



Children's
Health Scotland



ACTIVITY BOOK!



Every child has the right
to the best possible health

Scottish Children's
Health Week 2024

2-8 September 2024

#myhealthmyrights

#bemorebear



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

- * NATURALLY CREATIVE OUTDOORS
- * FAMILY STORY STONES
- * MAKE YOUR OWN TIME CAPSULE
- * LET'S #BEHAPPY
- * CELEBRATING YOU!
- * 100 ACTS OF KINDNESS
- * HELPING LONELY PEOPLE



Delivered in partnership with



Scottish Government
Riaghaltas na h-Alba
gov.scot

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together
Scottish Alliance for Children's Rights

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Children's
Health Scotland

SCOTTISH CHILDREN'S HEALTH WEEK WE'RE FIVE THIS YEAR

Scottish Children's Health Week turns a big FIVE this year – a perfect reason for us to send out a High Five to all those who've helped us grow this event over the past five years.

This whole week was created because children and young people told us what they wanted. They asked us to try and make sure people in Scotland are Health Rights Aware, so together we created a week to focus on the health and wellbeing of children and young people and their right to the best possible health. With the help of partners, and of course children and young people, we now have an annual celebration of health rights that includes fun and colourful ways to explore and understand these rights and the impact they have for children and young people in Scotland.

Children's Health Scotland plays a big part in enabling children and young people to learn about their health and wellbeing and this year, with the help of our young volunteers, we're developing a new My Health, My Rights Children and Young People's Charter in Scotland. This important piece of work allows the voices of children and young people to be at the centre of rights development and promotion in Scotland.

It's a Charter developed by children and young people, for children and young people and together we feel it will be fundamental (which means needed) to make sure that the health rights of children and young people in Scotland are protected, respected, and fulfilled.

We are so proud of our young volunteers who have called themselves Health Rights Defenders who are guiding and shaping the development of the Charter. Together with others that we work with, and work with us, we want to make sure Scotland is one of the best places to grow up in - and listening to the needs and rights of children and young people is a key step in taking this forward.

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 2024 (#SCHW24) 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 (and grown ups too of course) 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 and we hope as many of you as possible will join our conversations.





UN Convention on the Rights of the Child



Comisiynydd
Plant Cymru
Children's
Commissioner
for Wales

Survival



You have a right to life, good food, water, and to grow up healthy

Development



You have a right to an education and time to relax and play

Participation



You have a right to say how you feel, be listened to, and taken seriously

Protection



You have a right to be treated well and not be hurt by anyone

Read the right and then draw your own picture in the box of what this means to you.

EXCEPT FOR ARTICLES 1 AND 42, EACH ARTICLE STARTS WITH: *I HAVE THE RIGHT TO...*

1. Everyone under 18 has rights.

2. ...Have these rights no matter what their differences are.

3. ...Adults doing what's best for me.

4. ...Governments protecting and respecting my rights.

5. ...My family helping me know and use my own rights.

6. ...Live and grow as a person.

7. ...A name and to belong to a country.

8. ...An identity.

9. ...Live with my family if they can keep me safe.

10. ...See my parents if they live in another country.

11. ...Not be taken out of my country illegally.

12. ...Be listened to and taken seriously.

13. ...Get information share my views.

14. ...Have my own thoughts and beliefs and to choose my religion, with help from my parents.

15. ...Meet with friends and join groups.

16. ...Keep some things private.

17. ...Get information in lots of ways, as long as it's safe.

18. ...Support from both parents, if possible.

19. ...Be protected from being hurt or badly treated.

20. ...Be looked after if I can't live with my own family.

21. ...Have the best care if I am adopted.

22. ...Help, protection, and the same rights as children born in this country if I am a refugee.

23. ...Special care and education if I am disabled.

24. ...Be as healthy as possible.

25. ...People who should keep checking if I am safe and happy if I'm not living with my family.

26. ...Get money to help bring me up if my family need it.

27. ...Have a proper home, food, and clothing.

