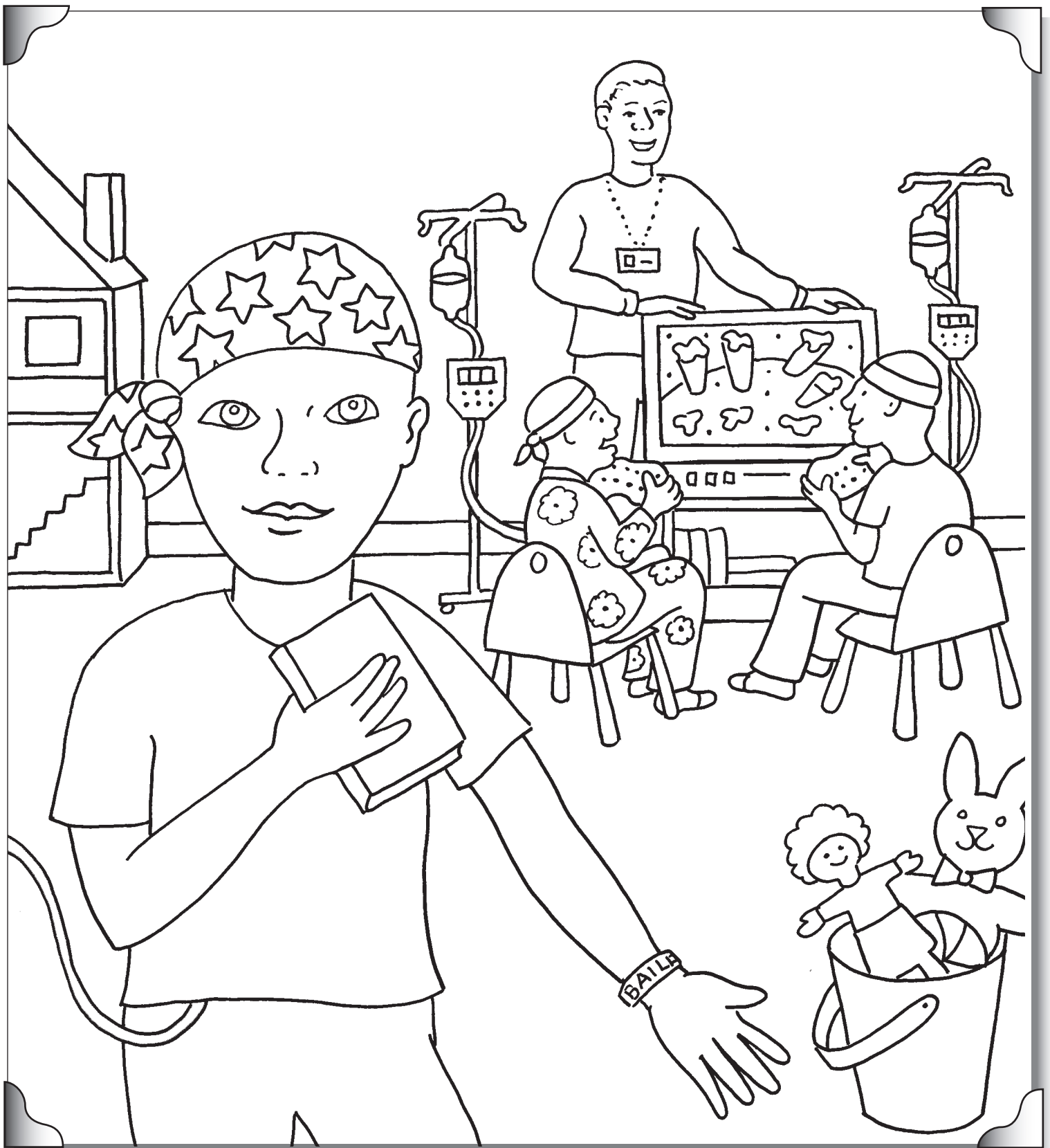
Member, Institute for Cancer Outcomes and Survivorship

School of Medicine, University of Alabama at Birmingham

Chair, Children's Oncology Group Nursing Discipline

Birmingham, AL

This publication is designed to provide information in regard to the subject matter covered. It is distributed as a public service by The Leukemia & Lymphoma Society (LLS), with the understanding that LLS is not engaged in rendering medical or other professional services. Children's hospital practices vary from one center to another. Some of the illustrations and text may be different from your child's experiences.

