



Children's
Health Scotland



ACTIVITY BOOK!



Scottish Children's
Health Week 2023

4-10 September 2023

#myhealthmyrights

#bemorebear

Every child has the right
to the best possible health

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

- * NOTICING NATURE WALK
- * MAKE YOUR OWN SELF-ESTEEM SHIELD
- * CALMING ANIMALS AND CRAFTS
- * BREATHING FLOWER
- * EXCHANGING POSTCARDS
- * MY KINDNESS RAINBOW
- * COLOUR IN WITH RUDSEY & BEAR



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SCOTTISH CHILDREN'S HEALTH WEEK 2023

Welcome to our fourth Scottish Children's Health Week 2023!
#MyHealthMyRights

This week has been created to focus on the health and wellbeing of children and young people, and provides fun and colourful ways to explore and celebrate their right to the best possible health.

We play 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. The United Nations Convention on the Rights of the Child (UNCRC) describes children as anyone up to the age of 18 and it is an important agreement by countries who have promised to protect children's rights. The UNCRC explains who children are, all their rights, and the responsibilities of governments. All the rights are connected, they are all equally important and they cannot be taken away from you. Do you know about your rights? You can find out more about these rights on page 4 and the right to the best possible health is Article 24 of the UNCRC.

The European Association for Children in Hospital (EACH) Charter is highlighted on page 5. This Charter recognises and endorses the rights of the child as stipulated in the UNCRC, and the key principle that, in all situations, the best interests of the child should prevail.

It is our hope that everyone involved with the health and wellbeing of children and young people in Scotland will take part in Scottish Children's Health Week 2023 (#SCHW23) and celebrate working side by side to keep children safe, healthy, and happy. A big part of the week is to encourage children and young people to try new activities every day which are also supported by partner organisations within the children's health and wellbeing sector. For each day of the week, we would like to encourage you to be: Active; Brave; Calm; Happy; Friendly; Kind; and Helpful. These themed days might also help you to get creative in the way you share your thoughts and feelings about your 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) may be needed to explain activities, and more importantly, to learn more about health rights.

The hashtag '#MyHealthMyRights' has been created to encourage everyone to talk about health, feelings and rights. Please use this hashtag on social media.

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





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HOW THE CONVENTION WORKS

UN CONVENTION ON THE RIGHTS OF THE CHILD



DO YOU KNOW 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 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) describes children as anyone up to the age of 18 and 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 on page 6) that describes 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 set out 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?

Pages 4 and 7 have two activities you can try to learn more about rights.

Page 4 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 www.cypcs.org.uk/rights/uncrc and discuss with your friends and family what this actually means to you.

On page 7, we made a word search to help you discover your EACH Charter rights.



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.

DISCOVER YOUR RIGHTS

The European Association for Children in Hospital (EACH) Charter on the left-hand page tells you all about your 10 rights when in hospital and receiving healthcare.
Can you find all 10 words related to the 10 EACH Charter points?



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

HOSPITAL
INFORMED
EDUCATION
RESPECT

PARENT
DECISION
SKILLS

ACCOMMODATION
TOGETHER
CARE

MONDAY

#BEACTIVE



We can all benefit from being active every day. It can help you feel stronger, more energetic, sleep better – and have FUN! Today, let's get involved with games, spend time outdoors, and get our bodies moving. All kinds of exercise will help your health and wellbeing physically, socially, emotionally, and mentally. So, let's #BeActive!

THREE MONDAY MOTIVATIONAL IDEAS TO #BEACTIVE

1. Have a Dance Party

Make a playlist for your favourite music and host a dance party with friends and family. It's fun to share the music you like with others and to discover new songs. Make it into a competitive dance-off for everyone to show off their best, coolest or funniest moves.

2. Indoor Golf

Making your own indoor golf game can be as elaborate or simple as you like and will test your creativity. Take a ball or any object that will roll and set up courses in different environments to play. Can a cup or shoe be a target? Can you use pillows and toys for obstacles? How about getting really creative and by recycling and decorating bottles and tubs to make the course extra fun. Can you think of any other sports that can be played indoors?