28. ...An education.

29. ...An education which develops my personality, talents, and abilities.

30. ...Speak my own language and to follow my family's way of life.

31. ...Rest, relax, and play.

32. ...Not work unless I am old enough and it is safe.

33. ...Be protected from dangerous drugs.

34. ...Not to be touched in ways that make me feel uncomfortable, unsafe, or sad.

35. ...Not to be kidnapped, sold, or trafficked.

36. ...Not to be used by adults in ways that harm me.

37. ...Not to be punished in a cruel or unnecessary way if I break the law.

38. ...Not join the armed forces.

39. ...Help to get better if I have been hurt or badly treated.

40. ...Be treated as a child if I break the law.

41. ...Laws in my country if they protect me better than the articles of the UNCRC.

42. Everyone should know about children's rights.



DO YOU KNOW YOUR RIGHTS?

WHAT ARE RIGHTS?

A RIGHT is something that you have that is protected and means no one can take it away from you. RIGHTS are a list of things that all people have, and children have their own unique RIGHTS designed for them and their needs. Children and young people have these to live a safe, healthy, and happy life. You have them no matter where you are from, what you believe or how you choose to live your life. Children's Rights are from age 0-18.



THE UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD (UNCRC)

The United Nations Convention on the Rights of the Child (also known as the UNCRC) is a very important agreement by lots of different countries who have promised to protect and defend children's rights. The UNCRC explains who children are, what children need, all their rights, and the responsibilities of governments (and grown-ups) to make sure their RIGHTS are respected, protected, and fulfilled. All the rights are connected, they are all equally important and they cannot be taken away from children. Countries decided to come together to make sure everyone agreed on how to uphold these RIGHTS.

EUROPEAN ASSOCIATION FOR CHILDREN IN HOSPITAL (EACH) CHARTER

The EACH Charter sits hand in hand with the UNCRC. You can think of the UNCRC as the Big Bear and then the EACH Charter is the Baby Bear. Although it has the word 'hospital' in it, it is not just RIGHTS you have in hospital. These special 10 RIGHTS are for all healthcare settings. Children's Health Scotland works to make sure children and young people know they have these 10 RIGHTS and that all children in Scotland have them.

You can find out more about this by looking on www.childrenshealthscotland.org.

MY HEALTH, MY RIGHTS

CHILDREN AND YOUNG PEOPLE'S CHARTER

This Charter has been created by children and young people living with health conditions in Scotland. In no particular order, it shows their 10 most important health rights. They asked for them not to be numbered, as they are all equally important in their own right.

At Children's Health Scotland, we listen to what children and young people tell us about their health and wellbeing, and support their right to the best possible health. We think this Charter is amazing and send a big thank you to every individual who has helped to create it.

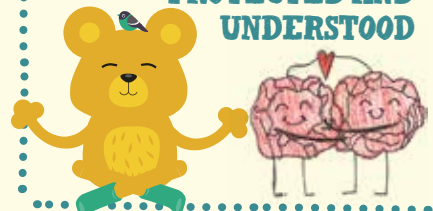
A RIGHT TO INFORMATION IN A WAY WE UNDERSTAND



A RIGHT TO BE EDUCATED ON OUR HEALTH



A RIGHT TO HAVE OUR BELIEFS RESPECTED, PROTECTED AND UNDERSTOOD



A RIGHT TO ACCESS BENEFICIAL FOOD AND WATER



A RIGHT TO FUN



A RIGHT TO SAFE SPACES



A RIGHT TO RESPECT, PRIVACY, AND DIGNITY



A RIGHT TO KNOW A TRUSTED ADULT CAN STAY WITH US



A RIGHT TO BE HEARD AND RESPECTED



www.childrenshealthscotland.org

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WE ALL HAVE RIGHTS

We always try to listen to what children and young people tell us about their health and wellbeing, and support their right to the best possible health. Also, whenever we can, we seek to empower, promote and advocate for their voices to be heard, respected and valued.

