



**the
aplastic
anaemia
trust**

**Bringing failed bone
marrow back to life**

MarrowKidz wellbeing resource

Hospital activity book

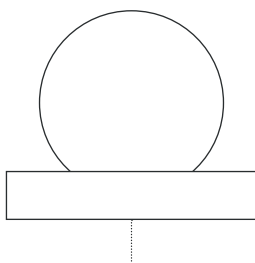
**Activities to keep you occupied during
a stay in hospital for aplastic anaemia**



The visitors tree

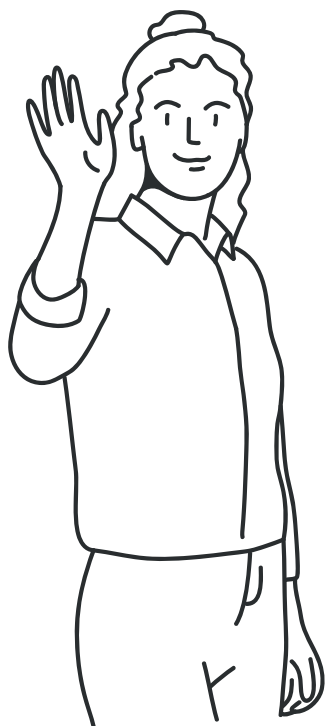
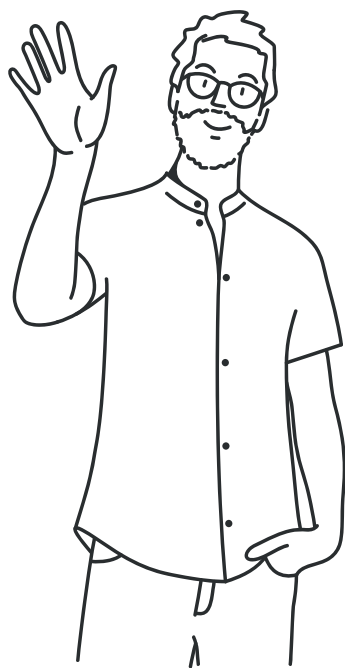
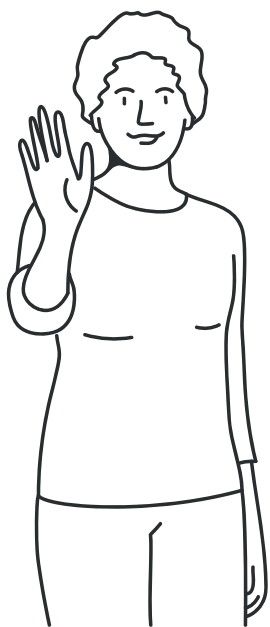
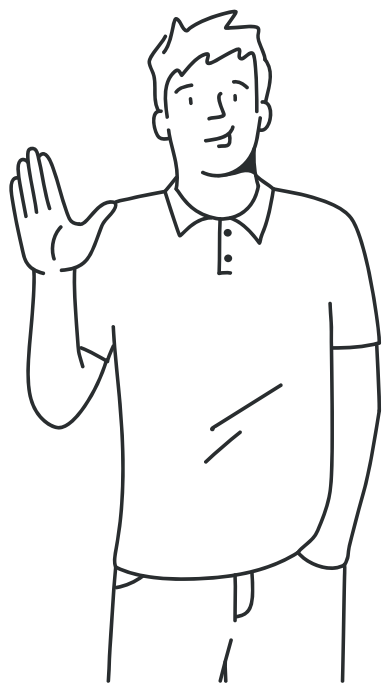
Draw the connections between you and people that visit:

Enter your
name here



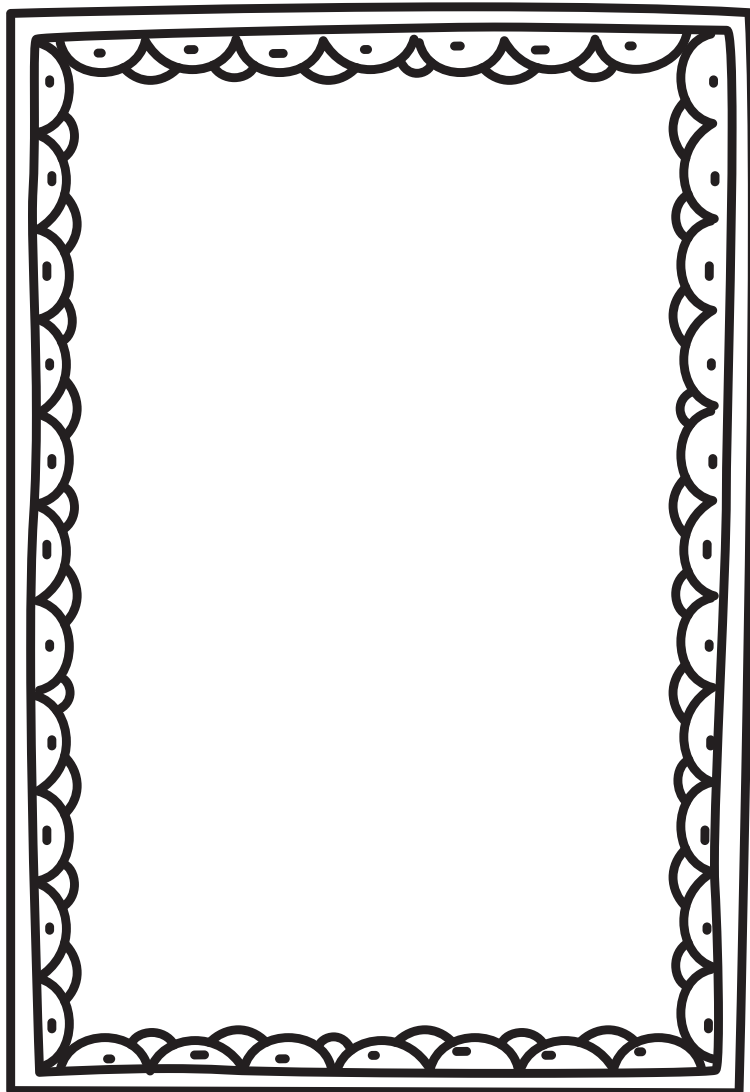
Draw your
picture here





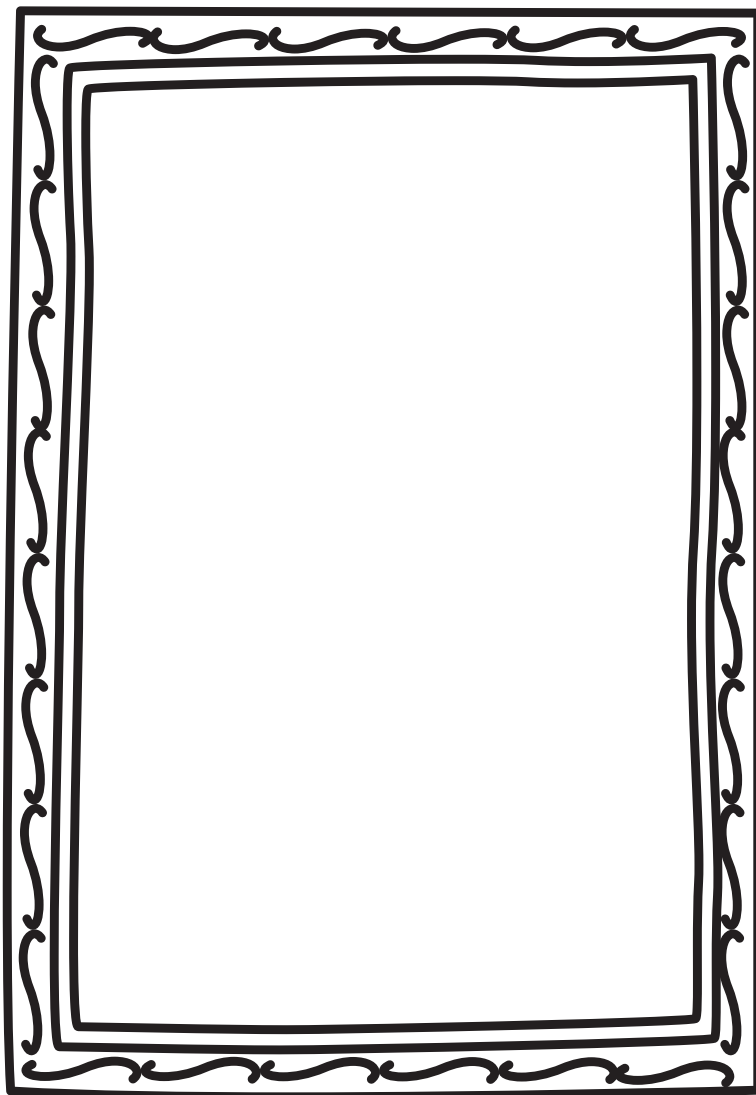
All about you...