3. Make a Time Capsule

Do you want to capture your life here and now so you can look back on it in the future? With a time capsule, you can do this. Time capsules are containers which can be filled with things that are important to you and then hidden or buried so that you can find them at a later time. You can fill your time capsule with anything which you would like to look at years from now, like a handprint, photos, drawings, a list of your friends or favourite books, and a note about something you hope will happen by the time you open the time capsule again. Search a safe place to put the capsule where it won't be lost or damaged and remember to find it again in the future.



Noticing Nature Walk

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Look all around you, up at the sky, and down at the ground. What can you smell? Can you smell rain, mud, trees, or plants? What can you hear? Can you hear birds, other people, the wind? What can you feel? Is it cold or warm? Is the ground rough or smooth? What else do you notice?



How did it feel to notice nature?



**Breathe and
Begin**

Thank you to our friends at Do Be Mindful for sharing this activity with us.
You can find more ideas from Do Be Mindful on their website at www.do-bemindful.com

TUESDAY

#BEBRAVE



Being brave doesn't always feel like being brave. If you stretch yourself and do something that makes you feel uncomfortable, it can increase your confidence and make you feel proud. When we are brave, we can try new things, meet new people and best of all, have fun! All these things can give our mental health and wellbeing a boost. So why not try and #BeBrave today?

THREE TRY IT TUESDAY IDEAS TO #BEBRAVE

1.

Draw a Comic about a problem and how you dealt with it

Have you ever had a problem or worry and not known what to do about it? Why not be the hero of your own story by drawing yourself as the main character who needs to save the day! Did you need to do a chore, find a lost item, or plan something new? Did you need help from someone on a specific item? Draw those too! If you are currently facing a problem, then you could draw a comic to work out how to deal with it.



2.

Ask your loved ones what "Being Brave" means to them

We all have fears and difficulties in life, no matter what age we are. You aren't alone if there is something that scares or worries you right now, so speak to the people around you to find out what they have to say. Talk to family, friends and teachers about their fears, what bravery means to them, and times they needed to #BeBrave. The responses will be interesting, and you might have fun, or want to write an article for your school newspaper about it.



3.

Name your fear... and face it!

Everyone fears something, and that's perfectly normal. What are you afraid of? Maybe you are scared of dogs, bugs, certain foods, the dark, being alone, or something else entirely. With a friend or family member, discuss one of your fears each and then work together to face them!



EVERY HERO NEEDS A SHIELD

EXPLORING MY SELF-ESTEEM

COURTESY OF

The
Fostering
Network

Using the shield template below, let's explore some important things about you!

1. Using the shield template below, draw your own shield and answer the questions in each section.
2. Cut out the shield and decorate however you want.

You will need:

- Cardboard
- Scissors
- Glue
- Colours and decorations



My name is...	I am good at...
Things I like about myself are...	My dreams are...

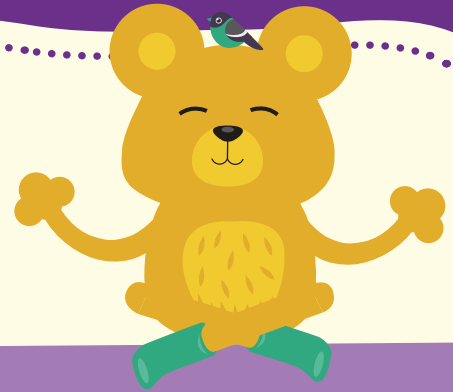
This activity will help you identify some awesome things about YOU!



Thank you to our friends at The Fostering Network for sharing the above activity from their 'Walking Tall' book. You can find more ideas and information from The Fostering Network at www.thefosteringnetwork.org.uk

WEDNESDAY

#BECALM



It can be hard to control your emotions. There will always be times when you feel overwhelmed, angry, scared, or unsure. While these powerful feelings are normal, there are some things you can do to help #BeCalm when you feel this way.