So, we were very excited when children and young people with health conditions told us they wanted a Charter that showed their 10 most important health rights, looking for inspiration from the UNCRC and the EACH Charter. They made a start and then we took it to schools and hospitals across Scotland for their help because we all wanted a Charter *“made by children and young people for children and young people”* and not one made by adults. Our children and young people also told us that when people become aware of their Charter and what it means to them then they could become Health Rights Defenders.

WE ALL HAVE RIGHTS!

The drawings for the Charter are made of course by the children and young people involved in its creation, so a special thank you to:

- Children's Health Scotland Health Rights Defenders
- Cranhill Primary School
- Burgh Primary School
- The Royal Hospital for Children, Glasgow

#MyHealthMyRights

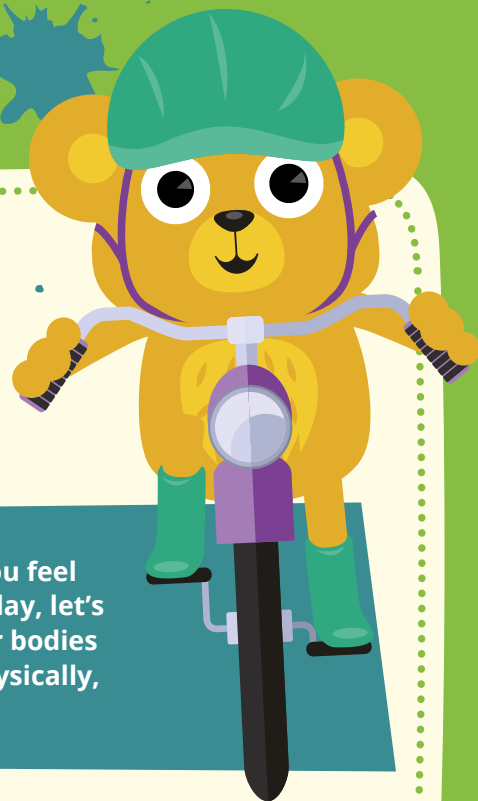
Every child has the right to the best possible health



You can find out more about our My Health, My Rights Children and Young People's Charter by visiting our website. We'd like to thank NHS Greater Glasgow & Clyde, the Robertson Trust, the Children, Young People and Families Early Intervention Fund, and supporters of Children's Health Scotland for helping us make this happen. It truly is a testimony and celebration of children and young people's rights in Scotland.

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.

Animal Magic

We all need a little magic in our lives! Try casting a pretend spell on a friend to make them act like an animal! Maybe they need to hop like a frog, hiss like a snake, or make their arm into a trunk like an elephant! Why not invite your class or family to join in too? You could try to race as your animals or even have a contest for the best animal noise!

2.

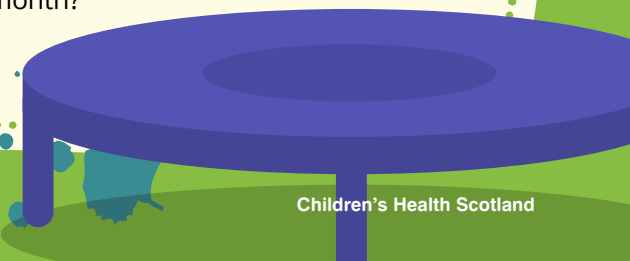
Balancing Act

There are lots of different ways to be active, and lots of ways to look after our physical health. Try working on your balance by imagining you are a tightrope walker high above the ground. Can you keep your balance? Draw a line on the ground outside, try to walk across the line with your arms out at your side. Can you make it into a game or challenge with your friends or family?

3.

Stretch

Stretching is a good way to keep our bodies healthy and our muscles active. Why not leave notes around your room to remind you to stretch? Try to touch your toes or be tall like a tree with your arms reaching out to the sky. For an added challenge, try taking some deep breaths while you stretch. How does it feel after? Do you notice a difference after a day, a week, a month?