Draw a picture of yourself and the things you like:

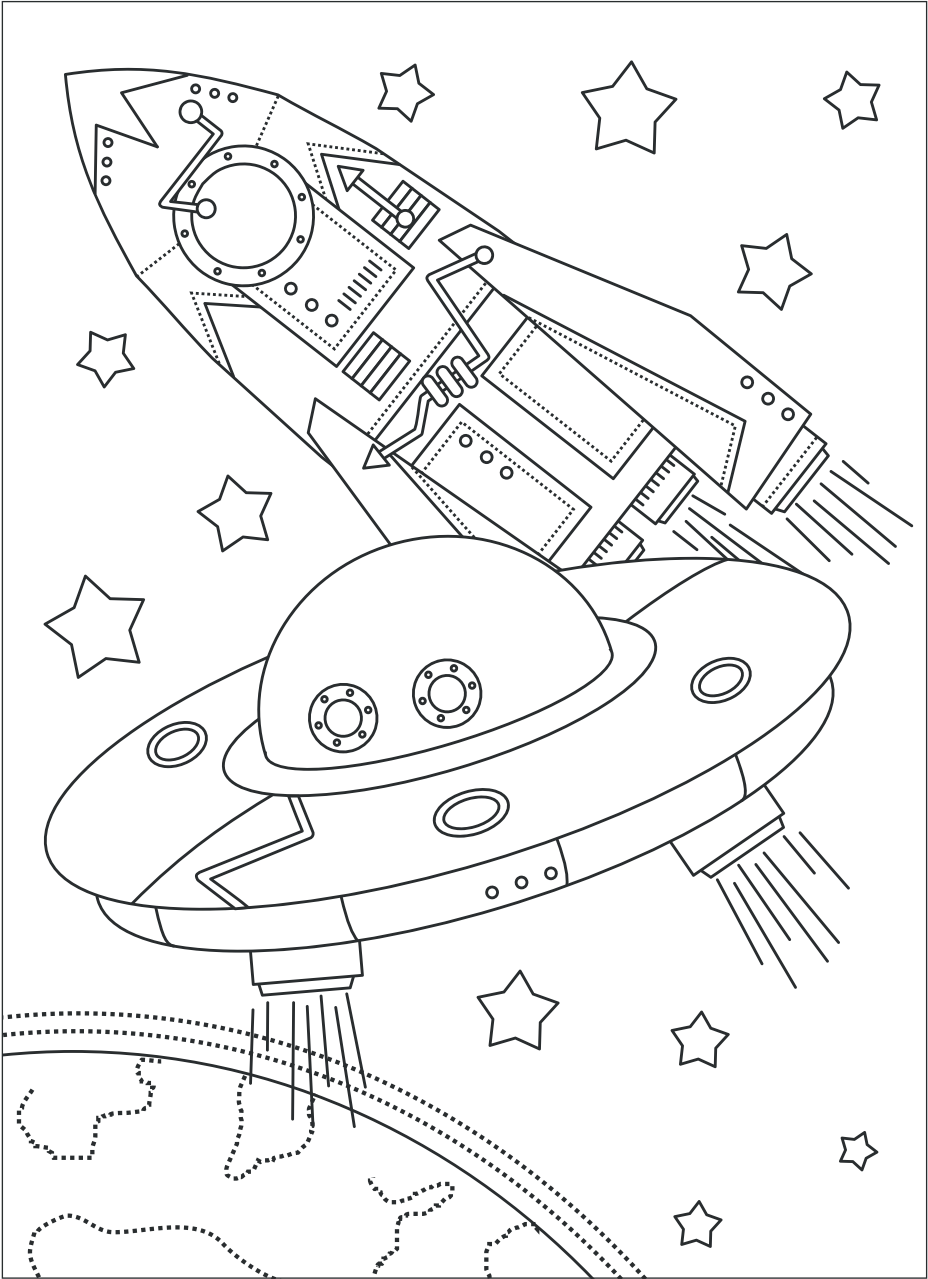


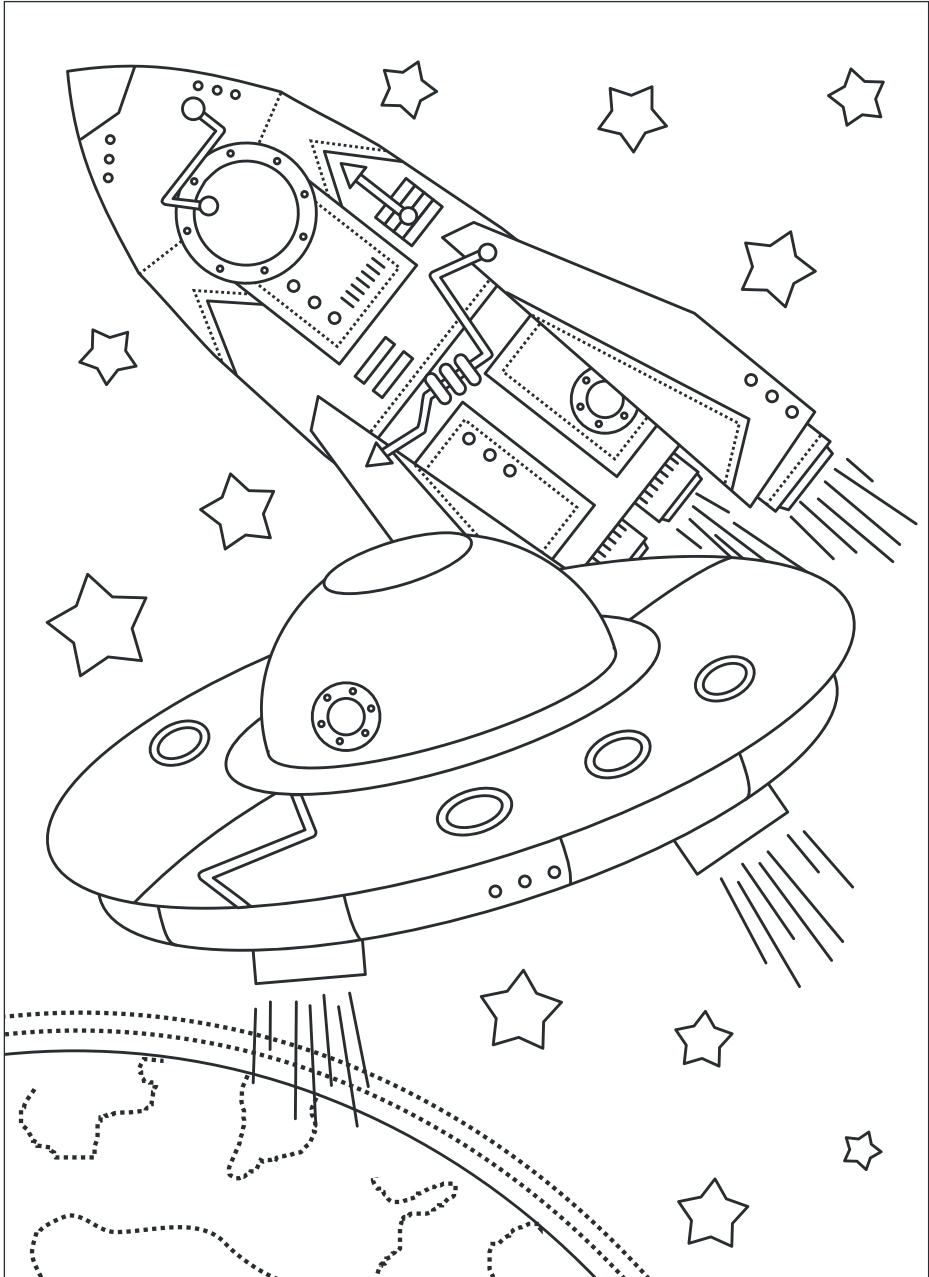
When I grow up I want to be...

