



Children's
Health Scotland



ACTIVITY BOOK!

Scottish Children's
Health Week 2020

31 Aug - 6 Sept
#feelinggood



We've packed this Activity Book full
with ideas for the week including:

- * INDOOR SCAVENGER HUNT
- * STRESS-BUSTER IDEAS
- * HAPPINESS WORD GAME
- * BACK TO CALM WORD SEARCH
- * DISCOVERING A FEW OF
YOUR FAVOURITE THINGS



WHAT'S INSIDE

DO YOU KNOW ABOUT RIGHTS? - Page 4

EUROPEAN ASSOCIATION FOR CHILDREN IN HOSPITAL (EACH) CHARTER - Page 5

CONVENTION ON THE RIGHTS OF THE CHILD - Page 6

RCPCH & US COLOURING ACTIVITY - Page 7

MONDAY MOTIVATION

- Page 8

INDOOR
SCAVENGER HUNT

- Page 9



TRY IT TUESDAY

- Page 10

SAVE THE CHILDREN
STRESS BUSTER
IDEAS - Page 11



 Save the Children

WELLBEING WEDNESDAY

- Page 12

RELAX KIDS -
BACK TO CALM
WORDSEARCH

- Page 13

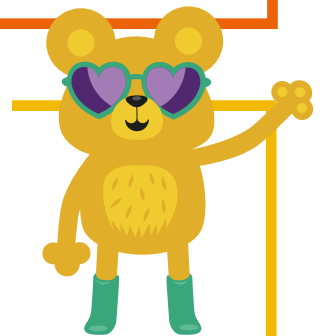


relax Kids

THURSDAY THOUGHTS

- Page 14

RELAX KIDS -
HAPPINESS WORD
GAME - Page 15



relax Kids

FEEL GOOD FRIDAY

- Page 16

STARCATCHERS
*WEE INSPIRATIONS

- Page 17



STARCATCHERS

SUPER SATURDAY

- Page 18

DISCOVER A FEW OF
YOUR FAVOURITE THINGS
- Page 19



SPECIAL SUNDAY

- Page 20

WORDSEARCH & PUZZLE

- Page 21



Children's
Health Scotland

CHILDREN'S HEALTH
SCOTLAND - Page 22

Scottish Children's Health Week 2020

Welcome to our first Scottish Children's Health Week 2020 #feelinggood. We have created this week to focus on the health and wellbeing of children and young people and their right to the best possible health.

Children's Health Scotland plays a big part in enabling children and young people to learn about their health and wellbeing and the fact that every child has the right to the best possible health.

Do you know about your rights? Human rights are a list of things that all people – including children and young people – need in order to live a safe, healthy and happy life. You can find out more about these on page 4.

The right to the best possible health' is Article 24 of The UN Convention on the Rights of the Child (UNCRC) which sets out the human rights of every person under 18. Article 24 states that 'Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, a clean environment, and education on health and wellbeing so that children can stay healthy.'

It is the hope that everyone involved with children's health and wellbeing in Scotland

will take the opportunity to be part of Scottish Children's Health Week 2020 and celebrate working side by side to keep children safe, healthy and happy.

This Activity Book has been created to support Scottish Children's Health Week; it includes themed days to help you get creative and share your thoughts and feelings about health and wellbeing. For older children this Activity Book should be easy to read and contains activities that you can do with your friends. For younger children, adult help (or the help of older children) will be needed to explain activities, and more importantly, to learn more about health rights.

The hashtag 'feelinggood' has been created to encourage everyone to talk about health, feelings and emotions and we hope you will use this hashtag on social media.

We hope as many people as possible will join our conversations.

#feelinggood



DO YOU KNOW ABOUT RIGHTS?



Human rights are a list of things that all people – including children and young people – need in order to live a safe, healthy and happy life. You have them no matter where you are from, how old you are, what you believe, or how you choose to live your life.

The United Nations Convention on the Rights of the Child (UNCRC) is an important agreement by countries who have promised to protect children's rights. The Convention on the Rights of the Child explains who children are, all their rights, and the responsibilities of governments.

Governments cannot pick or choose which rights to honour. All the rights are connected, they are all equally important and they cannot be taken away from you.

Adults must respect and protect the human rights of children and young people when they plan services, make policies and decisions.