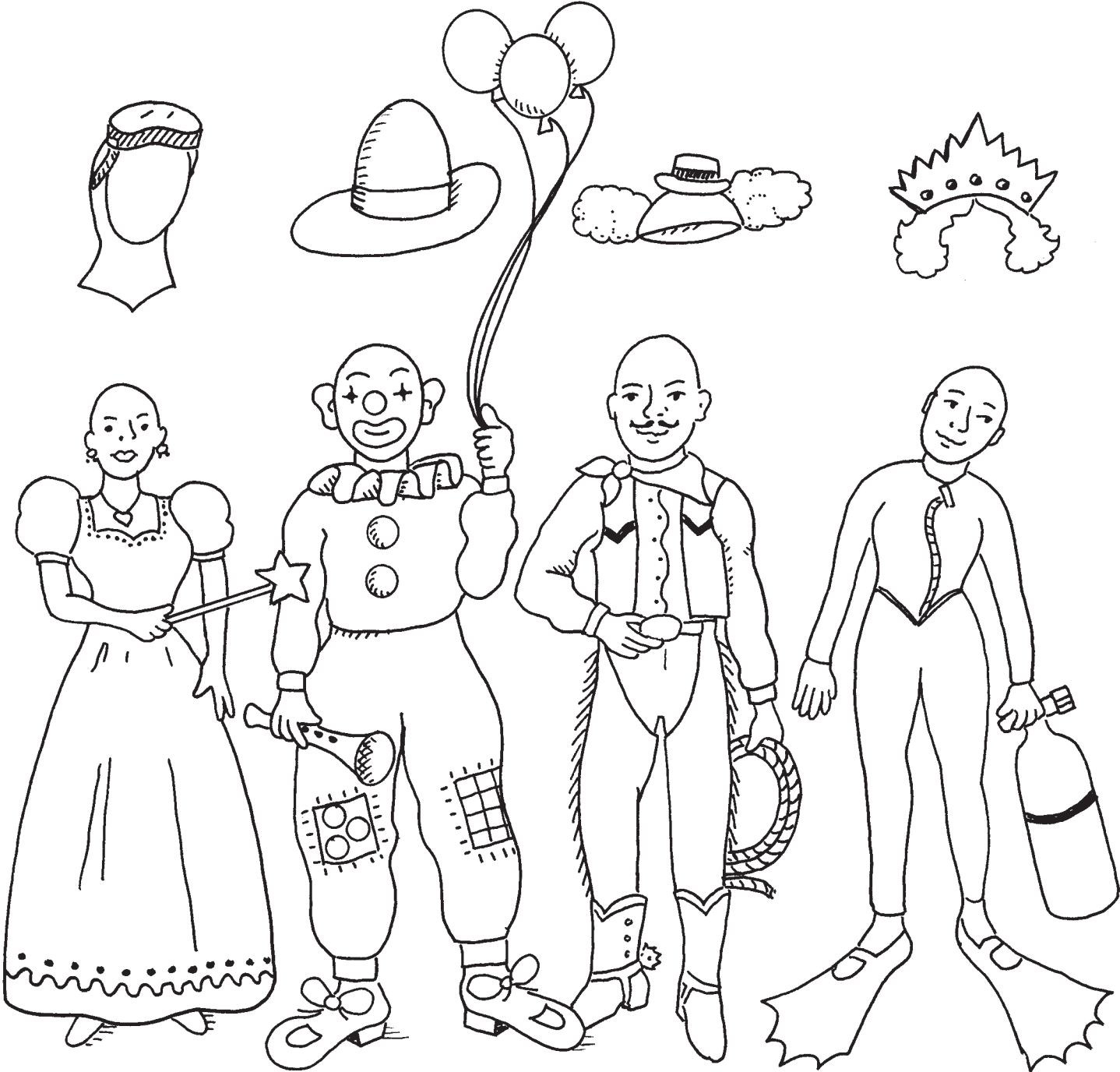


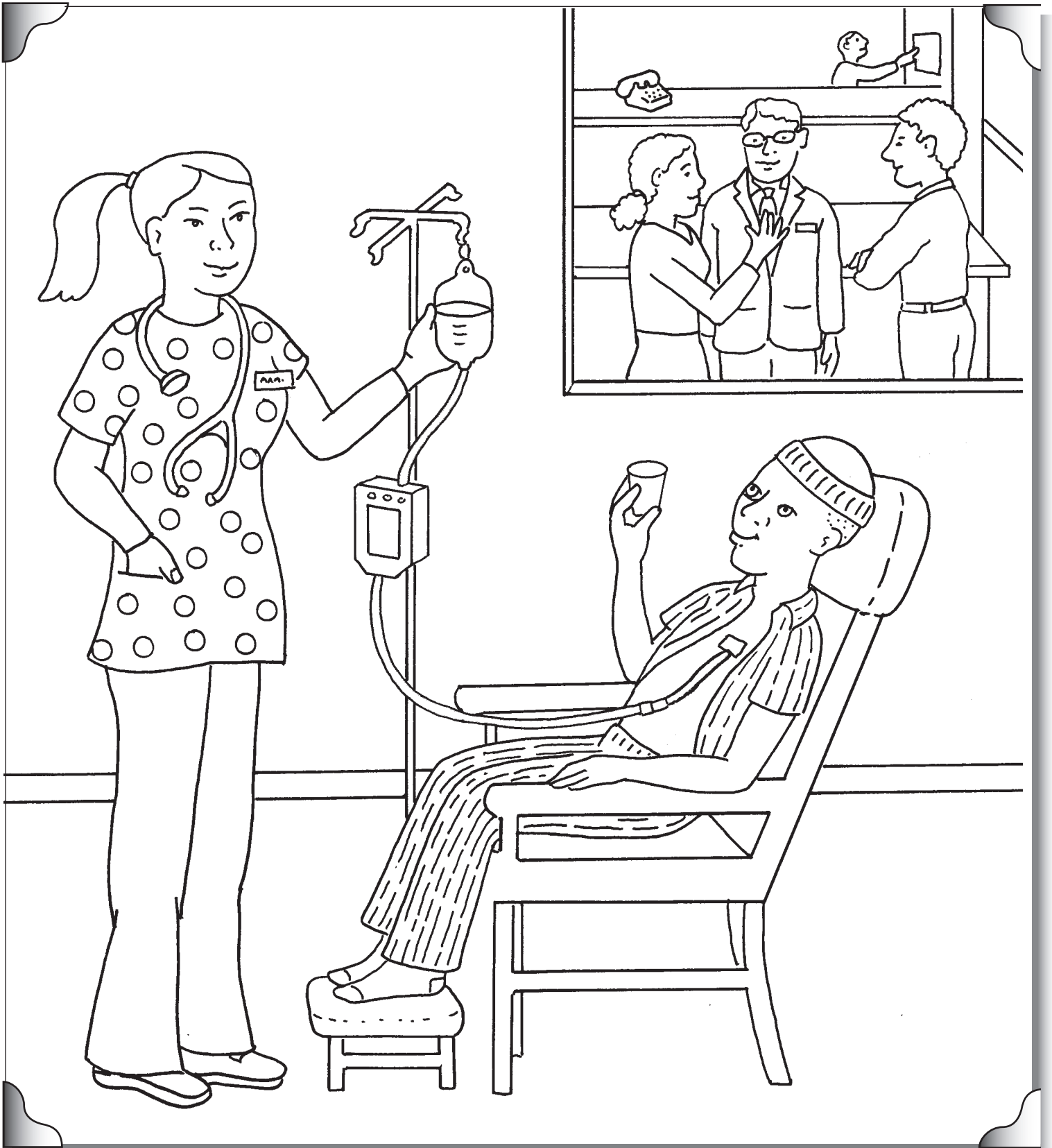
I'm Bailey. I have cancer.
My treatment will help me to get better.

Who Goes With Which?

My new friend Ray volunteers at the hospital. He was a patient here a few years ago. He told me not to worry about my hair falling out. It will grow back like his did. Ray makes me laugh! We joke about wearing hats. He said a cowboy would look pretty funny wearing a tiny clown's hat!

Match the hats to the people below.





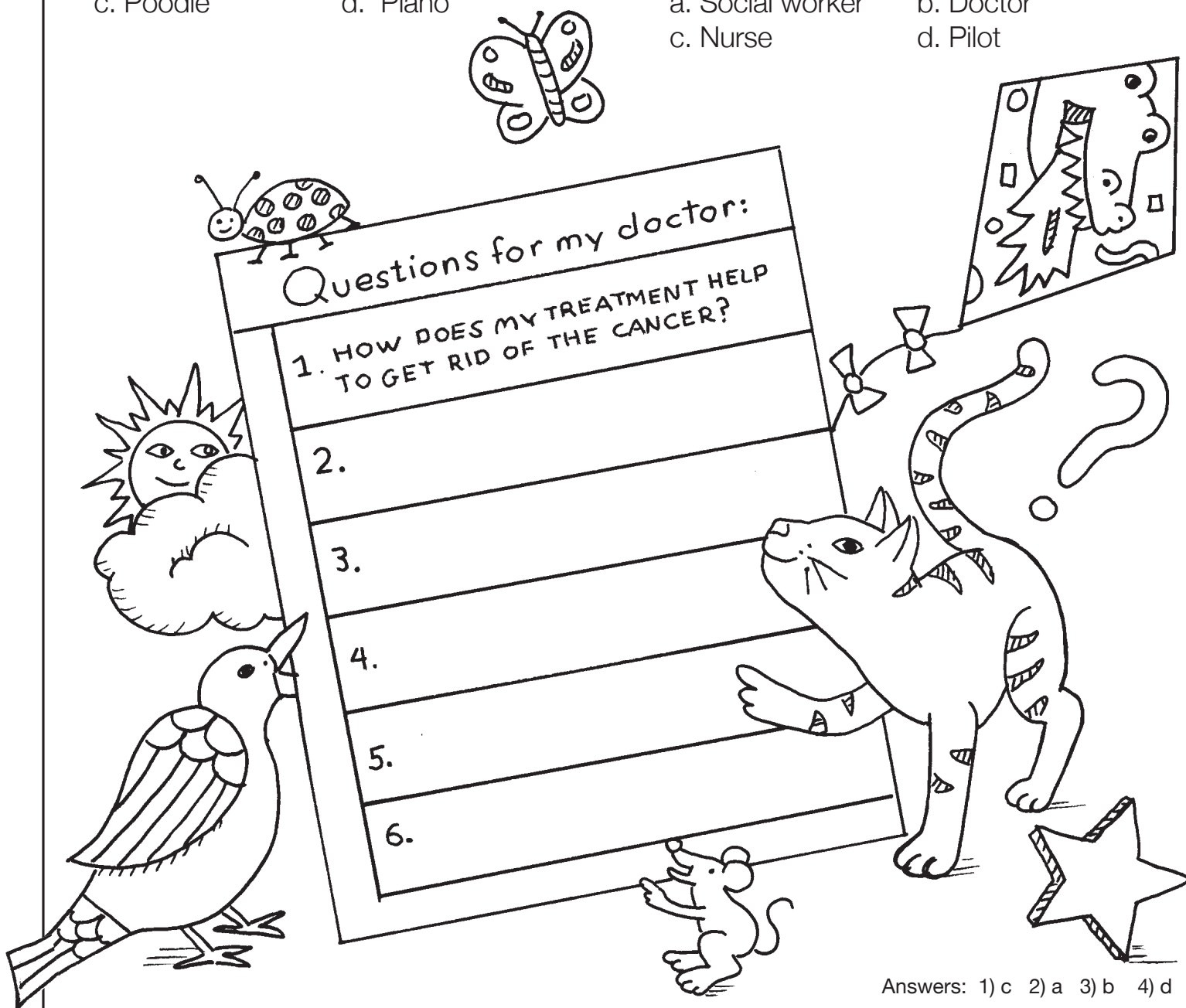
This is my friend Ty.
Ty's port makes it easier for him to get medicine and blood tests.

Q & A

My doctors and nurses answer my questions. Sometimes my mom and dad ask my treatment team questions too. I'm glad they have people to help them!

Speaking of questions, do you know the answers to these?

1. Which of these is not found in a hospital?
a. IV pole b. Nurses' station
c. Train station d. X-ray machine
2. Which one of these is a fruit?
a. Peach b. Potato
c. Poodle d. Piano
3. Which of these is not a part of the body?
a. Heart b. Diamond
c. Brain d. Arms
4. Which one of these people does not work in a hospital?
a. Social worker b. Doctor
c. Nurse d. Pilot