THREE WELLBEING WEDNESDAY IDEAS TO #BECALM

1. Pay Attention to the World Around You

There's always time to explore the world around you using your senses. Find somewhere in nature or anywhere you like, sit quietly, and focus on one sense at a time. For example, what noises can you hear? How would you describe them? Can you copy the sound? Can you find the source of the sound? Which is the loudest and which is the quietest sound? Move to different spots and compare the different sounds! Taking time to just listen can be very soothing. Now do the same thing for other senses.



2. The Calming Glitter Jar

Glitter jars are a great way of practising mindfulness AND a fun activity! They help us to focus, pay attention to our senses, and regulate our emotions. All you need to make one is a clean, empty jar, add a pot of glitter and fill with water. When you shake the jar, the glitter will swirl wildly around like the thoughts in our heads when stressed. Focussing on the glitter as it settles can help your thoughts to feel settled too. When calm, it is easier to talk about our worries or work out why we are feeling sad with a friend or adult.



3. Make a Self-Soothe Kit

A self-soothe kit can help you to find your calm place and choose a healthy way of coping with stress or tricky emotions. Find a box, bag or any container you like to become your self-soothe kit. You can fill your kit with whatever is most helpful to you, but including things that relate to the different senses can be a great way to help regulate your emotions in the moment. This could include positive quotes, favourite photographs, your favourite playlist, fidget toys, a blanket, hand-cream, a colouring book, and bubbles.





TWO FUN ANIMAL ACTIVITIES TO HELP YOU FEEL CALM

COURTESY OF



Be a sleepy cat!

- Pretend you are a sleepy cat that just woke 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.



Take a tortoise walk!

- Pretend you are a tortoise going for a slow, relaxed turtle walk.
- It's started to rain!
- Curl up tight under your shell for about ten seconds.
- The sun's out again, so come out of your shell and return to your relaxing walk.
- Repeat a few times, making sure to finish with a calm relaxed walk
- Both these activities can help you release tension in your body and help you feel calm



ART ACTIVITIES TO HELP YOU FEEL CALM

Arts and craft can be a lovely way to spend time together doing something peaceful...
Why don't you try this fun activity?

What you will need:

- White paper
- Tape
- Cardboard tube
- Paint
- Something to put the paint on to use – we tried a paper plate

You can make your own simple heart stamp at home using a cardboard tube. By gently pushing down on the tube, you can fold the bottom to a point and fold in the top inwards to make a heart shape. Try putting a piece of tape across the top to keep the heart shape in place while you stamp.



Thank you to our friends at Home Link for sharing these calming activities with us. You can find more ideas and information from Home Link at www.homelinkfamilysupport.org

THURSDAY

#BEHAPPY



Being happy is not just about feeling good. Happiness is also about emotional health and wellbeing and being able to make the most of the good times and cope with the bad ones, to experience the best possible life. Happiness really is a skill that we can all learn that will last for a lifetime.

THREE JOYFUL THURSDAY IDEAS TO #BEHAPPY

1.

Hug Hearts

A nice long hug can help people feel more connected. Take some colourful paper, cut out a heart and write "Trade this heart for a hug" on it. You can then hand this heart out to your loved ones and share the hugs! If you would feel more comfortable with a high five or a fist bump instead, then do that instead. Whatever makes YOU happy!



2.

Make a Happiness File

How often do you think about how great you are? Make a file and fill it with pictures, objects and memories from when you felt proud of yourself. Your Happiness File can contain anything you want – there are no rules, just as long as it makes you happy. Look at your Happiness File whenever you need cheering up and keep adding to it when you find something you want to save.

3.

Capture Colours on a Rainbow Walk!

Going outside and moving around are two ways to help you feel happier. Why not head out for a digital walk? Let the colours of the rainbow lead your way! Can you spot something red in nature? Perhaps a poppy flower, or a red watering can. See if you can spot something orange; perhaps an autumnal leaf! Continue with yellow, green, blue, indigo, and violet. If you can, then take photos of the colours you find and create a collage to remember your rainbow walk!