The European Association for Children in Hospital (EACH) is an international umbrella organisation for the welfare of children in hospital and other healthcare services. Children's Health Scotland is a member of EACH and represents the organisation in Scotland. EACH

has created a Charter (shown opposite) that stipulates in 10 points the rights of sick children and their families before, during and after a stay in hospital and in other healthcare services. The rights mentioned in the Charter apply to all sick children, regardless of their: illness, age, disability, origin, social and cultural background, reason, form or place of treatment, or whether they are in-patients or out-patients. The 10 principles of the EACH Charter relate in many respects to the rights of the child in general as stipulated in the UNCRC, as well as to the recognition of children's different emotional and developmental needs depending on their age.

Do you know your rights?

Over the page are two activities you can try to learn more about rights.

Page six has a list of children's rights. Take a piece of rice or a small stone and drop it onto the paper. What right did you land on? Find out more about this right online at <https://cypcs.org.uk/rights/uncrc/articles/> and discuss with your friends and family what this actually means to you.

Page seven has a colouring sheet for you to print off. While you colour this in discuss the right and what it means to your health and wellbeing.



EUROPEAN ASSOCIATION FOR CHILDREN IN HOSPITAL (EACH) CHARTER

The EACH Charter recognises and endorses the rights of the child as stipulated in the UN Convention on the Rights of the Child (UNCRC), and in particular the key principle that, in all situations, the best interests of the child should prevail.

Children's Health Scotland is the only charity in Scotland dedicated to informing, promoting and campaigning on the healthcare needs and rights of all children and young people.

1

Care at home whenever possible and hospital only when necessary



2

Children and young people have their parents' and carers' support



3

Parents and carers welcome to stay
Families have help with extra costs
Parents and carers as partners in care are kept informed



4

Easily-understood information in line with age and understanding



5

Take part in decision-making



6

Cared for with others of similar age and stage



7

Time for play, recreation and education



8

Staff trained to know how children and young people work



9

Team around the child for continuous care



10

The right to understanding, respect and privacy



www.childrenshealthscotland.org

Cartoon captions are adapted from the European Association for Children in Hospital (EACH) Charter and Annotations and should be read alongside the complete text. Visit the EACH website www.each-for-sick-children.org or link through Children's Health Scotland website www.childrenshealthscotland.org. For copies of the Charter contact Children's Health Scotland 22 Laurie Street, Edinburgh, EH6 7AB Tel: 0131 553 6553 Email: enquiries@childrenshealthscotland.org. The EACH Charter is in line with the corresponding and binding rights of the child in general as stipulated in the UN Convention on the Rights of the Child and refers to children as being aged from 0-18. EACH is the umbrella organisation for member associations involved in the welfare of all children before, during or after a hospital stay (at home, in hospital or in the community). Charter illustrations: © PEF/APACHE France. Children's Health Scotland, 22 Laurie Street, Edinburgh, EH6 7AB. Scottish Charity Number SC006016. Registered Company Number 100114.