Answers: 1) c 2) a 3) b 4) d

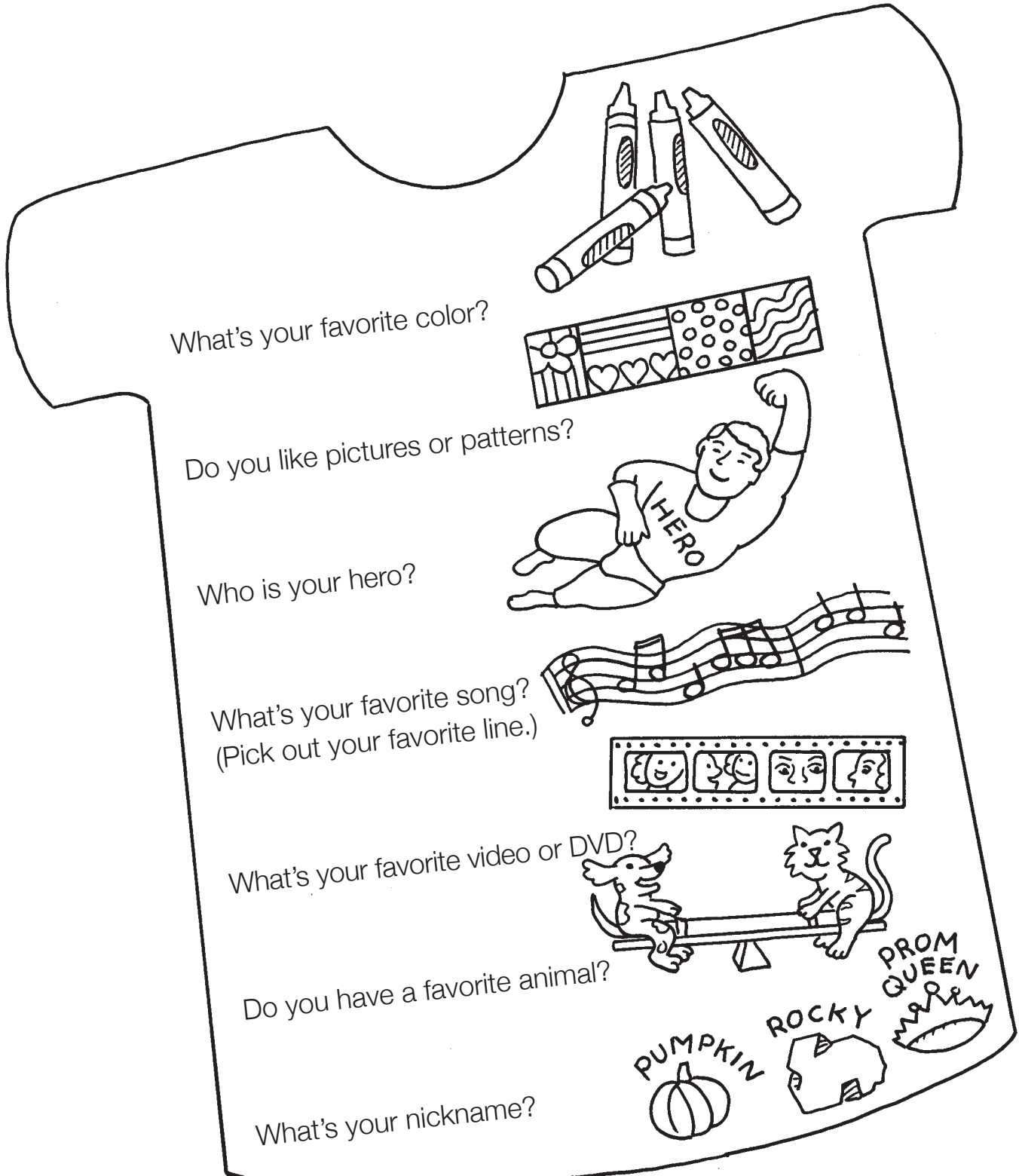


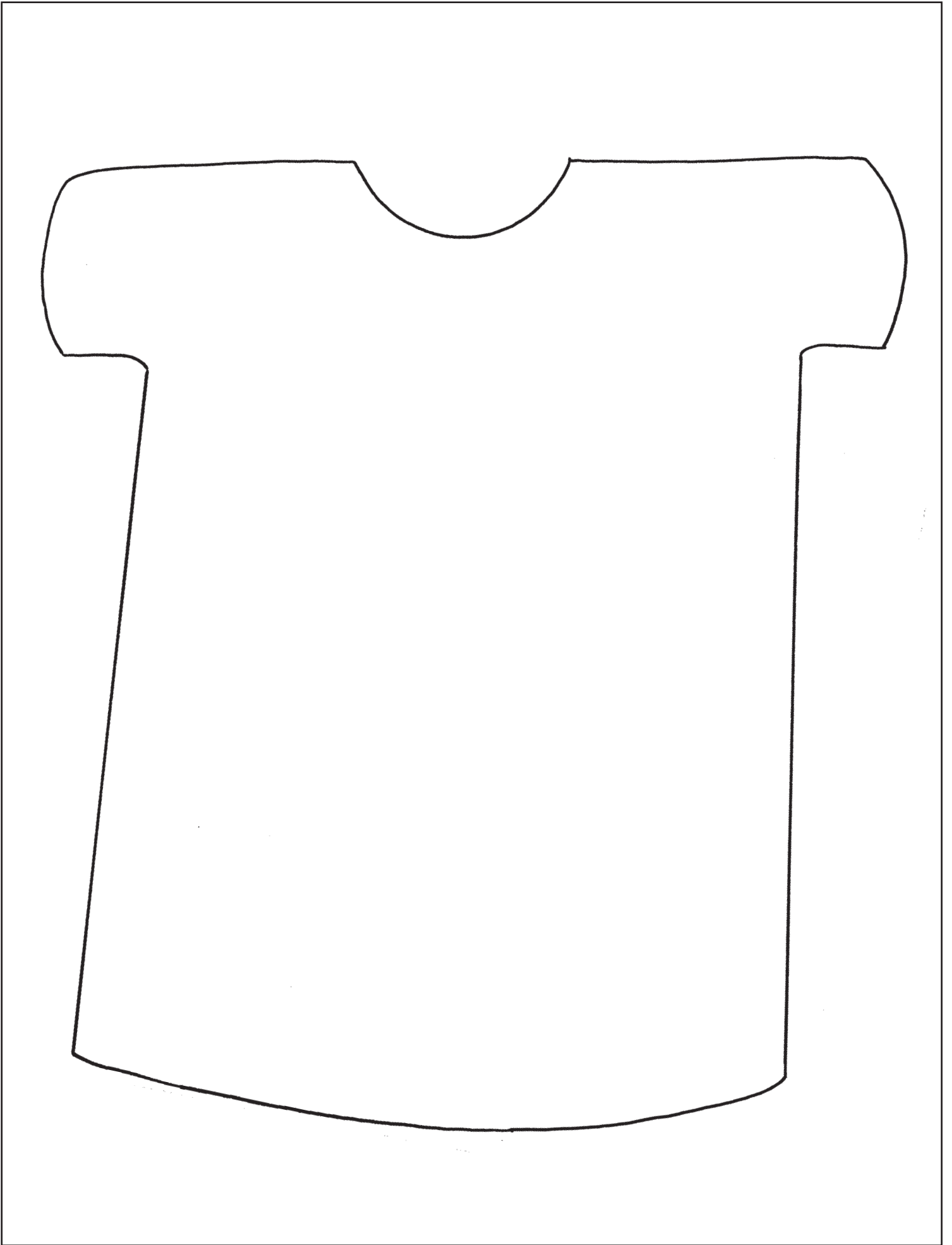
This is my friend Lupe.
Lupe likes cats and dogs.

Design a T-shirt

Lupe likes animals. She likes to be in the playroom whenever Gus, the therapy dog, is visiting. Lupe has a T-shirt with a picture of a cat.

You can design a T-shirt. You can draw a picture or a design, or write something. Answer the questions below to help you choose what to put on your T-shirt.







We like fruit. My favorite is bananas.
Ty likes applesauce.

Word Scramble

Healthy foods give my body the energy it needs to fight my cancer. Sometimes I don't feel like eating very much. Some foods taste and smell different right now. That's from my treatment.

These words look different too!

Can you unscramble the letters to make real words?