#myhealthmyrights

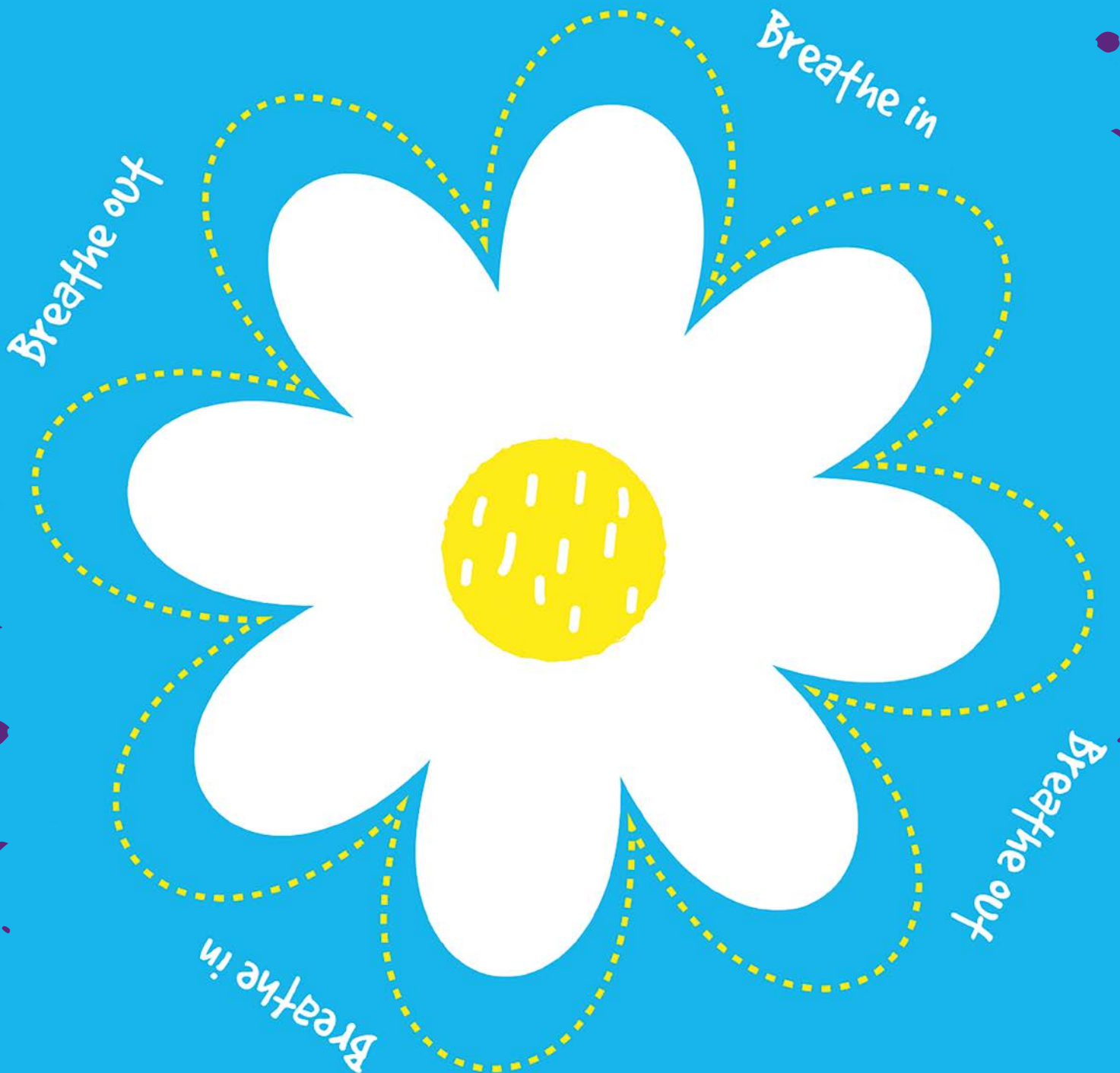
#bemorebear

MINDFULNESS BREATHING

COURTESY OF

Children 1st

Slowly trace the flower petals with your finger
- breathing in and breathing out.