COURTESY OF



Learning
through
Landscapes



Play activity
All ages

Naturally creative outdoors

Overview

The natural world has inspired artists for generations. Large or small, colourful or plain, textured or smooth, can nature inspire you to create a piece of transient art in your outdoor space?

Equipment

- An outdoor space to create your work of art inspired by nature.
- A range of natural materials.
- A range of loose play materials, varying in shape and size.

Activity

1. Work on your own or with a group of friends.
2. Decide on the scale of your design based on the area you are playing in.
3. Either think of a design first and then collect the materials you need OR collect a variety of materials and see what comes to mind.
4. When finding natural materials, make use of what you find on the ground.
5. Will the weather affect what materials you use? Remember, leaves will blow away on a windy day!
6. Your piece of art could be either 2D or 3D.
7. Can your friends guess what you have made?



Thank you to our friends at Learning Through Landscapes for sharing this activity with us. You can find more ideas from Learning Through Landscapes on their website at <https://ltl.org.uk/>

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. Role play

Did you know that pretending or role playing can help reduce anxiety and stress? Everyone finds it hard to be brave at times especially in new situations. Next time you have to go somewhere new or meet a new person, why not ask someone to help you role play it! For example, you can role play going to a doctor's appointment. Ask a friend or family member to act it out with you. You can practice speaking to the receptionist and telling the doctor what's wrong.

GOAL

THIS WEEK

THIS MONTH

THIS YEAR

2. Reflect

Think about a time you did something you thought you couldn't. Did you learn how to cartwheel after you fell down? Did you give the right answer in class when you had doubted yourself? Every day, people do things that, at one time, they didn't think they could. Write or draw about your experience, big or small. Hang it up or keep it somewhere close to remind you how brave you can be!

3. Set a goal

Being brave isn't easy, but we all have it in us, and it looks different for everyone. If there is something you'd like to do but can't yet, try breaking it down into smaller steps. Write down your goal, and work towards it with things you can do 1. This week. 2. This month 3. This year. For example, you may want to do a presentation in class. So your goals could be: This week I can answer a question in class. This month I can research and practice my presentation. This year I can do my presentation.



FAMILY STORY STONES

**WINSTON'S
WISH** **WW**
Giving hope to grieving children

When coping with a loss and a change in your family, it is really important for everyone to have a shared story. Often family members can remember things differently and are confused about what happened and when.

Sometimes it is difficult to talk in detail about specific traumatic events and the death itself. It can help instead to think about the whole journey of the family and put the death into context.

You will need:

A3 paper

Pencils

Several smooth stones or pebbles of varying sizes

Coloured permanent pens

Acrylic or glitter paints

Small pictures cut out from magazine pictures or stickers

PVA glue or acrylic spray varnish

What to do:

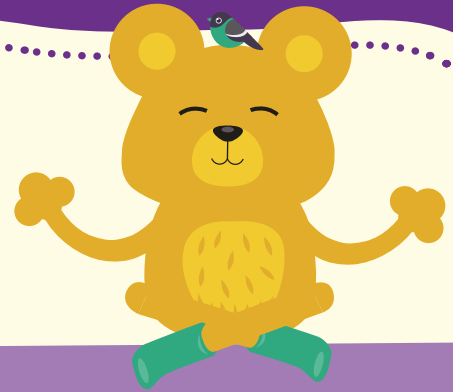
- 1 As a family, think about your 'story so far' and write a timeline of six to ten key events in your lives, which may include the bereavement as well as significant changes like starting school, births and happy events.
- 2 Choose a stone for each of the events on the timeline.
- 3 Decorate the stones with stickers, drawings in permanent marker, glued pictures from magazines or simply with the date of the event.
- 4 When the stones are dry, you can coat them with PVA glue or spray them with varnish (an adult should do this outside).
- 5 The stones can be kept in a special bag or memory box and added to in the future with each significant event in the family.