MERG _____

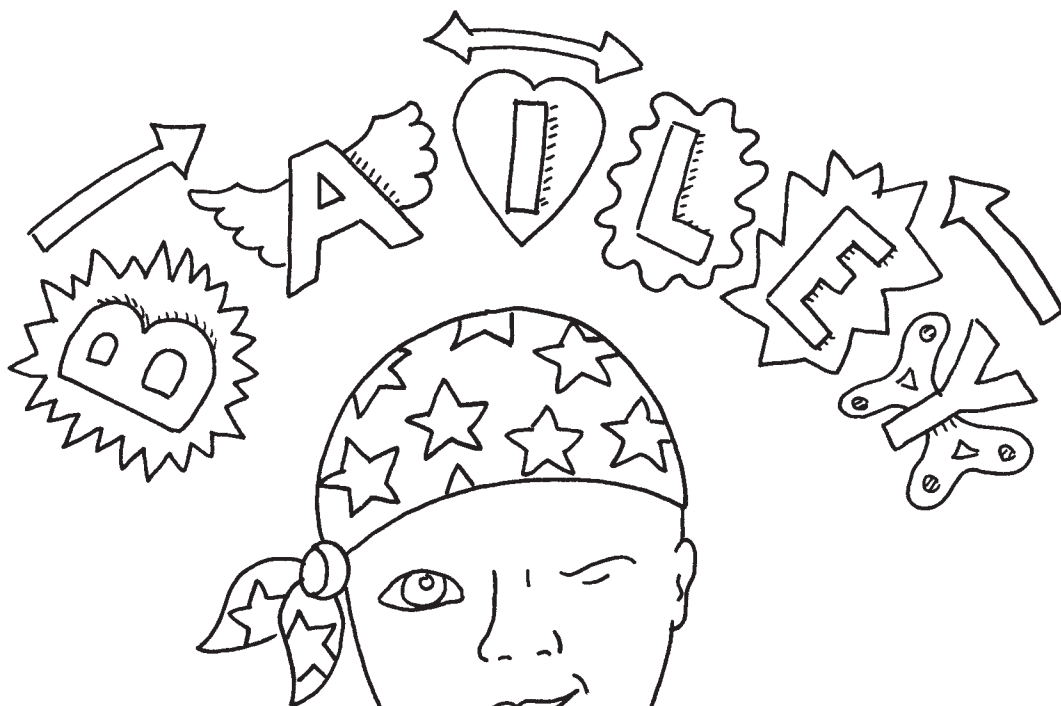
TOOF _____

COTROD _____

RUFIT _____

TROP _____

RUNES _____



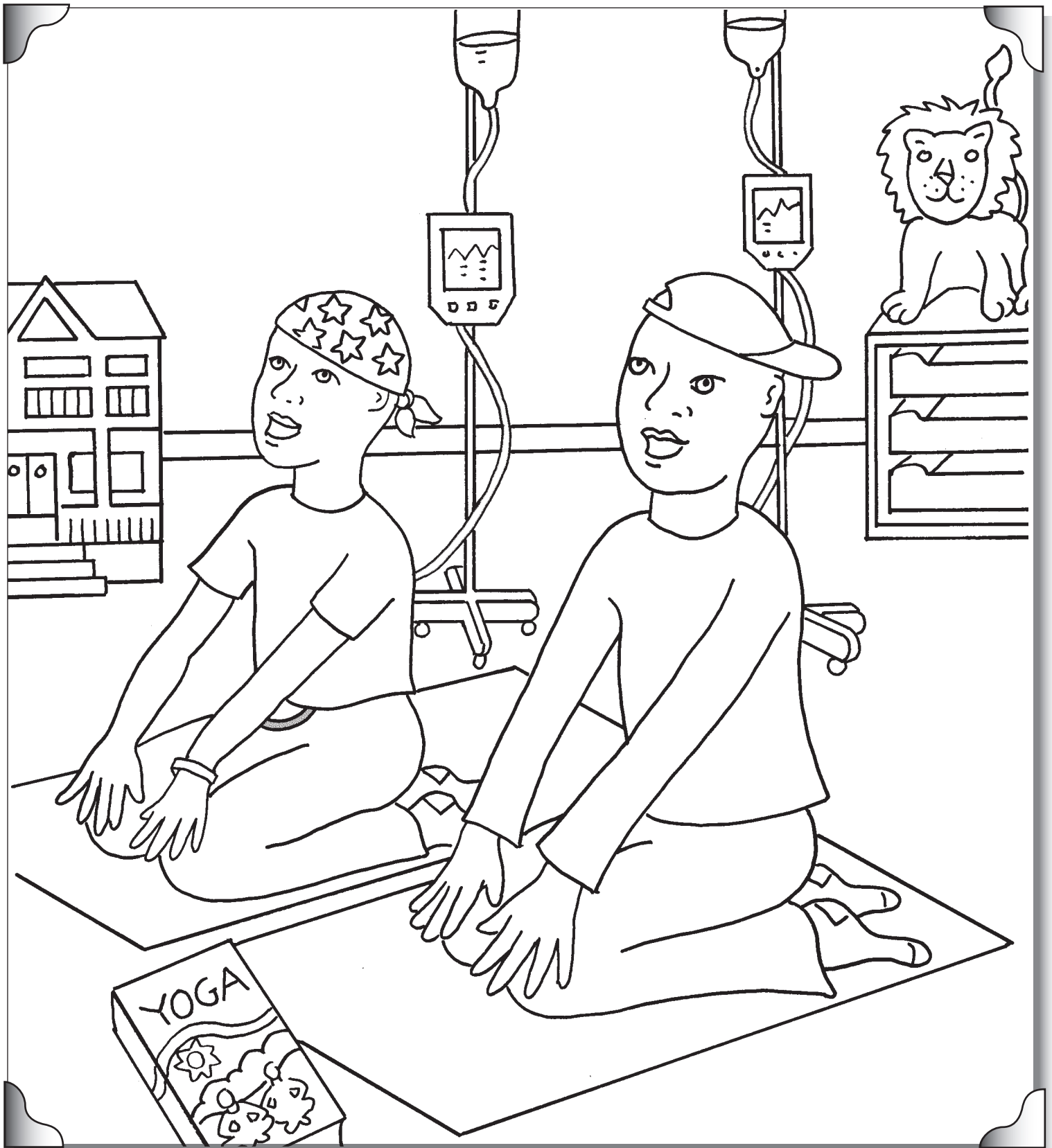
It's fun to make up word scrambles too. Start with your name like Bailey (YIABLE) did.



Answers:
MERG (germ), RUFIT (fruit), TOOF (foot),
TROP (port), COTROD (doctor), RUNES (nurse)



My brother Danny reads me funny stories.



I am doing yoga with Lupe. This is the lion pose.

Fill in the Blanks

Lupe and I like to do yoga. But yesterday Lupe was tired. She wanted to sit by herself for a while. Sometimes I like to sit quietly by myself too. I can feel happy, sad and angry all in the same day.

Use the words from the list to fill in the blanks, or use your own words.

silly • lonely • angry • homesick • tired • strong • sad • happy



I sing when I feel_____.

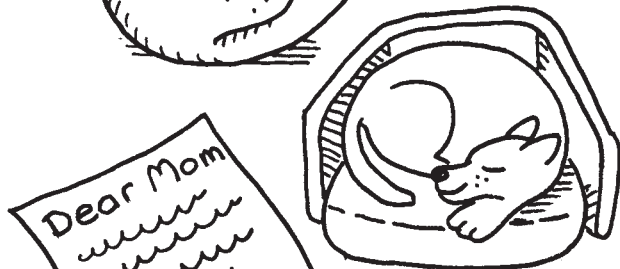
I pound my pillow when I feel_____.

I write in my journal when I feel_____.



I look for my friends in the playroom when I feel_____.

I make jokes when I feel_____.

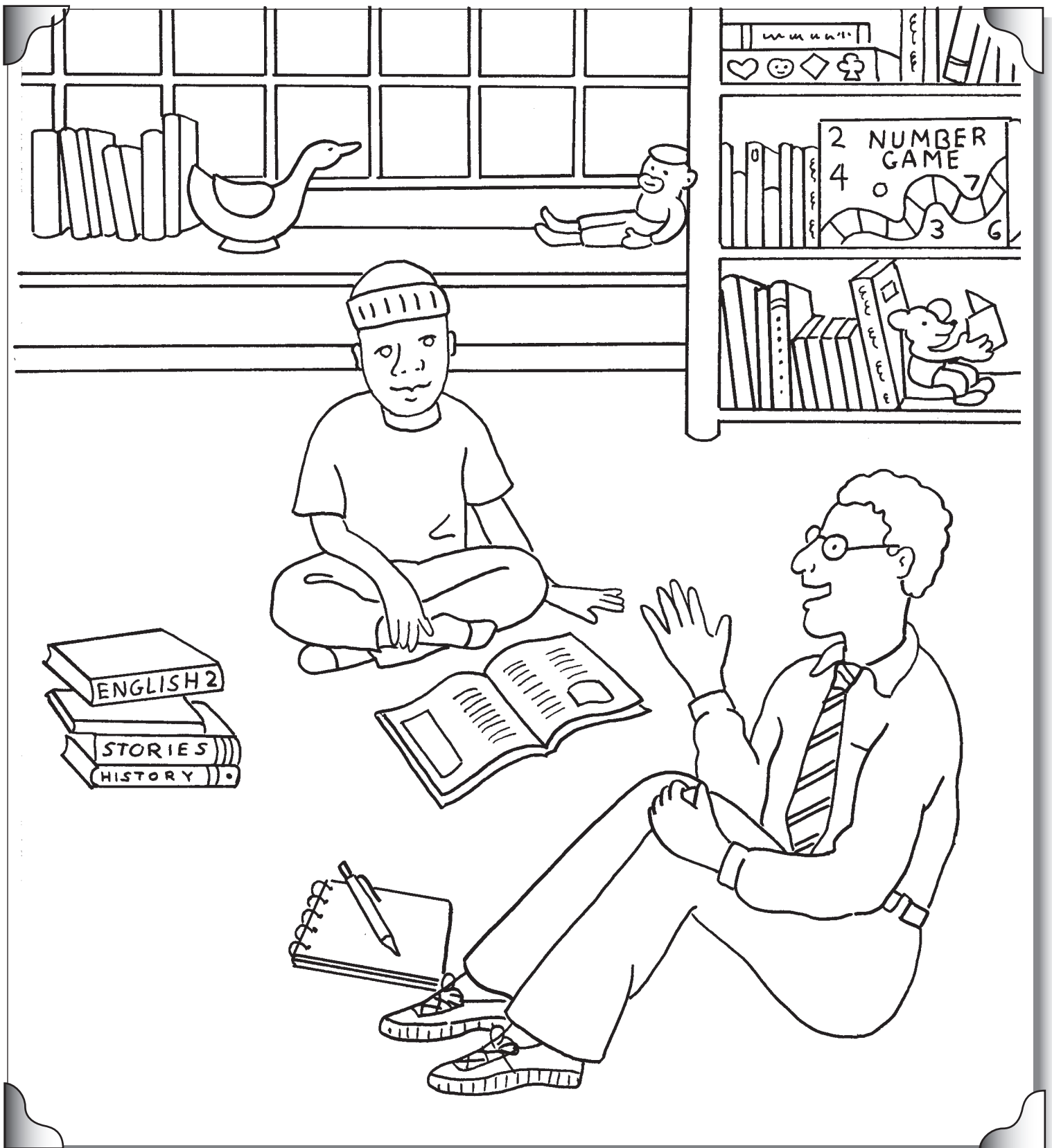


I curl up in my bed when I feel_____.