Thank you to our friends at Children 1st for sharing this relaxing flower with us. You can find out more about how Children 1st can support children and families in Scotland at children1st.org.uk

FRIDAY

#BEFRIENDLY



Relationships and feeling connected to other people is one of the most important ways to positive mental health and emotional wellbeing. One of the best ways to stay connected to people is through our friends. Good friends are always there for us and pick us up when we are down. Spending time with them and laughing together creates a real feel-good factor and is good for our mental wellbeing. It is important not only to reach out to our old friends but also to new people as well. That way, we make new friends throughout our lives.

THREE FABULOUS FRIDAY IDEAS TO #BEFRIENDLY

1. Host your own Picnic

We love picnics! Who doesn't? You get to go outside (or set up inside if weather is not so good), eat tasty food, sip your favourite drinks, play games, and spend time with friends and family. Why not organise your own picnic? You can invite who you want, bring your toys or teddies, your comfiest blanket, and your favourite snack. Use your imagination to make the picnic how you want it and it can be as big or small as you like.



2. Make a Certificate for someone you care about

Show a friend or family member how much you care by making them a certificate to celebrate them and their achievements. Are they an amazing footballer, a creative artist, or just really nice to be around? I'm sure they will be glad to know! All you will need is some card or paper and some pens and pencils to make a certificate which shows how great your relationship is.

3. Be a Friendly Explorer!

Grab your sketch pad or your smartphone and go on an adventure. Whilst you are exploring sketch what you see or take some photographs. Look for things that make you smile or you can share with your friends. When finished compile your sketches or photographs in a scrapbook and share it with others to inspire kindness and friendship in your community.





EXCHANGING POSTCARDS

Developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to make postcards to explore what connection means to them, and how it empowers them.

You can watch the instruction video for this activity here - www.childrensmentalhealthweek.org.uk/families/exchanging-postcards-activity-for-11-14-year-olds

What you'll need

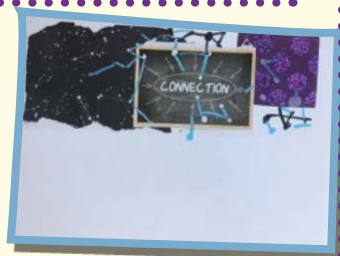
- Plain paper, roughly the size of a postcard
- Something to draw with - pens, pencils, crayons or paint
- Glue
- Scissors
- Scrap paper for collaging (optional)



1. Take a piece of paper or card and fold it in half anyway you want. What does Connection mean to you? Is it your community, people who support you, the natural world, your beliefs, or hobbies, passions and interests that you share with others?



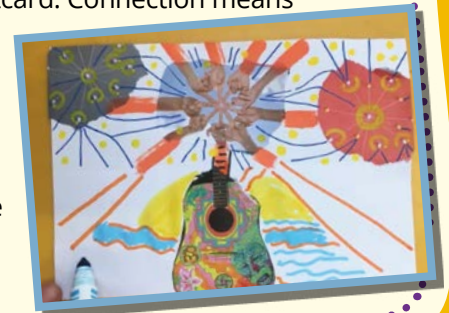
2. Now create! Use anything you like to capture your thoughts and feelings about Connection. You can draw, paint, cut, stick and do anything you like.



3. Once your half of the postcard is completed, you can exchange it with someone else. If you are in a group, put all the cards into a box so they can be mixed up and shared. If you are at home, you can switch your card with someone next to you, or send it by post for someone to complete.



4. Now you have someone else's half-finished postcard to complete. Find a way to connect to their design in the empty half of the postcard. Connection means something different to each of us, but through this activity we can see that we are all connected.