<p>1</p> <p>DEFINITION OF A CHILD</p>	<p>2</p> <p>NO DISCRIMINATION</p>	<p>3</p> <p>BEST INTERESTS OF THE CHILD</p>	<p>4</p> <p>MAKING RIGHTS REAL</p>	<p>5</p> <p>FAMILY GUIDANCE AS CHILDREN DEVELOP</p>	<p>6</p> <p>LIFE, SURVIVAL AND DEVELOPMENT</p>	<p>7</p> <p>NAME AND NATIONALITY</p>
<p>8</p> <p>IDENTITY</p>	<p>9</p> <p>KEEPING FAMILIES TOGETHER</p>	<p>10</p> <p>CONTACT WITH PARENTS ACROSS COUNTRIES</p>	<p>11</p> <p>PROTECTION FROM KIDNAPPING</p>	<p>12</p> <p>RESPECT FOR CHILDREN'S VIEWS</p>	<p>13</p> <p>SHARING THOUGHTS FREELY</p>	<p>14</p> <p>FREEDOM OF THOUGHT AND RELIGION</p>
<p>15</p> <p>SETTING UP OR JOINING GROUPS</p>	<p>16</p> <p>PROTECTION OF PRIVACY</p>	<p>17</p> <p>ACCESS TO INFORMATION</p>	<p>18</p> <p>RESPONSIBILITY OF PARENTS</p>	<p>19</p> <p>PROTECTION FROM VIOLENCE</p>	<p>20</p> <p>CHILDREN WITHOUT FAMILIES</p>	<p>21</p> <p>CHILDREN WHO ARE ADOPTED</p>
<p>22</p> <p>REFUGEE CHILDREN</p>	<p>23</p> <p>CHILDREN WITH DISABILITIES</p>	<p>24</p> <p>HEALTH, WATER, FOOD, ENVIRONMENT</p>	<p>25</p> <p>REVIEW OF A CHILD'S PLACEMENT</p>	<p>26</p> <p>SOCIAL AND ECONOMIC HELP</p>	<p>27</p> <p>FOOD, CLOTHING, A SAFE HOME</p>	<p>28</p> <p>ACCESS TO EDUCATION</p>
<p>29</p> <p>AIMS OF EDUCATION</p>	<p>30</p> <p>MINORITY CULTURE, LANGUAGE AND RELIGION</p>	<p>31</p> <p>REST, PLAY, CULTURE, ARTS</p>	<p>32</p> <p>PROTECTION FROM HARMFUL WORK</p>	<p>33</p> <p>PROTECTION FROM HARMFUL DRUGS</p>	<p>34</p> <p>PROTECTION FROM SEXUAL ABUSE</p>	<p>35</p> <p>PREVENTION OF SALE AND TRAFFICKING</p>
<p>36</p> <p>PROTECTION FROM EXPLOITATION</p>	<p>37</p> <p>CHILDREN IN DETENTION</p>	<p>38</p> <p>PROTECTION IN WAR</p>	<p>39</p> <p>RECOVERY AND REINTEGRATION</p>	<p>40</p> <p>CHILDREN WHO BREAK THE LAW</p>	<p>41</p> <p>BEST LAW FOR CHILDREN APPLIES</p>	<p>42</p> <p>EVERYONE MUST KNOW CHILDREN'S RIGHTS</p>
<p>43-54</p> <p>HOW THE CONVENTION WORKS</p>	<h1>CONVENTION ON THE RIGHTS OF THE CHILD</h1>					

Health & Article 12



The right to be involved in decisions that affect you, from individual care decisions through to shaping health services that you might use.

Health & Article 23



Children and young people with disabilities have the right to be actively involved, which includes having appropriate communication support within healthcare appointments.

Health & Article 24



The right to the best healthcare possible, which could include creating child and youth friendly health services.

Health & Article 28



The right to education, no matter who you are: regardless of race, gender or disability; if you're in detention, or if you're a refugee. This means services working together to avoid missing school due to medical appointments.

Health & Article 31



The right to rest, relax and play. This includes support to help those with conditions to be able to engage in social activities, and for health services to try to schedule appointments around important things like school matches, proms or social activities.

RCPCH & US has created an activity pack full of fun things to do to help keep you happy and well. Colouring in is a great mindfulness task and this page contains graphics to colour in that directly link to children's rights. Why not give it a go? You can find more at www.rcpch.ac.uk.

MONDAY MOTIVATION



BE ACTIVE

Being active isn't just about feeling stronger, fitter, more energetic and sleeping better. It's all about having fun! You don't have to go to the gym to be active - you can take a walk, go cycling or play a game. Remember being active is vital for healthy development and contributes to your quality of life, health and wellbeing as well as your physical, social, emotional and cognitive development.

THREE MONDAY MOTIVATIONAL IDEAS...

1.

TREASURE HUNT

A treasure hunt is a great way to get everyone moving. Choose an adult or older child to be the Organiser who will hide items somewhere inside or out and write clues for others to find the loot. Maybe they need to crawl across the couch, slide like a snail under a bed, reach behind a stool, or, if you're outside, run to the tree, jump off a tree stump, dig into a hole. Each clue can have words for older children and pictures for younger ones.

2.

PUPPET SHOW

Putting on a puppet show is lots of fun and easy to do - and puppets are really fun and inexpensive to make! All you need are things that you have lying around the house - old socks, tights or other scraps of material. So, go on and get creative and save those old socks from ending up in the bin. For ideas on how to make them check out the following link: <https://www.loveyourclothes.org.uk/blogs/lost-socks> from Love Your Clothes who have put together a FREE Family Materials and Activity Pack and compiled 101 uses for a lonely sock. That should keep everyone busy for a while.