Draw a picture of yourself in your future career.



Can you spot 10 differences?

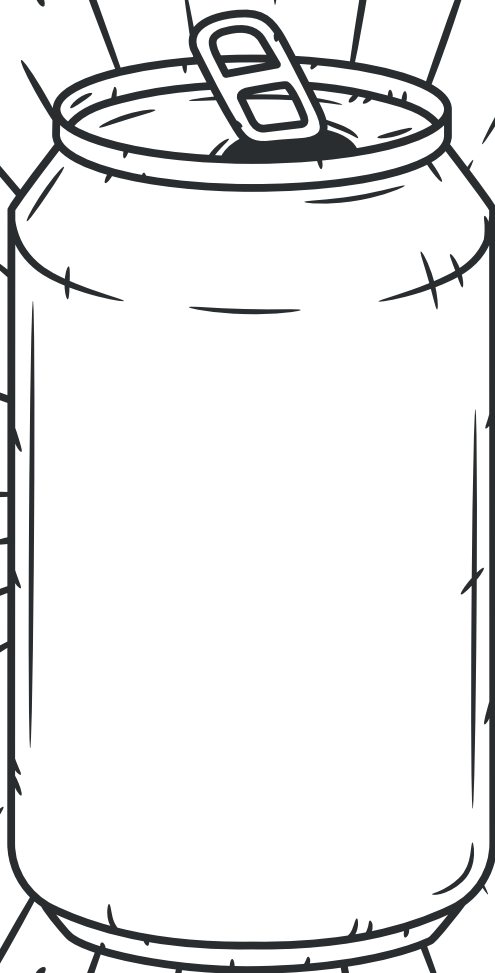




Can you complete the tongue twister?

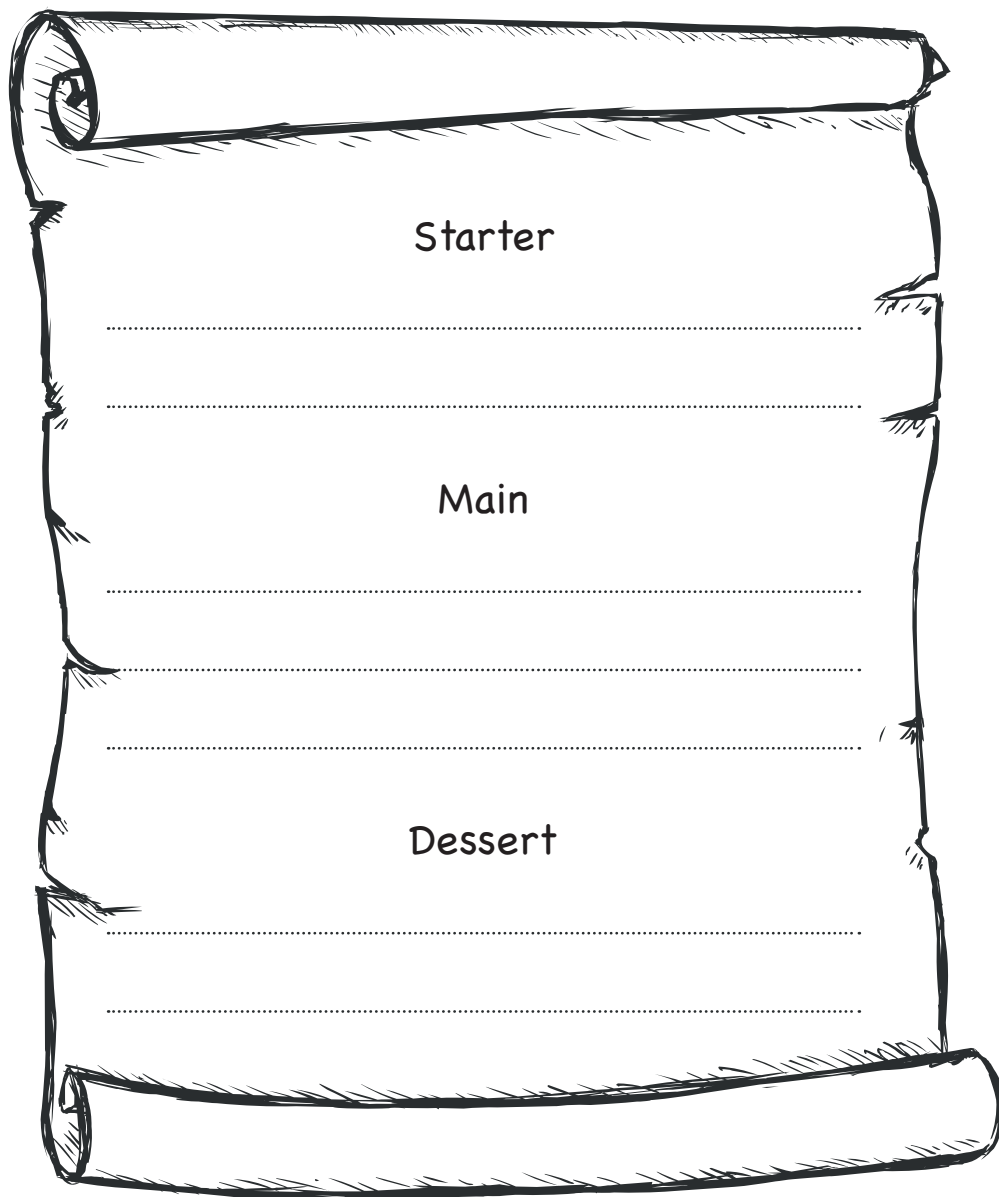
A canner
exceedingly
canny, one
evening remarked
to his granny,
“a canner can
can anything
that he can,
but a canner
can’t can a can,
can he?”

What's your favourite can?



What's your dream meal?

Write down your starter, main and dessert:



The form is a hand-drawn scroll with a thick black border and a small circular detail at the top left corner. It is divided into three sections for writing a meal plan:

- Starter**: The first section, with two horizontal dotted lines for writing.
- Main**: The second section, with three horizontal dotted lines for writing.
- Dessert**: The third section, with two horizontal dotted lines for writing.



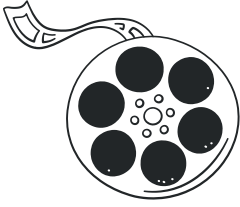
dessert

BURGER

HOT!