Thank you to our friends at Place2Be for sharing this activity with us.
You can find more ideas and information from Place2Be at www.place2be.org.uk

SATURDAY

#BEKIND



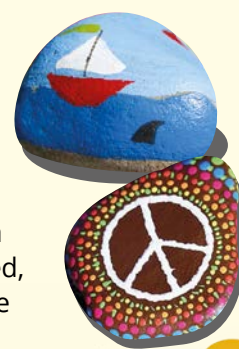
The smallest act of kindness can make a huge difference, whether it's a kind word, a thank you or even just a super smile! There are bigger acts of kindness such as volunteering or going shopping for someone who needs your help. Being kind helps us connect with other people, makes them feel good, and helps our own mental health and wellbeing too!

THREE SUPER SATURDAY IDEAS TO #BEKIND

1.

Kindness Stones

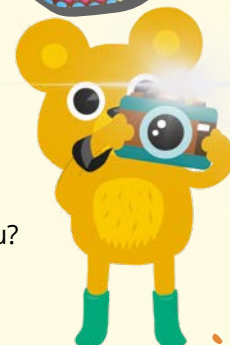
This simple activity can easily spread kindness and make someone's day. Go outside and find a stone. Use paint and decorations to put a kind message or a nice picture on the stone. Once the paint has dried, go back outside, and find the perfect spot to place the stone. Anyone who sees your hard work will surely smile!



2.

Capturing Kindness

Photographs or drawings can help us to connect with others; they can tell stories of people who are important to us, show us happy memories, and help us to celebrate proud moments in our lives. Why not show kindness by drawing pictures or taking pictures of people who are important to you? Capture the kindness and then share it, by writing them a message to let them know why they are so important to you.



3.

Write a letter to yourself

Writing a letter to yourself can be a wonderful way of looking back at all of your achievements, feeling proud of all of the amazing things you have done, and help document your memories! It is a way to show kindness to yourself in the moment, whilst also sharing kindness with your future self! Kind and comforting, you can set goals and share positive thinking about all of the things that make you, you! Do you have an event coming up a year from now, or perhaps in ten years? Write a letter about it right now to remember how you feel about it and then you have it as a memory to look back on in the future.