3.

MUSICAL STATUES

Who doesn't like a good dance? So, put on the music and invite everyone to move around (dancing, hopping, skipping, running) while it is playing. When it stops ask everyone to freeze into a statue. Everyone needs to stay like this until the music starts again. Randomly stop and start the music and try to surprise everyone by varying the type of music played. For some added fun you can introduce streamers, scarves, or hoops.



Indoor Scavenger Hunt

Get active around the house with this indoor scavenger hunt! How many of these items can you find? Tick the item when you have found it!



Ball



Book



Cuddly Bear



Cup



Cushion



Hat



Keys



Measuring Tape



Paper



Pencil



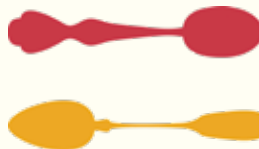
Picture



Plate



Soap



Spoon



Toothbrush



Torch



Towel



Watch

TRY IT TUESDAY



BE BRAVE

Bravery does not mean fearlessness. It means having the courage to try something new or challenging and then celebrating your success. It is about stretching to do things that are outside of your comfort zone and trying to succeed. Stretching to do things that are outside of your comfort zone can increase your self-esteem.

THREE TRY IT TUESDAY IDEAS...

1. OBSTACLE COURSE

We all love superheroes. Even professional superheroes need to practise their skills to stay on top of their game. Create your own superhero training centre by setting up a DIY outdoor obstacle course. You can try your superhero skills by stepping in and out of buckets. Or lay a jump rope on the ground and then travel the length of the rope jumping from one side to the other. Or lay some hula hoops on the ground and practise your super-leaps in and out of the hoops. The possibilities are endless.

2. LET'S ROLE PLAY

Role-playing may feel like playtime, but it is a great way to start enforcing good qualities in a gentle way. In the same way that watching role models demonstrate bravery can help channel it into your own life, practising can help too. For this Try It Tuesday why don't you pretend to be an explorer, superhero, or adventurer, and practise "overcoming" a fear to save the day?

3. STORY TIME

Story time is a fabulous way to open new worlds and explore endless opportunities. During story time we can learn new words, meet new people, and discover new ideas. It is also the perfect opportunity to ask questions and find out more about thoughts, feelings and being brave. Even the simplest of stories can help us recognise that we are not alone with our fears – others often feel the same way. For story time today choose a book that will help explain that fears are universal; but just as we fear, we can also overcome if we harness the courage within ourselves.





Stress Buster Ideas

Lazy Cat

This exercise releases muscle tension.

Pretend you are a lazy cat that has just woken up from a lovely, long nap.

- Have a big yawn.
- And a meow.
- Now stretch out your arms, legs and back – slowly like a cat – and relax.



Stress Balls

This exercise releases muscle tension and massages your hands.

Make your own stress ball(s) by filling balloons with dry lentils or rice.

- Take the ball(s) in one or both hands and squeeze and release.
- Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure and timing of your squeezes to whatever way you like.



WELLBEING WEDNESDAY



BE CALM

We can all sometimes struggle to regulate emotions. Tantrums, outbursts, whining, defiance, fighting are all behaviours that can be seen when we are experiencing powerful feelings that are hard to control. Regulating emotions is particularly challenging when out of routine or at home for long periods of time. For Wellbeing Wednesday why not take some time to be calm and focused? This is also great for your emotional wellbeing.

THREE WELLBEING WEDNESDAY IDEAS...

1. MY CALMING POSTER

Our friends at Scottish Attachment In Action (SAIA) developed the 'My Calming Poster', <https://tinyurl.com/mycalmingposter>. This poster explains that anger creates a chemical in the body called adrenaline, which makes it hard to think well and to make good decisions. There are lots of ways you can ease this adrenaline and angry feelings such as: writing about or drawing your feelings, or you could even try blowing up a balloon using an angry thought to power every puff! Why not take a look at the poster and try out some different ways to calm down?