Pizza

SNACKS



MOVIES

I'VE WATCHED



MOVIES I'VE WATCHED		
<p>Despicable me</p> <p>.....</p> <p>.....</p> <p>☆ ☆ ☆ ☆ ☆</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>☆ ☆ ☆ ☆ ☆</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>☆ ☆ ☆ ☆ ☆</p>

<p>.....</p> <p>.....</p> <p>.....</p> <p>☆ ☆ ☆ ☆ ☆</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>☆ ☆ ☆ ☆ ☆</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>☆ ☆ ☆ ☆ ☆</p>
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<p>.....</p> <p>.....</p> <p>.....</p> <p>☆ ☆ ☆ ☆ ☆</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>☆ ☆ ☆ ☆ ☆</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>☆ ☆ ☆ ☆ ☆</p>
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Animal word search

Can you find all 24 animals in this word search:



MONKEY

CAMEL

DOG

ELEPHANT

FROG

CAT

HORSE

DUCK

PIG

MOUSE

CHAMELEON

PANTHER

OCTOPUS

LION

WHALE

COW

LEOPARD

PELICAN

WOLF

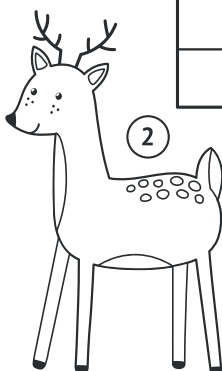
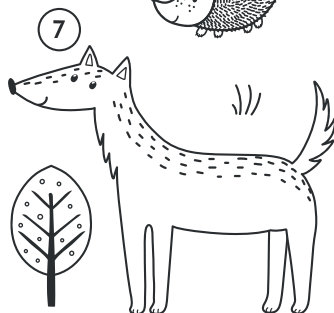
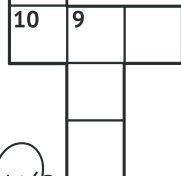
ZEBRA

EAGLE



DOLPHIN





CROW

BEAR



Can you complete the tongue twister?

A tutor who
tooted the flute,
tried to tutor
 two tooters 
to toot.

 Said the two 
to the tutor
“is it harder
 to toot, or to 
tutor two
tooters to toot?”



List some things that you can do today that you couldn't do one year ago

1

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2

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3

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4

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5

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What do you want to remember in the future about this time of your life?

This is just a chapter of your life and one day it will be a distant memory.

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Can you complete the criss-cross?

Fill in the blanks with the words provided. Two letters are already in place.

4 letters:

AGES

AMIE

ARCH

BARN

EELS

EXIT

FERN

LARK

SCAN

SEAS

STIR

TREE

5 letters:

ASCII

ATTIC

FABLE

GOMER

KAREN

RURAL

SCENE

STATE

6 letters:

BRAZIL

EARNER

NAGANO

ODESSA

SPOUSE

SUNDAE

TARGET

ZODIAC

7 letters:

CLIMATE

DIVIDER

8 letters:

EL TIGRE

EXAMPLE

FIFTEEN

REFEREE

REVENUE

XENOPUS

8 letters:

ASTERISK

BARBECUE

BRETTE

GUIDANCE

ODYSSEUS

PETERKIN

9 letters:

APOLOGIZE

EARLY BIRD

RAIN DANCE

STILL LIFE

10 letters:

ASSORTMENT

ATMOSPHERE

CRISSCROSS

GRAND TOTAL

13 letters:

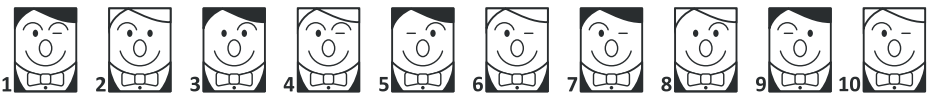
ENTERTAINMENT

NORTH CAROLINA

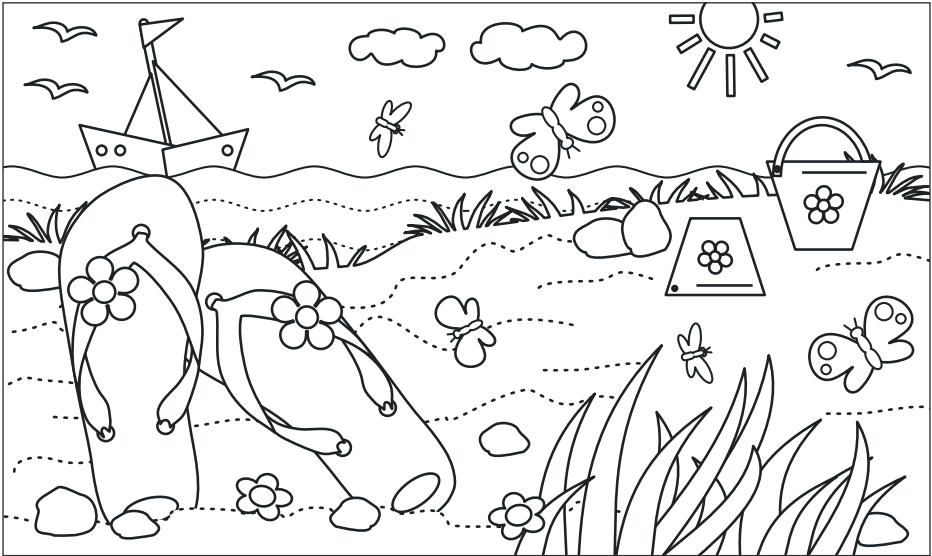
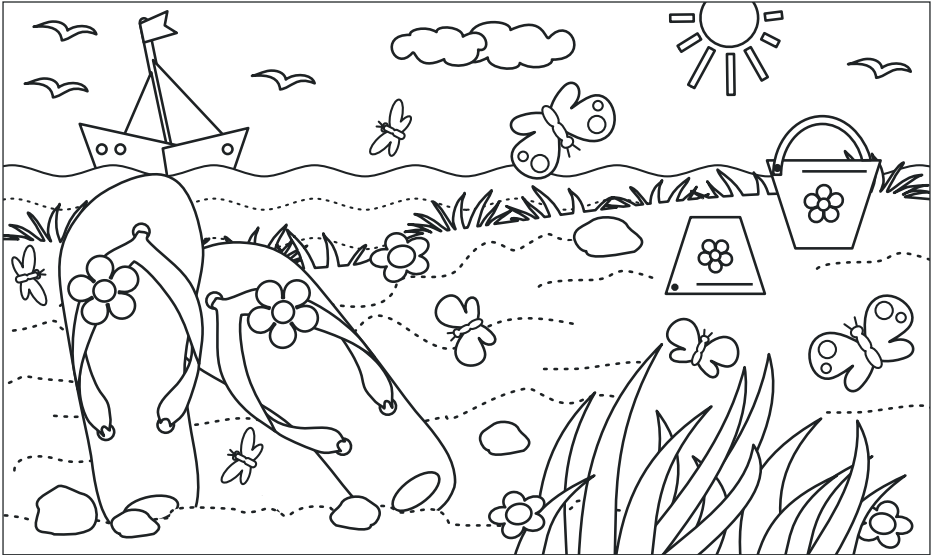
	1	2		3		4		5		6		7		8		9			
10						11													12
13										14									
						15	16		17										
18					19						20								
				21															
22	23	A		24							25								
				26															
27														28		29		30	A
				31															
32			33													34			
						35	36												
37																	38	39	40
									41						42				
43															44				
									45		46		47						
48														49					
									50										
	51													52					