ME

PAST

PRESENT

FUTURE

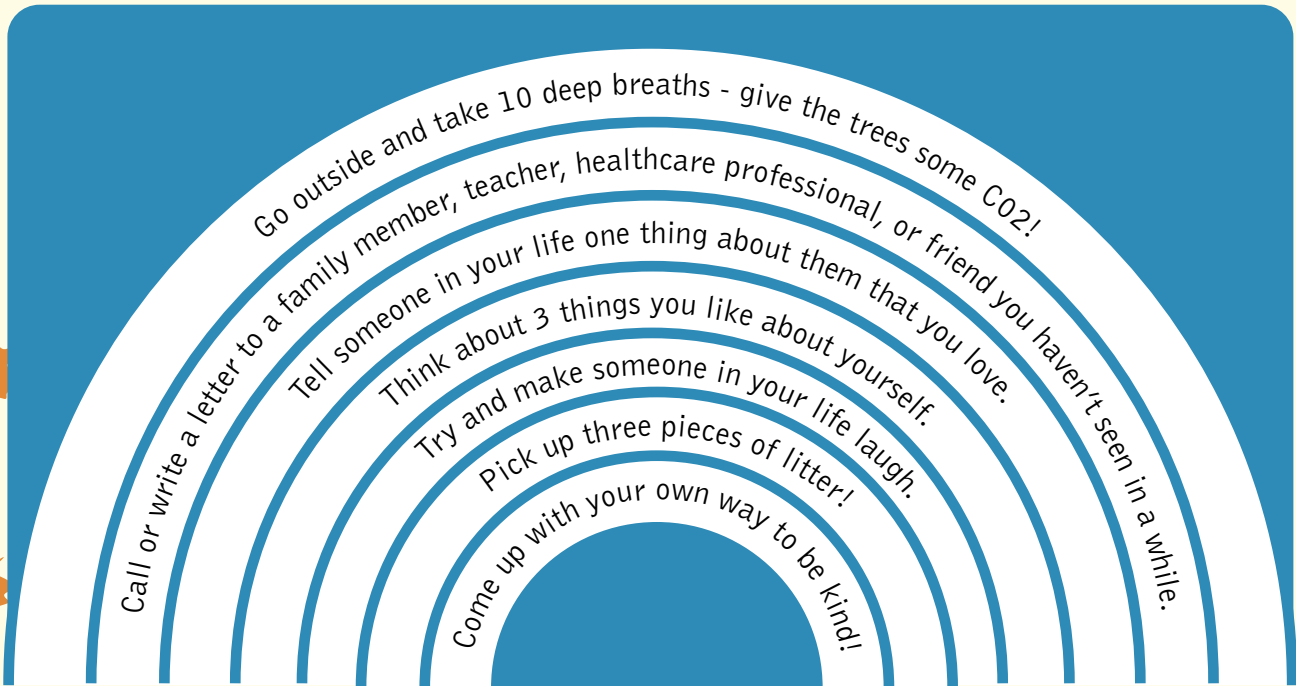


MY KINDNESS RAINBOW

COURTESY OF



Being kind is a way to make the world a brighter, happier place, and it is something we can all do! Below is a rainbow with 7 ways to be kind to yourself, the environment, and people around you. Challenge yourself to all 7 kind acts this week and colour in each stripe of the rainbow after you have completed it.



HOW DO YOU FEEL WHEN YOU ARE BEING KIND?

HOW DO YOU FEEL WHEN SOMEONE IS KIND TO YOU?

Thank you to our friends at The LUNA Project for sharing these calming activities with us. You can find more ideas and information from The LUNA Project at www.thelunaproject.org.uk

SUNDAY

#BEHELPFUL



Helpful people help others. Being helpful means doing things to care for yourself, your family, friends, and community. It can start with looking for people who might need your help and doing something to help them out of love. What could you do today to help someone else and make them feel special?

THREE SPECIAL SUNDAY IDEAS TO #BEHELPFUL

1.

Grow some Seeds

Ready to get some green fingers? Growing some plants is a great way to learn more about nature while also being helpful to the seeds as they rely on your help to grow up big and strong. Seeds can be bought from most supermarkets for £1 or less and some food banks and charities give seeds away for free. You can grow them in an outside garden or an indoor pot which you can make using an old bottle or yogurt pot. Whatever you grow, make sure to have fun!



2.

Set Helpful Goals

One of the great things about being helpful is it encourages us to think about others and their needs. Use today as an opportunity to see who you can help! Set the goal of helping your parent or carer with a chore everyday for a week. How about aiming to help a friend at school who is struggling with a subject. You could research charities in your area and volunteer to help them by lending your time and skills.



3.

Cook, Bake, or Eat some delicious Food

Cooking and baking are really fun and helpful skills which will stay with you for life. Try making some food today! Visit your someone who makes the best cakes and ask to make a delicious treat with them. Try making and healthy meal recipe with a friend or family member and enjoy eating together. You can find tons of great recipes online and many of them can be budget friendly. Who's going to be extra helpful and wash the dishes?



COLOUR IN WITH PUDSEY AND BEAR

COURTESY OF

BBC
CHILDREN
IN NEED



Thank you to our friends at BBC Children in Need for sharing this activity with us
and for funding the work of Children's Health Scotland.

Want to host your own... **BEAR'S TEA PARTY?**

Here's how!



This year, we are hosting an amazing Tea Party to celebrate Scottish Children's Health Week and the seven winners of the 2023 Scottish Children's Health Awards. We've chosen a Tea Party theme as we are very aware that taking the time out of a busy and stressful day to sit with family, friends, or neighbours over a cuppa and a chat can help get us back on track on those occasions when we might be struggling. In relation to healthcare, this positive interaction and bonding with a loved one produces more neurotransmitters and encourages us to do it more.

If you would like to do more in aid of Children's Health Scotland, then why not host your very own Tea Party? To make this a little easier you can use our very own mascot, Bear, to help make the Tea Party a little extra special and we've put the following together to get you started.



If you do host it in aid of our charity, then a huge thank you and please either post the cheque to the address on the back of this Activity Book or pay the donation online by scanning the QR code. We have designed the back of this Activity Book as a certificate that you can use to enter the amount of money you have raised from your fundraising. Just fill in the amount and then put it up with love and hugs from all at Children's Health Scotland.