Thank you to our friends at Winston's Wish for sharing their Family Story Stones activity with us. You can find out more ideas and information from Winston's Wish at winstonswish.org

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. Safari Walk

Being calm means feeling relaxed, but it can take practice. Taking notice of the world around us is a great way to feel calm and peaceful. Try going for a walk outside, and imagine you are on a Safari! How many different bugs, birds, and pets can you spot? Engage all your senses, look, and listen carefully to find as many as you can!



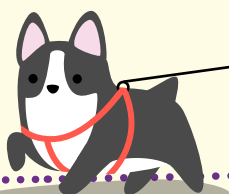
2. Doodle Daze

What do you picture when you think of the word calm? Someone sitting still, looking peaceful, deep breathing? Being calm doesn't have to mean doing nothing. Doodling can help us to feel calm because it takes our mind away from everything else, just for a moment. Try this, think of something you enjoy and doodle things that come to mind when you think of it. For example, if you enjoy ice cream on a warm day does it make you think of strawberries, sunshine, waves, friends, family, green grass, swirly ice cream scoops? Then start doodling.

3. Take a Break

Having a calming technique when we feel stressed or anxious is important for our mental health and wellbeing. Next time you find yourself needing a calm moment, try taking a **BREAK**.

- B** Breathe. Take 5 deep breaths.
- R** Rest. Close your eyes and clear your mind.
- E** Empowering Words. Say 3 nice things about yourself.
- A** Absorb. Check in with your senses, what can you see, hear, feel, smell, taste?
- K** Knowledge. Stop and think about what you really need right now.



MAKE YOUR OWN TIME CAPSULE



together

Scottish Alliance for Children's Rights



1

DRAW

Draw items that are important to you and represent your life right now, so children and young people in the future can learn what life is like in 2024! Think about your favourite snack, music, activity, toys etc.

Draw Here!

2

DISCUSSION

Imagine 100 years from now, children and young people in Scotland are opening your time capsule and learning about what life was like so long ago! What do you hope life is like for them as a child or young person living in the future? What do you hope they enjoy? What do you hope is different for them? Have a chat with other children and young people or an adult in your life about your thoughts.

3

LEARNING

Did you know Scotland has a 'to-do list' of things that can make life better for children and young people, they're called the United Nations Concluding Observations 2023 and you **can scan the QR code** to read them.

Maybe there are some things in there that you really care about and would like children and young people in 100 years time to enjoy. Share your thoughts with other children and young people and adults in your life...

SCOTLAND'S
TO-DO LIST



Thank you to our friends at Together (Scottish Alliance for Children's Rights) for providing this #BeCalm activity. You can find out more ideas and information from Together at www.togetherscotland.org.uk/

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.

If You're Happy and You Know It

We all know the famous nursery rhyme, so let's turn it into a happiness activity! Draw around your hand and write or draw one thing, on each finger, that made you happy or made you smile that day. Can you help a younger family member to do it too? Once you have 5 happy things, share them with your friends and family, and ask what has made them happy!

2.

Fortune Teller

Fold some paper into a fortune teller and write down one thing in each section that you could do to give yourself a boost of happiness! Give it a go through the week and encourage your friends and family to have a go too. As an example listen to your favourite song, go for a walk, give someone a hug.

3.

Curate Your Feed

Social media can be a great thing, if we use it properly. It is important to notice what we see on social media and unsubscribe to things that don't make us feel good. If you spend time on social media, design your feed to include people, pages and things that make you happy or things that inspire you. Why not try searching for tags of your favourite things? Remember to ask an adult before using any social media.



COURTESY OF



Family Fund

ACTIVITY 1.

Let your heart
#BeHappy as
you remember

Do something that helps you remember a happy time and #BeHappy as you enjoy those memories. You might look at a photograph, listen to some music, touch, or smell an object or something from nature, share a story, draw a picture, or take part in an activity that brings back happy memories.



ACTIVITY 2.

Let your heart
#BeHappy as you
share your dreams

Is there an adventure you'd like to go on, an activity you'd like to try or something you hope to achieve in the future? Make a record of your future hopes and dreams in a way that works for you. This might be by recording a short film, story, poem, or song or creating a picture or animation. Don't limit your dreams or how you wish to share them with the people that can help you make them become reality!