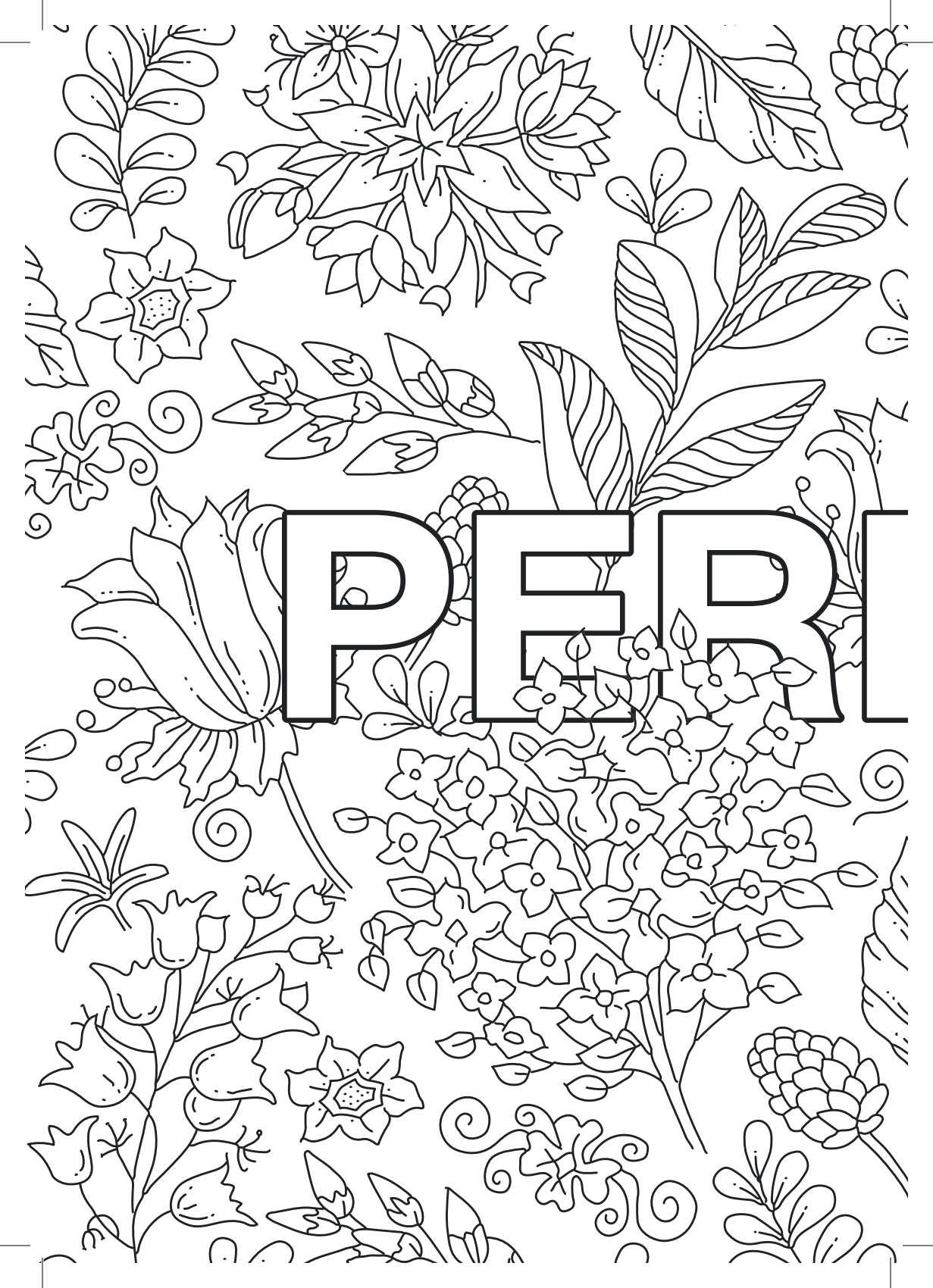
VISUAL PUZZLE

Can you find the two identical pictures?



Can you spot 10 differences?





PERI





VIDEO GAMES



I'VE PLAYED

Crash

Bandicoot

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☆ ☆ ☆ ☆ ☆

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80's



**If you weren't in hospital right now,
what would you be doing?**

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5, 4, 3, 2, 1 mindfulness activity


Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.