2. RELAX AND LISTEN

Listening to relaxing music can help you to stop and reset. Experiment with music to find out what suits you best. Many people enjoy hearing the calming roll of ocean waves, the trickle of raindrops, bird song, the gentle chirping of rainforest animals, or the powerful roar of thunderstorms as they drift off. These sounds often rise and fall in volume and intensity, which you may find relaxing. This activity can be done alongside deep breathing to really help you to chill out. For examples of relaxing sounds check out <https://play.google.com/store/apps/details?id=com.peakpocketstudios.atmosphere>

3. YOGA

There comes a time when we learn that happiness comes from within. Feelings are never wrong; we just need to learn how to understand and cope with them. Yoga encourages mindfulness to allow you to grow in confidence and to be the best you can. It stretches your imagination and provides fantastic aerobic and strengthening exercises. Check out Cosmic Kids, <https://tinyurl.com/cosmickidsyogaideas>, for some great free yoga videos, themed on stories and songs.

YOGA

Back to Calm Wordsearch



Can you find all the things that can help when you are feeling anxious or stressed?

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

BREATHE
LAUGH
HUG

SHAKE
RUN
STRETCH

TALK
MESSAGE
WRITE

ACCEPT
MOVE
RELAX

NOTICE
DRAW
DANCE

THURSDAY THOUGHTS



BE HAPPY

Happiness really is a skill that we can all learn, and that will last a lifetime. However, struggles and difficulties are a part of life - we can't be happy all of the time! Sometimes things can happen that make us feel sad, angry, upset or afraid. Being happy isn't about ignoring these feelings but learning how to respond in the most constructive way we can. Happiness is about emotional health and wellbeing - being able to make the most of the good times and to cope with the bad - so that we can experience the best possible life. Oh, and research shows that being happy also makes us healthier.

THREE HAPPINESS IDEAS TO TRY THIS THURSDAY...

1.

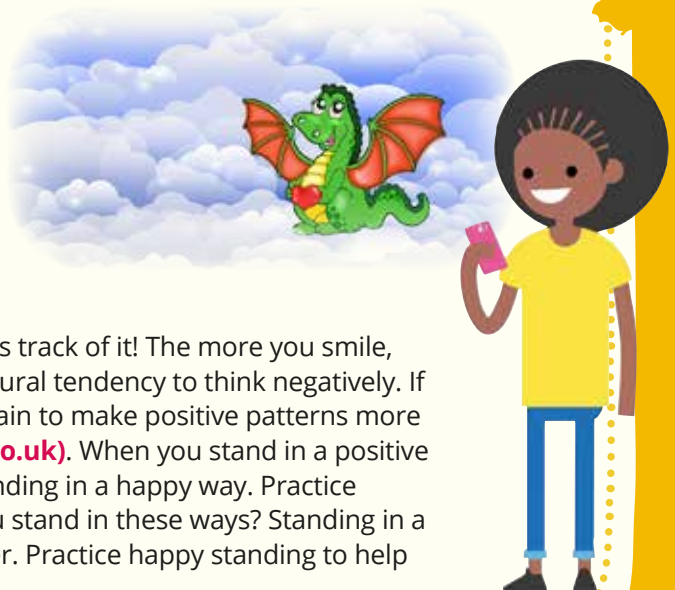
A GOOD NIGHT'S SLEEP

Getting a good night's sleep is important for happiness. If we have too little sleep, it can make us grumpy, easily upset and less able to concentrate and learn. It can also mean we want to eat sugary foods that aren't good for us and make us less likely to want to exercise. Action For Happiness has some great Top Tips (<https://tinyurl.com/actionforhappinnessleep>) to make sure you get a good night's sleep every night.

2.

CLOUD SPOTTING

This common activity encourages you to relax and take your mind off other things. This activity can be done alongside deep breathing to really help you to chill out. All you have to do is stay as still as you can and simply watch the clouds go by. Can you spot any shapes among the clouds?



3.

HAPPY STANDING

When you smile, your brain knows, and actually keeps track of it! The more you smile, the more effective you are at breaking the brain's natural tendency to think negatively. If you smile often enough, you end up rewiring your brain to make positive patterns more often than it does negative ones (www.laughology.co.uk). When you stand in a positive way it can tell your brain you feel happy. Practice standing in a happy way. Practice standing in a sad way. Do you feel different when you stand in these ways? Standing in a positive way or 'power posing' can help you feel better. Practice happy standing to help you and others feel better.

Happiness Word Game

Can you find 25 things that make people happy?