I write a letter to my mom when I feel_____.



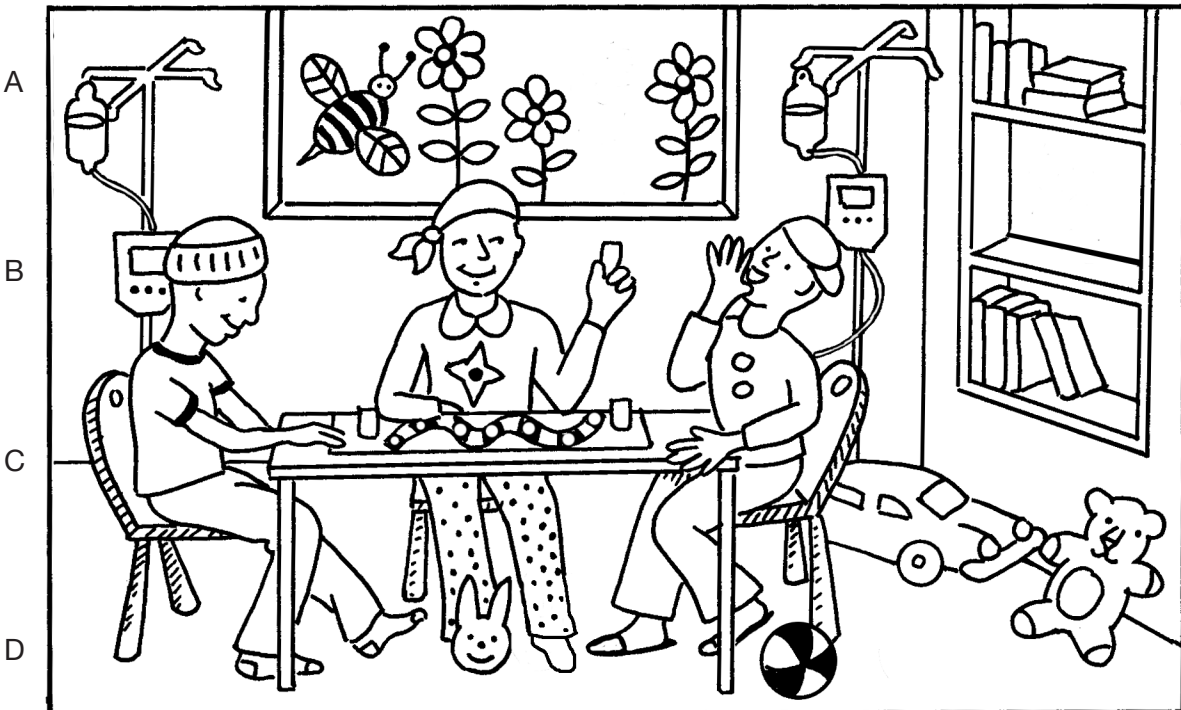
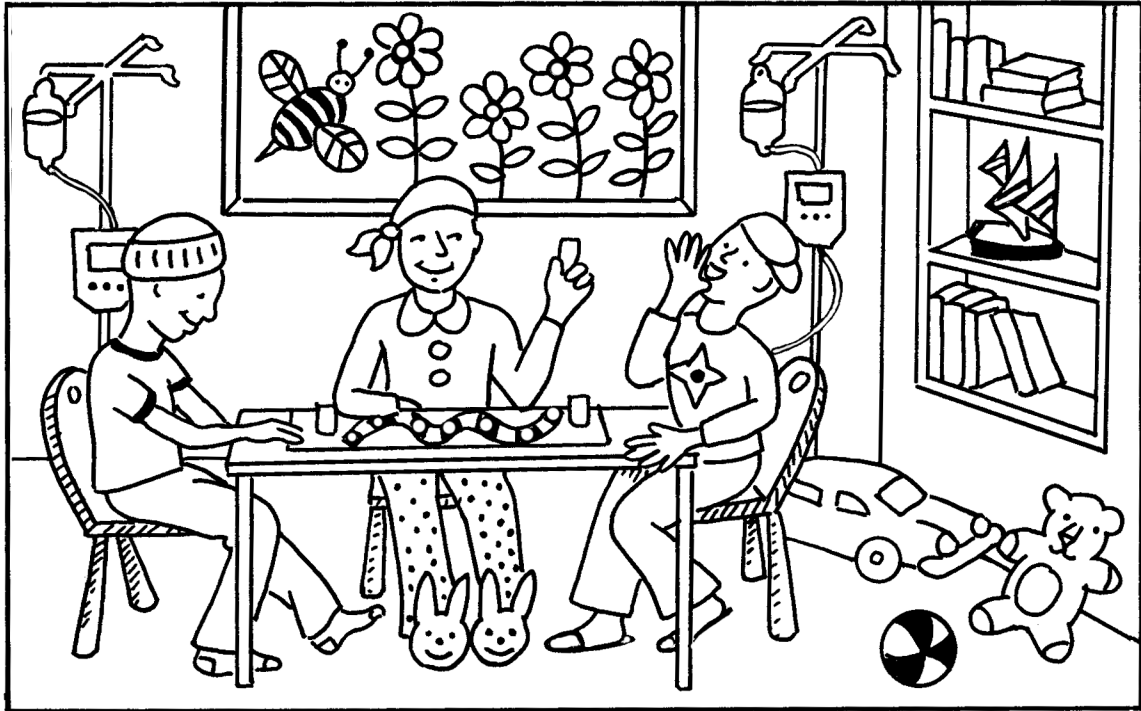
I dance when I feel_____.



Ty likes to read and do puzzles.
He reads stories with his teacher.

Find the Differences

Do you like puzzles? These two pictures may look the same, but they are not the same. Can you find 5 differences between them?