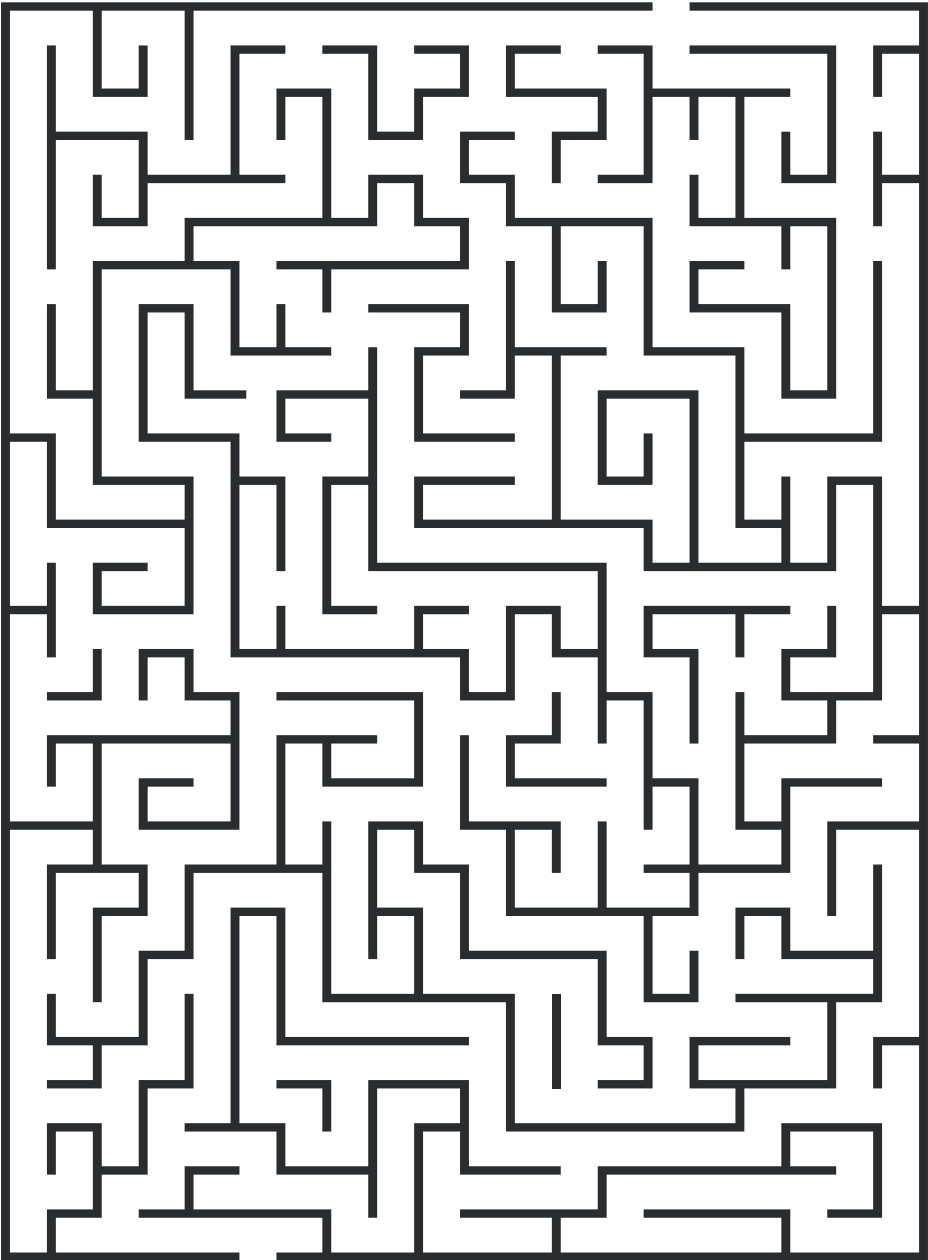


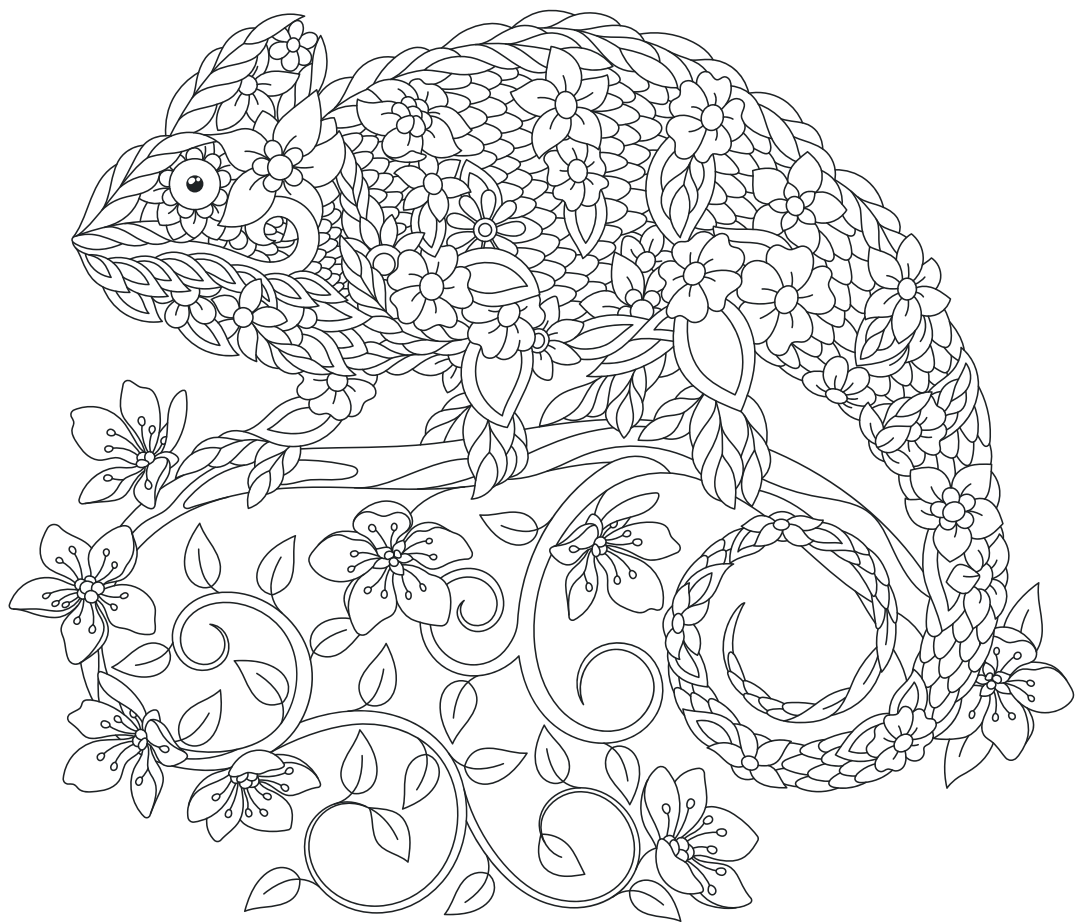






Find your way through the maze?







TV SHOWS

I'VE WATCHED



The Simpsons		
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☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆

.....
.....
☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆

.....
.....
☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆



You are super rare!

Write these down and when you are feeling sad,
take a look and remind yourself how brilliant you are!

What are the things you like best about yourself?

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What are the things your family like best about you?

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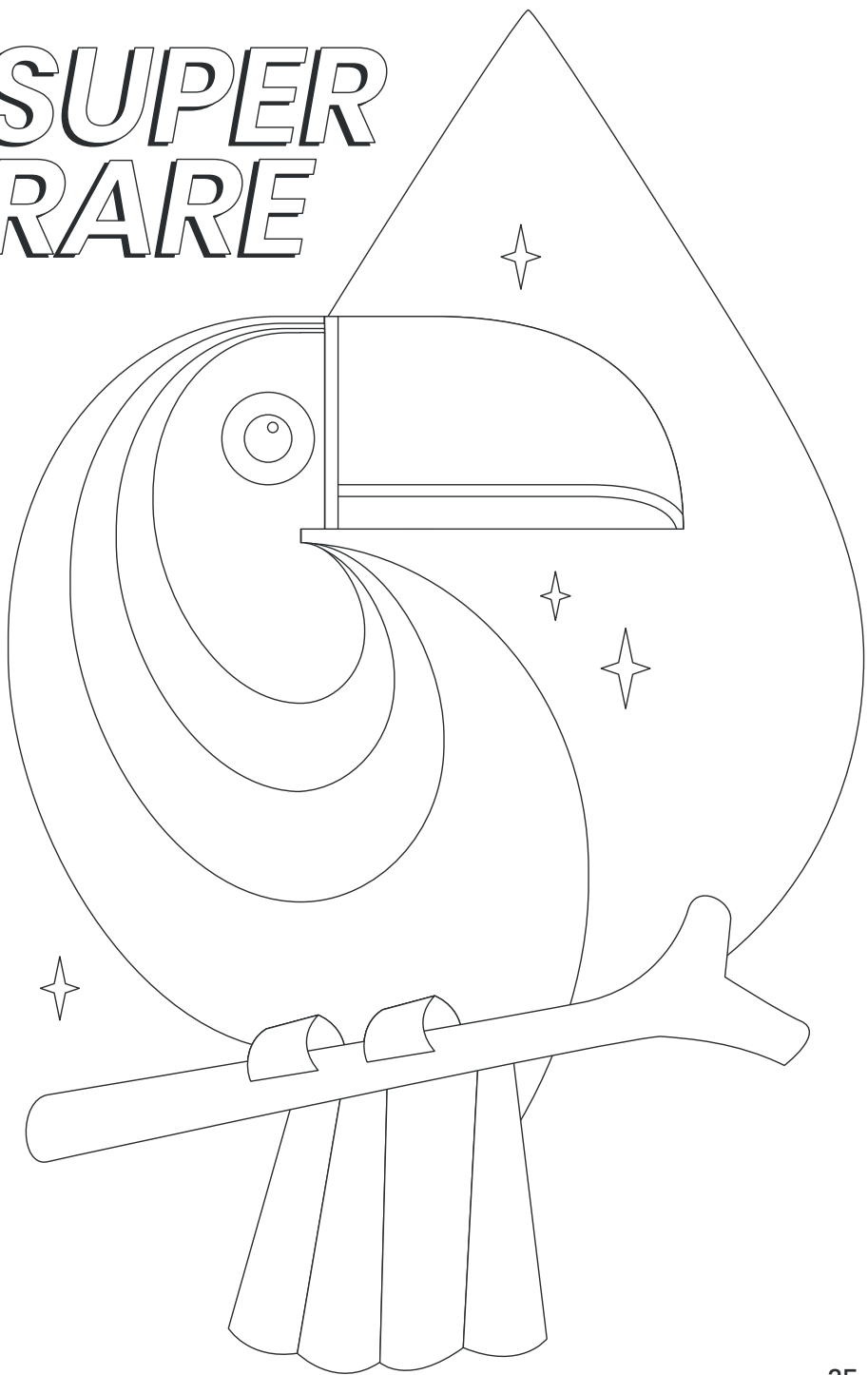
What are the things your friends like best about you?