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

DANCING	FRIENDS	LAUGHING	FOOD	GOALS
SINGING	HUGGING	SEASIDE	COMPLIMENTS	GIVING
MUSIC	GAMES	SHARING	ADVENTURES	CUDDLING
SUNSHINE	HOLIDAYS	NATURE	TICKLING	PLAYING
FAMILY	EXERCISE	RELAXING	TREATS	LOVING



Love



FEEL GOOD FRIDAY

BE FRIENDLY

Friends make our lives better. They help us laugh, stand by us when we are down and make our lives healthier. Yes, that's right. Surrounding yourself with good friends is an important way to stay healthy throughout your life and hanging out with them - even for 10 minutes - improves brain function and the ability to solve problems.



THREE FEEL GOOD FRIDAY IDEAS...

1. LAUGH TOGETHER

We all need laughter in our lives and sharing a laugh can help bring us and our friends closer together. A sense of humour can brighten life and those with a well-developed sense of humour are happier, more optimistic, have higher self-esteem, and can handle change well. It is worth remembering that a sense of humour is a learned quality that should be developed throughout life, it is not something you are born with. Why not try some activities that will make you and your friends laugh today? You can blow raspberries, put on a silly hat and chase each other around, read jokes from a book to one another or draw "funny" pictures. Go on – have a laugh!

2. BUILD A DEN

Building dens with friends is great fun and helps with learning, creative thinking, and building teamworking skills. It also develops an understanding of how to plan, reflect and investigate. To build a den, grab some items such as: cardboard boxes, chairs, pillows or cushions, old sheets or blankets, or what about a clothes horse? Anything goes! If you are adventurous head outside and grab some big sticks and make a tee-pee tent with an old sheet or big leaves. Work with friends to make a strong and interesting den and be imaginative. What will your den be? A meeting place for spies, a pirate hideout or maybe a fairy castle for the night?

3. READ WITH FRIENDS

Reading together is a great way to share ideas with your friends. For younger children you could try reading *The Rainbow Fish* which is an international best-seller, a modern classic and which has eye-catching foil stamping and glittering on every page. However, it is the universal message at the heart of this simple story about a beautiful fish who learns to make friends by sharing his most prized possessions that gives the book its lasting value.



Starcatchers

#WeelInspirations

SAME, BUT DIFFERENT GAME

THE BASIC IDEA

Sharing our favourite objects is a great way of communicating what we are interested in with our friends. For this game, give your friend an object and they have to match it with another object that is the same colour, shape or texture.

OVER TO YOU

The great thing about this idea is that it starts with something you are interested in. Once you are up and active on your feet you can start matching lots of things with your friends. Or maybe you can set challenges for one another?

CHEEKY BONUSES

This activity will encourage you to:

- Explore shapes, textures, and colours.
- Develop language skills and take part in conversations.
- Think about numeracy and literacy skills.

VARIATIONS

- Take your favourite objects outside and try to find similar colours in nature or on a walk.
- Make it a photo challenge! Take photos of similar objects/colours together.
- Involve different age ranges and turn it into a treasure hunt to find matching objects.

AND REMEMBER

This doesn't have to be a pre-planned activity, you can slip the idea of matching colours, shapes and textures into everyday chats.



@StarcatchersCS
@StarcatchersUK

www.starcatchers.org.uk

STARCATCHERS

SUPER SATURDAY



BE KIND

The smallest act of kindness can make a huge difference, whether it's a kind word, a thank you or even just a super smile! There are larger acts of kindness such as volunteering or going shopping for someone who needs your help - all of which can help improve your own mental health and wellbeing whilst building new social connections. Why not think about three acts of kindness that you could do during Scottish Children's Health Week? Remember that being kind will make you and others feel good.

THREE SUPER SATURDAY IDEAS...

1. MAKE A FAMILY KINDNESS JAR

To make a family kindness jar you need a pen, jar, paper and your family members! When you are ready gather everyone together and then take it in turns to come up with random acts of kindness that you would like to complete as a family. Write these down on your pieces of paper and then put all of your papers in the jar. Decide between you how often you are going to complete these acts of kindness. Weekly, bi-weekly, monthly? Then take turns drawing an act of kindness out of the jar and completing it as a family. You can also do this activity with your friends. If you want to get even more creative, you can decorate the jar too!