1

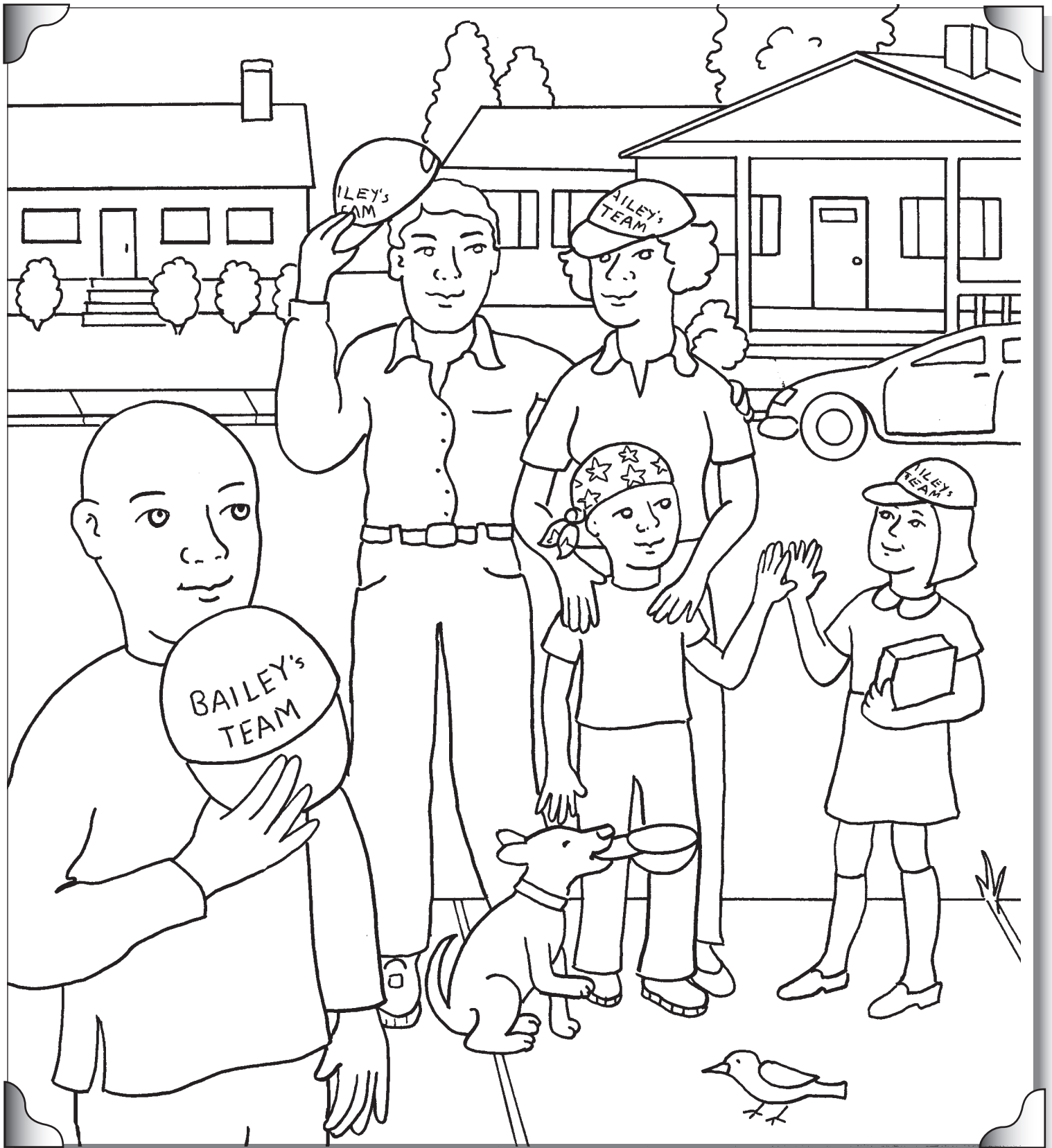
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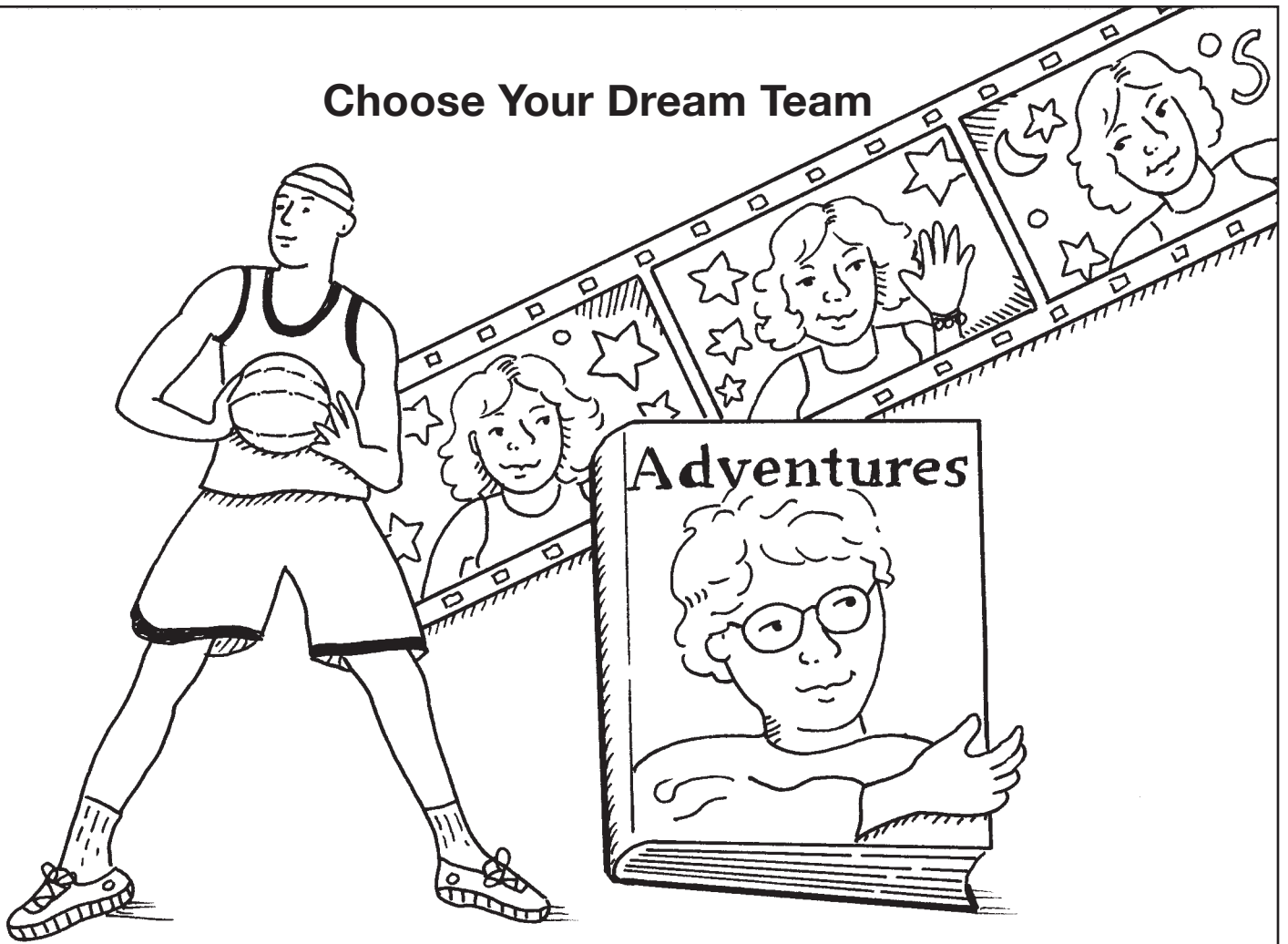
5

Looks like someone picked the third flower. (A3) • The boat on the shelf sailed away. (B5) • The floor must be crooked because the ball rolled over to the chair. (D4) • The bunny hopped off one slipper to look for some lettuce. (D3) • The buttons on the pajama top switched places with the star on shirt. (C3 & C4)



My family and friends are welcoming me home. My brother shaved his head to give me support! Everyone has a "Bailey's Team" cap.

Choose Your Dream Team

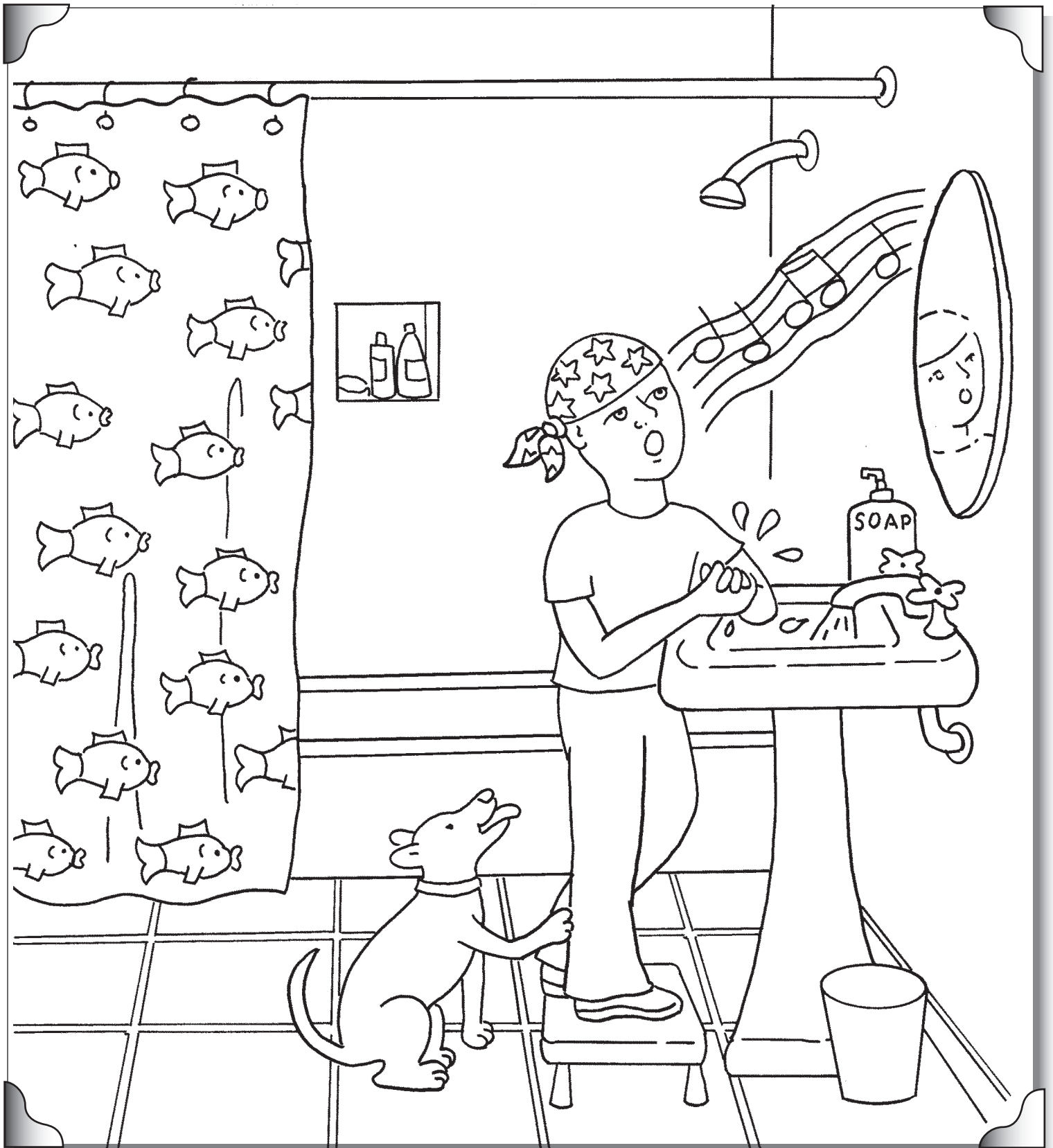


If you could invite anyone in the world, real or imaginary, to be on your “dream team,” who would you choose? Your favorite singer? Your best friend? Your teacher? Your favorite basketball player? A character from your favorite book or movie?