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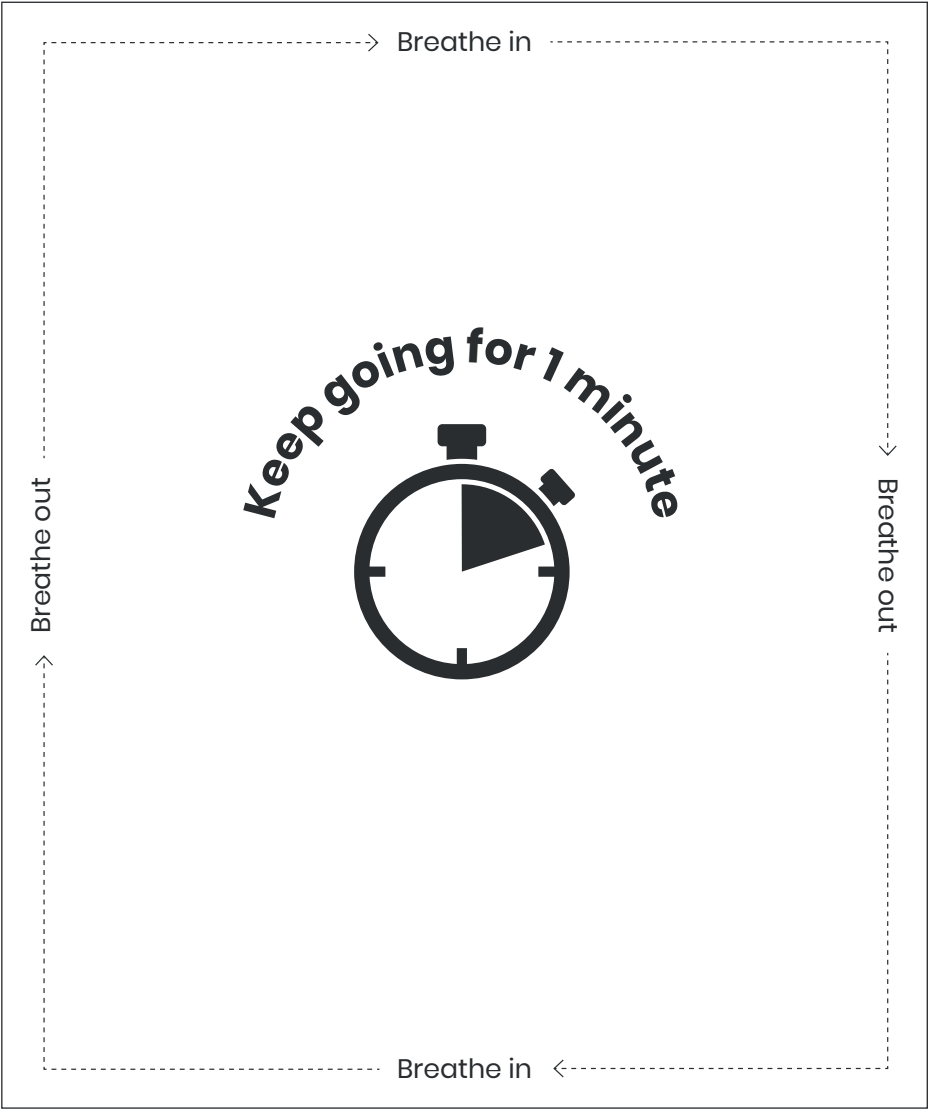
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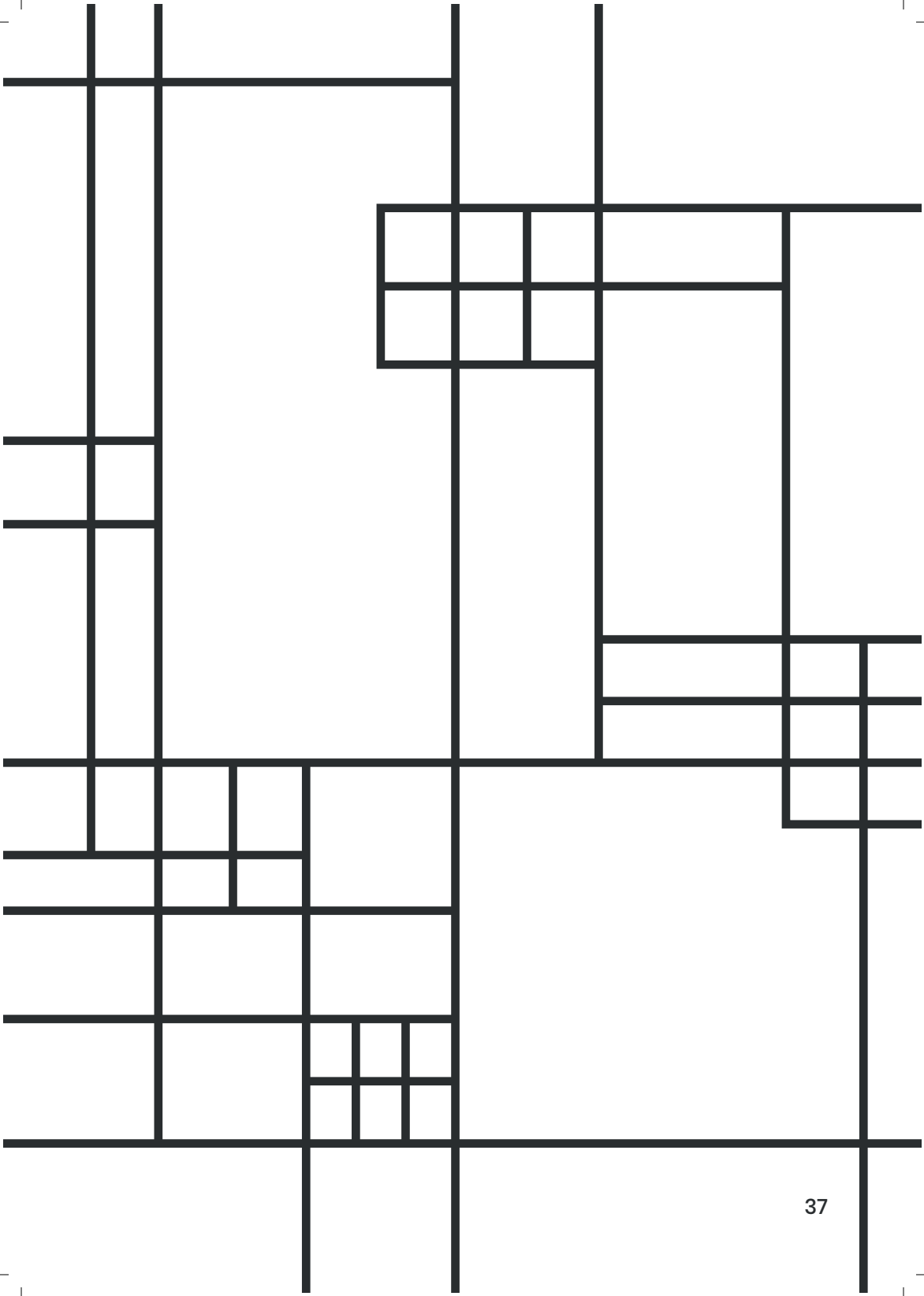
***SUPER
RARE***



Rectangular breathing exercise

Look at something rectangular, such as the box on this page, and breathe in as you look at the short side and breathe out as you look at the long side and keep going for 1 minute.





Can you complete the sudoku?

Each row, column and square needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

Sudoku 1

		3			2	1		
			9	1		4		2
						3		
				7			9	
		5						
		7		9	1			8
3								1
	4	6						
	9		8				6	

Sudoku 2

5			9					1
8		7	5		6			
	3	9						
			3			1		5
		5			1		2	
4						3		
		4				2	8	
	1				8	5		
2			4	5				