HOST YOUR OWN BEAR'S TEA PARTY

More than just a chance to have fun (and it will be lots of fun!), a Bear's Tea Party is an ideal occasion to celebrate children's health, wellbeing, and rights. Here are three things you need to make your Bear's Tea Party amazing:

- 1. FRIENDS** - Why not work together with your friends at school, hospital or anywhere else to put together a fantastic party. You could all bring your own bear or favourite toy that helps you to feel brave or strong or happy. Ask for a small donation, whether it's 1p or £1 as every penny makes a difference to our work to help children when they need it most during times of illness.
- 2. FOOD** - What would a Tea Party be without food and drink? You could plan a class or whole school/ nursery picnic where everyone brings their favourite food and drink to share, or maybe even a bake-off? We will be having sandwiches, cakes, tea and juice at our Tea Party - YUMMY!
- 3. FUN** - Make sure to have some exciting activities planned! The important bit is celebrating and thinking about children's health, wellbeing, and rights. We will be hosting a health rights quiz at our party to test everyone's knowledge so why not host your own Health Rights Quiz? You will find plenty of information on this at the start of this Activity Book or you could use this book to work through some fun ideas at your own event. You could also make health rights bunting or posters and share them with us on social media or by email at fundraising@childrenshealthscotland.org.

READY FOR MORE FUN?

Another fun activity that we will be doing at our party is a 'Bear Drive' (it's like 'Beetle Drive' but with Bear). We've included some instructions below for this fun and simple game. We hope you enjoy your Tea Party whilst also celebrating health and wellbeing, and the right of every child to the best possible health.

Step-by-step Bear Drive

Just like a 'Beetle Drive', a 'Bear Drive' is a fun game of rolling dice and drawing a Bear. It can be played in rounds, individually or in teams of two to four.

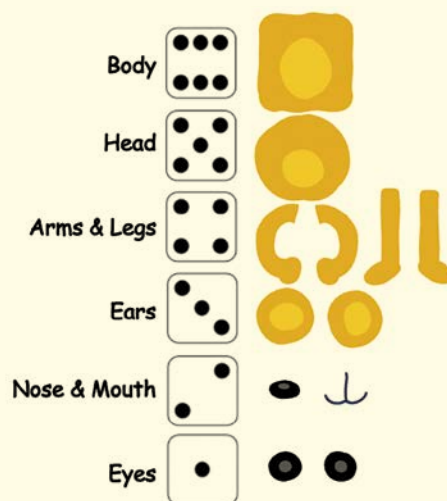
THE EQUIPMENT

1. Make sure everyone has a pencil and either a dice each or you can share one.
2. Provide each player with a score sheet (can be a plain sheet of paper).
3. Provide each player with a set of the rules and a template showing what number they need to throw for each body part.



THE RULES

1. You need to **throw a six** to start the game.
2. The youngest player rolls the dice first.
3. Play continues in a clockwise direction, with players throwing the dice in turn and drawing body parts of the Bear depending on the number they have thrown.
4. There are a total of 12 Bear body parts to draw.
5. **You must draw the body** before anything else, so remember you can't start until you throw a **six**.
6. You **must throw a five** to **draw a head** before you can draw the nose, mouth, and eyes.
7. The first player to draw a complete Bear shouts **"BEAR!"**. They can quickly add some cool sunglasses and will score the maximum 14 points for that round.



8. Everyone else counts how many body parts they have drawn, and scores **one point per part**. The person with the highest score per round wins.
9. At the end of the Bear Drive, the winner is the person who has scored the most points from all the games added together.
10. If there is a tie, the players with the same number of points roll a dice - the highest number wins. NOTE: Remind players that it doesn't matter what their Bear looks like. Go through the rules clearly before you start and ask if anyone has questions.



THANK YOU

for raising money for Children's Health Scotland.
We raised



to support their work to
help children and young
people with long-term
health conditions.



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