Make a list of everyone you’d like to have on your team.

If you like, you can draw a picture of your dream team.

YOUR TEAM



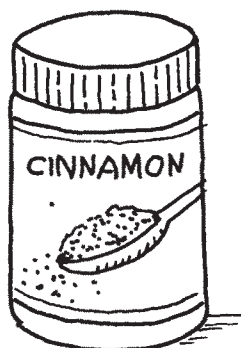
Sometimes I sing while I wash my hands with soap and warm water.

The Hand-Washing Experiment

Here is a hand-washing experiment to find the best way to wash away germs. See if your mom and dad will help you with this experiment. Or you can do it at school with your teacher and class.



3 TABLESPOONS

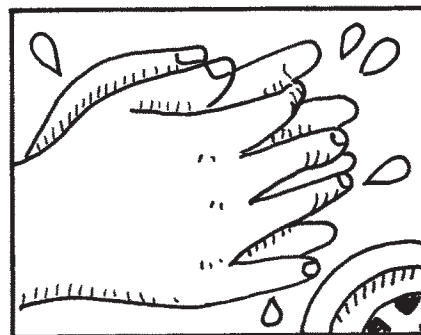
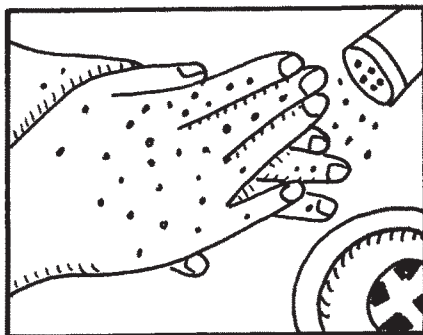
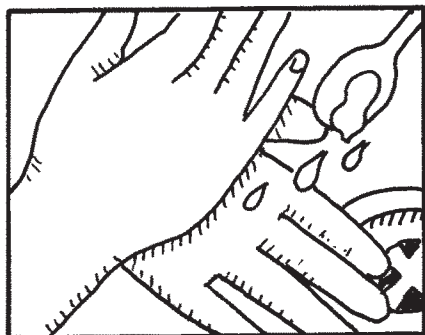


3 TEASPOONS



VOLUNTEERS

You will need: 3 tablespoons of cooking oil, 3 teaspoons of cinnamon and you and 2 other volunteers.



Each volunteer hand washer: Rub 1 tablespoon of cooking oil all over your hands until completely coated. Sprinkle 1 teaspoon of cinnamon on your hands and rub it all around. The cinnamon is the make-believe germs. It's all over!

Everyone washes their hands by rubbing them briskly for 20 seconds.

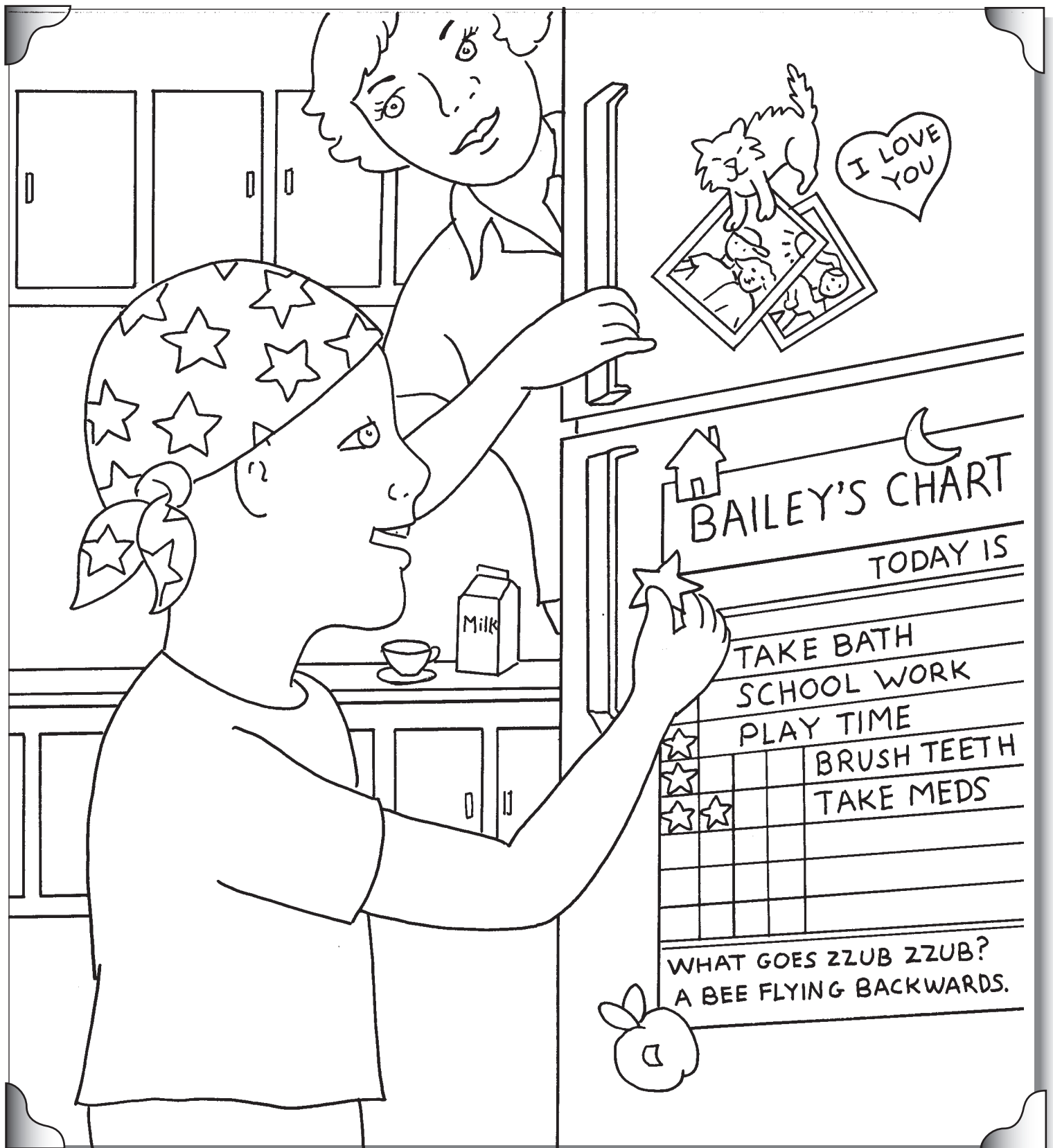
Hand Washer 1: Use cold water and no soap.

Hand Washer 2: Use warm water and no soap.

Hand Washer 3: Use warm water and soap.

Whose hands are clean? Whose hands still have “germs” on them?

The best way to wash your hands is with warm water and soap.



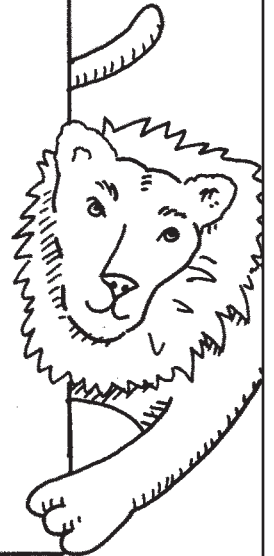
At home I take my meds every day.

Find the Hidden Words

We made a chart at home to help us keep track of me taking my medicine. I keep track of other activities on my chart too.

Circle the words you can find. Words appear straight across and down.