2. TIDY UP

We all love games, and there are so many ways to make tidying up a game. Why not give everyone in the house a small basket and then ask them to walk around the house (or their rooms) and find items that are out of place on the floor, counter, under the couch, wherever they see a mess, while a timer is set. Whoever has the most items at the end wins.

3. RANDOM ACTS OF KINDNESS

Take action and carry out a random act of kindness for someone else. Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve emotional wellbeing and even benefit our physical health. Some ideas you may like to try include: sending a handwritten note to a friend or relative; carrying the shopping into the house; spending time with a friend or family member who may be lonely; telling your family you love them; or volunteering to help a family member with a task.

Discover a few of your favourite things

You will need two dice to play this game. When you roll the dice, add them up. When you have the total, match it against the questions below.



SCORE

QUESTION

2	My favourite movie is...
3	My favourite place is...
4	My favourite band/singer is...
5	My favourite shop is...
6	My favourite book/author is...
7	My favourite food is...
8	My favourite actor/actress is...
9	My favourite place is...
10	My favourite colour is...
11	My favourite TV show is...
12	My favourite sweet is...



SPECIAL SUNDAY



BE HELPFUL

Helpful people help others. Children are naturally sympathetic and have a desire to be helpful. Showing others how to be helpful is a value that stays with us as we grow and develop. Being helpful means doing things to care for yourself, your family, friends and community. It involves looking for those in need and doing something to help them out of love. What could you do today to help someone else and make them feel special? Could you write a letter to someone in your family, or write to us, or make a friend a card? You could ask other people to name three special things about you and maybe you could do the same for them?

THREE WAYS TO BE HELPFUL THIS SUNDAY...

1. DOING A GOOD TURN

You can be helpful by looking out for things that need to be done, and then doing them without being asked. This can often be referred to as 'Doing a Good Turn'. You can do this in the community, for example, by picking up litter in your street and putting it in the bin. Or you can go bigger and organise a community litter pick through Clean Up Scotland - they can also help you nominate someone for a Clean Up Scotland Hero award.

2. WINDOW WASHING

Washing windows has many benefits! Filling up a spray bottle to mist over the windows requires motor skills, coordination and a strong sense of balance. To make the spray mix a solution that is half white vinegar and half water. To make it smell nice you can add a few drops of essential oil such as lemon or lavender. You'll need to have self-control and self-discipline to complete your task - and remember to use shamies (or "magic" wash cloths) to clean off any streaks of water.

3. CHORES

Some chores help to teach us life skills - like doing the laundry or cooking - and others teach us about responsibility, planning and time-management - such as cleaning your room. Chores also teach teamwork - members of your family "team" are accountable to each other, and there are consequences when you don't meet each other's expectations. You can easily be helpful this Sunday by doing some chores around the house. Why not start by cleaning your room?