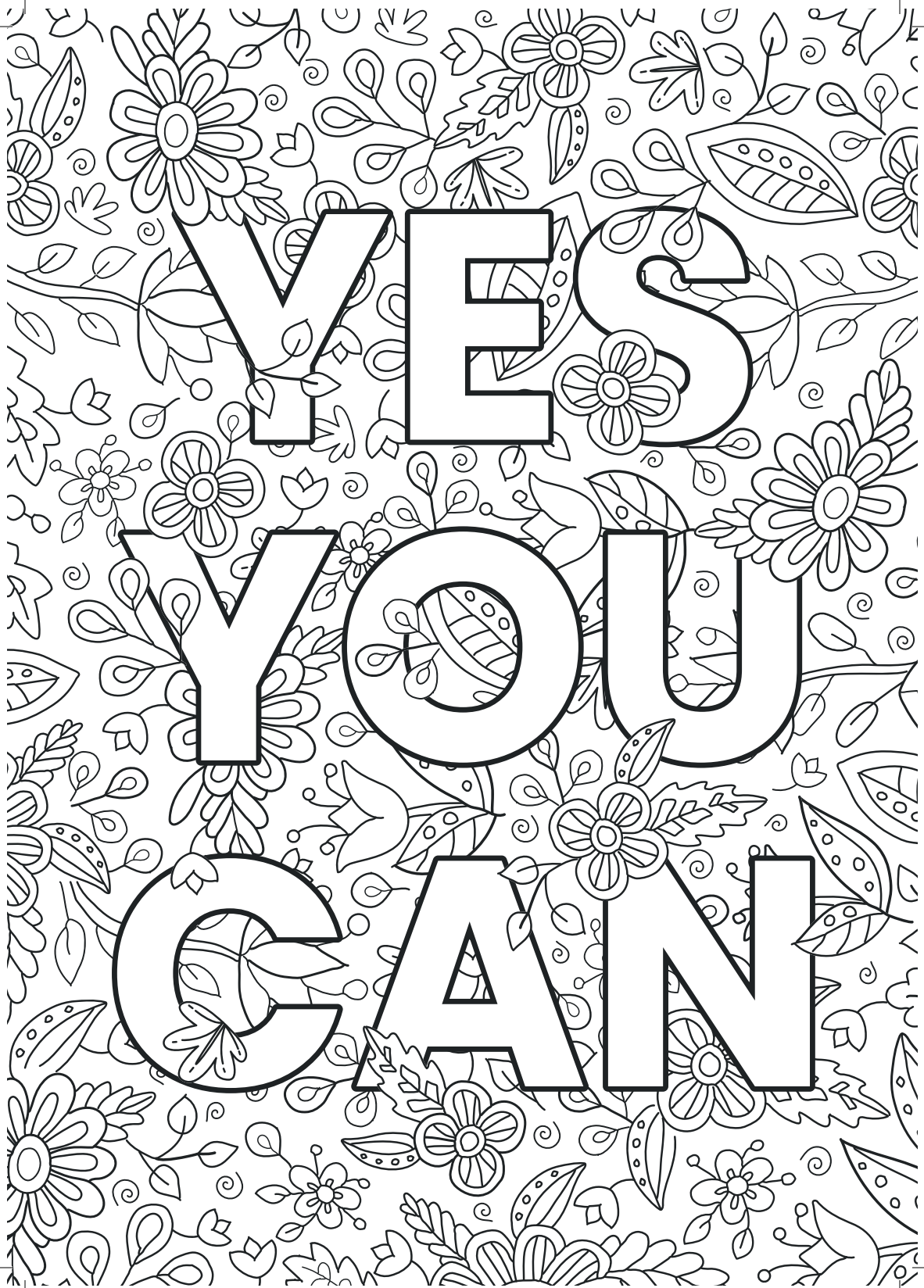
Sudoku 3

7			8					4
3		5	7		6			
	4	2						
			3			8		5
		3			7		9	
2					7			
		8				9	6	
	2				3	5		
9			1	5				

Sudoku 4

8			6					5
5		6	1		7			
	7	3						
			2			5		6
		8			4		9	
9						8		
		2				1	3	
	3				2	4		
4			7	3				

YES
YOU
CAN



Can you complete the tongue twister?

If two
witches
watched
watches,
then which
witch would
watch which
watch?



What are you most excited to do once you leave hospital?

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Journal

Use this space to make notes about your thoughts and feelings:

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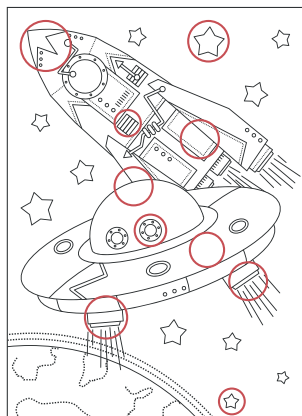
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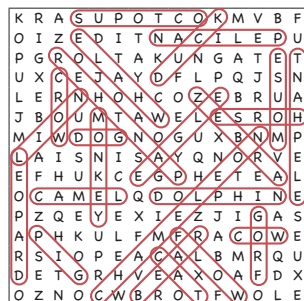
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Answers

Page 4/5: Spot the difference



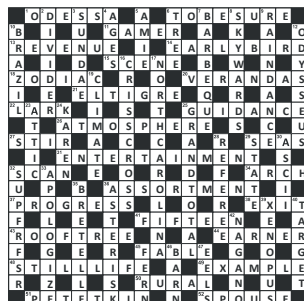
Page 12: Word Search



Page 13: Forest puzzle

1. Rabbit 2. Deer 3. Squirrel
4. Boar 5. Bear 6. Hedgehog
7. Wolf 8. Racoon 9. Owl 10. Fox

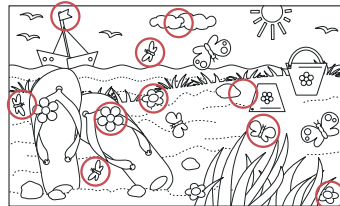
Page 20: Criss-cross



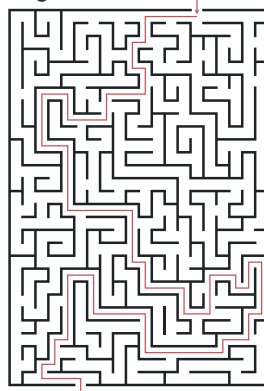
Page 20: Identical twins



Page 21: Spot the difference



Page 30: Maze



Page 38: Sudoku puzzle

Sudoku 1

4	5	3	7	6	2	1	8	9
7	6	8	9	1	3	4	5	2
2	1	9	5	4	8	3	7	6
1	8	4	2	7	5	6	9	3
9	2	5	3	8	6	7	1	4
6	3	7	4	9	1	5	2	8
3	7	2	6	5	9	8	4	1
8	4	6	1	2	7	9	3	5
5	9	1	8	3	4	2	6	7

Sudoku 2

5	6	2	9	7	3	8	4	1
8	4	7	5	1	6	9	3	2
1	3	9	8	4	2	7	5	6
6	2	8	3	9	4	1	7	5
3	7	5	6	8	1	4	2	9
4	9	1	7	2	5	3	6	8
9	5	4	1	6	7	2	8	3
7	1	6	2	3	8	5	9	4
2	8	3	4	5	9	6	1	7

Sudoku 3

7	6	1	8	2	9	3	5	4
3	9	5	7	4	6	1	8	2
8	4	2	5	3	1	6	7	9
6	7	9	3	1	4	8	2	5
1	5	3	2	8	7	4	9	6
2	8	4	6	9	5	7	3	1
5	1	8	4	7	2	9	6	3
4	2	7	9	6	3	5	1	8
9	3	6	1	5	8	2	4	7

Sudoku 4

8	9	4	6	2	3	7	1	5
5	2	6	1	8	7	9	4	3
1	7	3	9	4	5	6	8	2
3	4	1	2	9	8	5	7	6
2	6	8	5	7	4	3	9	1
9	5	7	3	6	1	8	2	4
6	8	2	4	5	9	1	3	7
7	3	5	8	1	2	4	6	9
4	1	9	7	3	6	2	5	8



**the
aplastic
anaemia
trust**

**Bringing failed bone
marrow back to life**

**Developed in collaboration
with the AAT Youth Board**

We are here for you. If you have questions or worries about aplastic anaemia or your treatment, or just fancy talking to someone who understands, then get in touch with Zoe and the team:

The Aplastic Anaemia Trust,
PO Box 591,
Margate,
CT9 9JZ

☎ 0300 102 3202

✉ support@theaat.org.uk

🌐 theaat.org.uk



**Pears
Foundation**

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