T	J	A	H	H	A	T	W	X	P	P
M	V	D	O	G	N	U	R	S	E	A
I	N	B	S	W	A	B	N	T	T	R
C	F	O	P	G	P	O	R	A	L	A
E	D	P	I	L	L	E	N	R	E	K
C	E	N	T	R	A	L	L	I	N	E
R	S	O	A	X	Y	T	O	N	M	E
E	S	A	L	B	R	S	O	W	I	T
A	E	N	T	Y	O	F	N	L	I	R
M	R	X	L	Y	O	G	A	B	A	B
V	T	G	E	R	M	S	X	O	D	F



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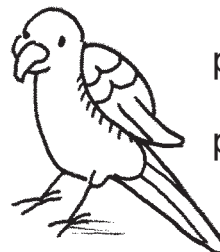
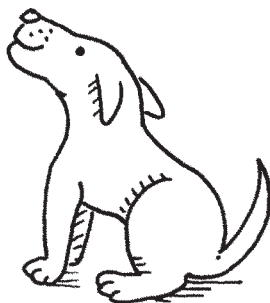
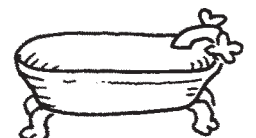
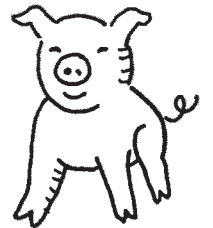
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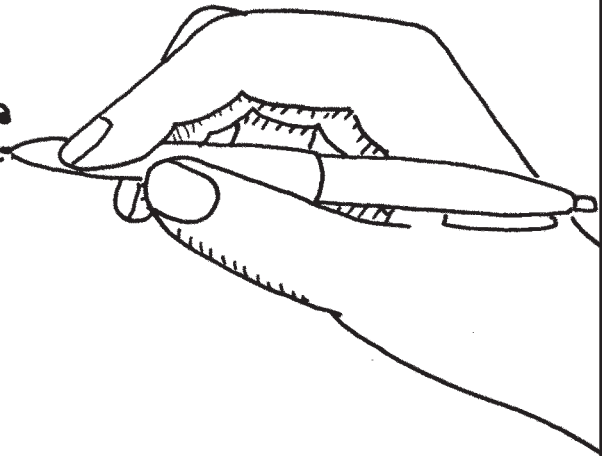
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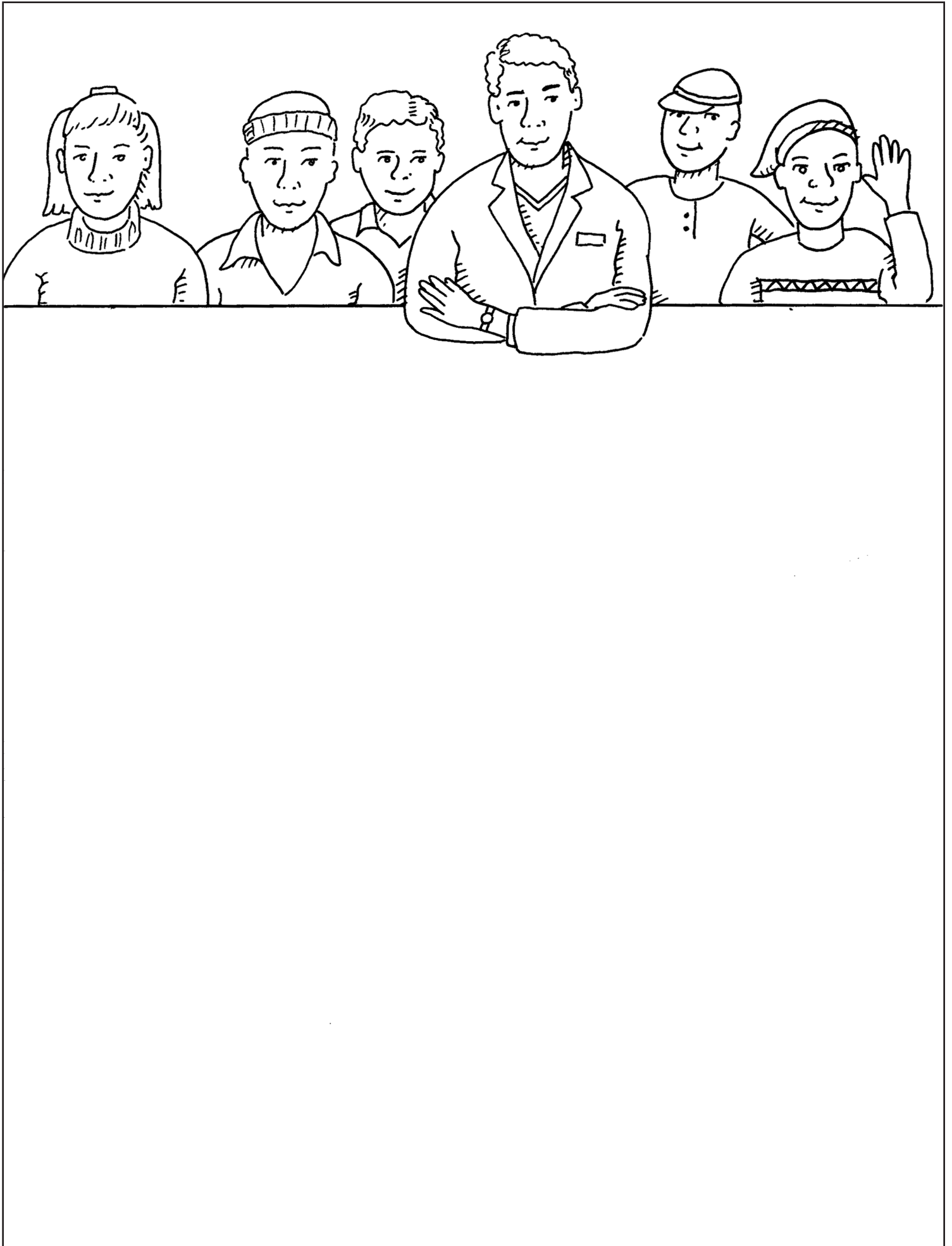
parakeet





Autographs





LLS Resources

Co-Pay Assistance Program. This program offers assistance for financially eligible patients with certain blood cancer diagnoses to help pay for private or public health insurance premiums and/or co-pay costs for prescription medications. Check www.LLS.org/copay or call (877) 557-2672 to speak to a Co-Pay Assistance Program specialist for eligibility information.

LLS Community. This is a one-stop virtual meeting place for chatting with other patients and staying up-to-date on the latest diagnosis and treatment news. Share your experiences with other patients and caregivers and get personalized support from trained LLS staff. To join, visit www.LLS.org/community.

Other Helpful Organizations. Our website, www.LLS.org/resourcedirectory, offers an extensive list of resources for patients and families about financial assistance, scholarships, counseling, transportation, patient care and other needs.

Suggested Reading. Read a variety of perspectives about how others have dealt with cancer or what advice they would share. You can reach a listing of select books that we recommend for patients, caregivers, children and teens about coping with illness, cancer in the family, grief and inspiration. For more information, visit www.LLS.org/suggestedreading.

School Reentry. The Trish Greene Back to School Program for Children With Cancer is a program designed to increase communication among healthcare professionals, school personnel, parents and patients to assure children with cancer a smooth transition back to school. For more information, visit www.LLS.org/backtoschool.

Telephone/Web Education Programs. LLS provides a number of free, live telephone and web education programs presented by experts for families and parents of children with cancer. Visit www.LLS.org/programs for more information.

REACH OUT TO OUR INFORMATION SPECIALISTS

The Leukemia & Lymphoma Society's (LLS) Information Specialists provide patients, families and healthcare professionals with the latest information on leukemia, lymphoma and myeloma. Our team consists of master's level oncology social workers, nurses and health educators who are available by phone Monday through Friday, 9 am to 9 pm (ET).

Co-Pay Assistance

LLS's Co-Pay Assistance Program helps blood cancer patients cover the costs of private and public health insurance premiums, including Medicare and Medicaid, and co-pay obligations. Support for this program is based on the availability of funds by disease.

For more information, call 877.557.2672 or visit www.LLS.org/copay.



For a complete directory of our patient services programs, contact us at

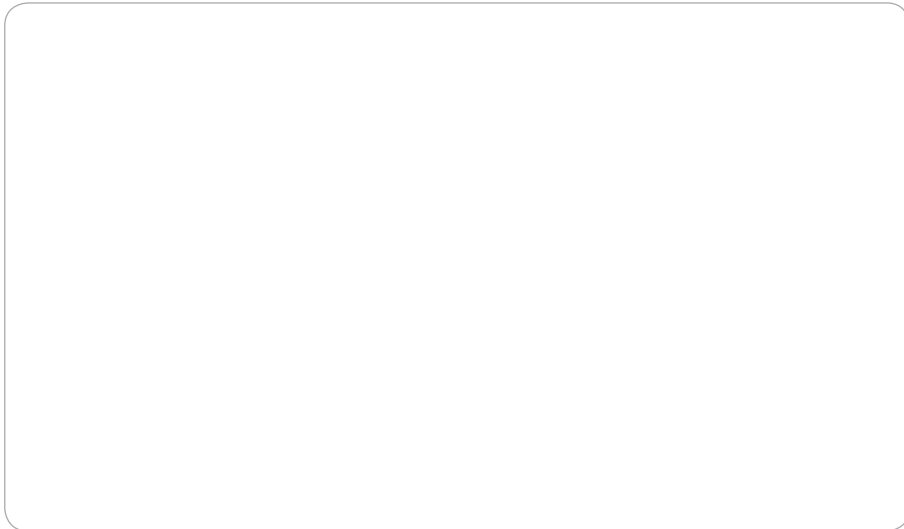
800.955.4572 or **www.LLS.org**
(Callers may request a language interpreter.)



LEUKEMIA &
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fighting blood cancers

For more information, please contact our
Information Specialists 800.955.4572 (Language
interpreters available upon request)
www.LLS.org



or:

National Office

3 International Drive, Suite 200
Rye Brook, NY 10573

Our Mission:

Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the
quality of life of patients and their families.