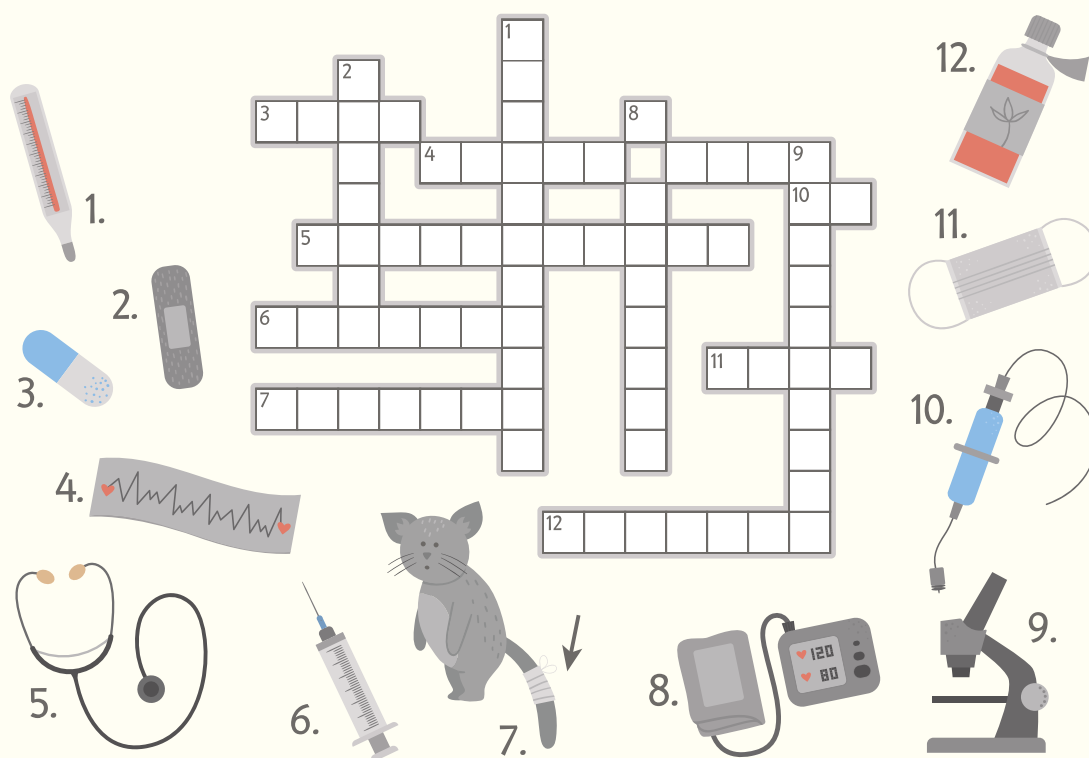
Wordsearch

Match the pictures with words and find them in the wordsearch!



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

Crossword Puzzle



Please go online: <https://www.childrenshealthscotland.org/events/scottish-childrens-health-week-2020/> to view answers.



Expertise and Information

It can be a worrying time when a child or young person is unwell, and it is not always easy to find the information you need. We help by:

- Listening to you; providing support and information when you need it the most.
- Finding the right services for you.
- Providing information about your healthcare rights and responsibilities.
- Helping children and young people to learn about their healthcare rights to help with decisions about treatment and care.
- Helping children and young people to cope with illness or a long-term condition.



Resources

We have a range of **FREE** resources for parents and carers which can help prepare children for health treatments. These include:

- Parent/carers packs.
- Fact sheets on how to help children cope with pain, needles, dental treatment, staying in hospital.
- Loan of health-related play materials.



Funding

Our Children's Health and Wellbeing Services are delivered **FREE** to children, young people and families thanks to funding from the Scottish Government Children, Young People and Families Early Intervention Fund, the Scottish Government Wellbeing Fund and other Trusts and Foundations. We are extremely grateful for this funding.

We offer a range of children's health and wellbeing services focused on five key areas:



1. Expertise and Information

We offer support and guidance over the telephone and have a range of information packs, educational resources and activities on the health and wellbeing rights of children and young people.



2. Voice

We are the national voice for children and young people, promoting the universal recognition of the healthcare needs and rights of all children and young people and their families.



3. Improving Life Experiences

We offer 1:1 sessions in primary and secondary school settings, or online, focusing on health and wellbeing issues and promoting skills and coping strategies.



4. Training and Resources

We offer training to support those working with children and young people. We also offer group programmes to build confidence and connections with other children and young people.



5. Health-Related Play

We offer health-related play sessions and workshops. More than just a chance to have fun, play is serious business when it comes to children's health and health-related play can help children physically, mentally and emotionally.

Children's Health Scotland has play boxes with realistic dressing up clothes, that cover a wide range of medical professions, and toys which enable play around medical themes. Play is serious business when it comes to children's health, and health-related play can help children physically, mentally and emotionally. This meets with: UNCRC Articles 4 ***Time for play, recreation, and education***; 5 ***Family guidance as children develop***; and 31 ***Rest, play, culture, arts***; and EACH Article 7 ***Children shall have full opportunity for play, recreation and education suited to their age and condition and shall be in an environment designed, furnished, staffed and equipped to meet their needs.***





Registered office:

Children's Health Scotland
22 Laurie Street, Edinburgh EH6 7AB

✉ enquiries@childrenshealthscotland.org

🌐 www.childrenshealthscotland.org



Find us on:



Scottish Government
Riaghaltas na h-Alba
gov.scot

We acknowledge the support of the Scottish Government
through CYPFEIF and ALEC Fund Grant.

Children's Health Scotland. A charitable company limited by guarantee.
Scottish Charity No. SC006016. Registered Company No. 100114.
All materials © Children's Health Scotland 2020.