Thank you to our friends at Family Fund for sharing these heart #BeHappy activities with us. You can find out more about how Family Fund can support disabled children in Scotland at www.familyfund.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.

Let's Play

What does it mean to be friendly? Being a friendly person can look like being kind, spending time with people, talking to friends and making new friends. You can try being friendly by inviting a new friend to play a game with you. Maybe it's someone you've noticed playing by themselves, or maybe you can invite lots of people to play.



2.

Playlist Pals

Music is something that connects lots of people around the world, and it's a great way to connect with our friends and make new ones! Why not try making a shared playlist with your friends? Some streaming services will let you make a playlist with multiple people, but you could also write this on paper and continue to add new songs as your friendship grows.



3.

Compliments

Everyone likes to get compliments, but it can sometimes feel awkward to give them! Do you remember how you felt the last time someone said they liked your hair, or your new shoes? Genuine compliments help to build friendships, improve communication, motivate people, and boost self-esteem and self-confidence. You could make someone's day and make a new friend by complimenting someone. Give it a try and check in with yourself afterwards, how did it make you feel?

LET'S CELEBRATE ALL THE WONDERFUL THINGS THAT MAKE YOU, YOU

We are all unique. We all have our own thoughts, feelings, interests, likes and dislikes, but sometimes we can forget to be friendly to ourselves. Looking after our own feelings and thinking positive things about yourself is important. It can make us feel good.

ACTIVITY

Say out loud, or draw, or write three things you like about yourself. It can be anything - small things or big things. You can do this any time and it can help especially if you are feeling a bit sad. Celebrate all the wonderful things that make you, you!

1.

2.

3.

Thank you to our friends at the Children and Young People's Commissioner Scotland for sharing this heart #BeFriendly activity with us. You can find out more about how the work of the Commissioner at www.cypcs.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.

Good morning

When our day starts out well, it makes us feel good and sets us up to have a better day. Saying good morning is something most of us do without thinking, but it can mean so much to other people. Say good morning to the first five people you see during the day and why not try asking how they are as well?

GOOD MORNING

2.

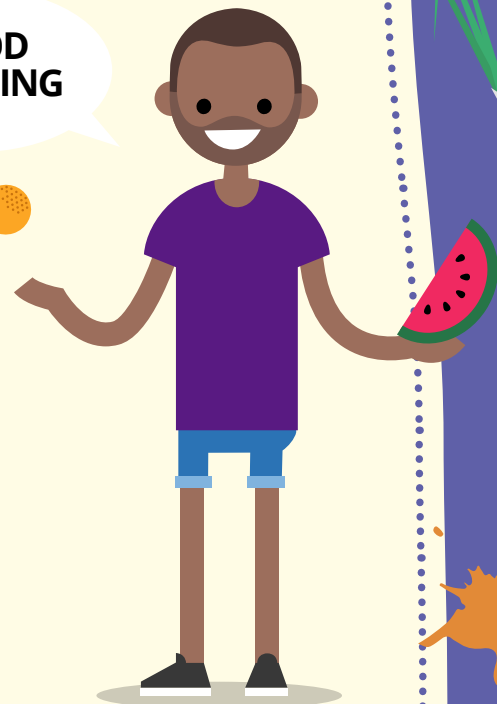
Kindness Bingo

Being kind helps others to feel good, but it can give us a boost too! Try making a kindness bingo card, you could do it alone or with your friends or family. Draw a 3x3 grid with 9 boxes. In each box write things you could do to be kind. This could be things like tidying up, giving a compliment, helping a friend, sharing, letting someone else go first. Why not make it a challenge to complete the full list in a week.

3.

Take Notice

Throughout the day we all do things that are kind or that help others. Try to notice when others do something kind and point it out and say thank you. Learning to take notice of others kindness will help you to notice it in yourself.

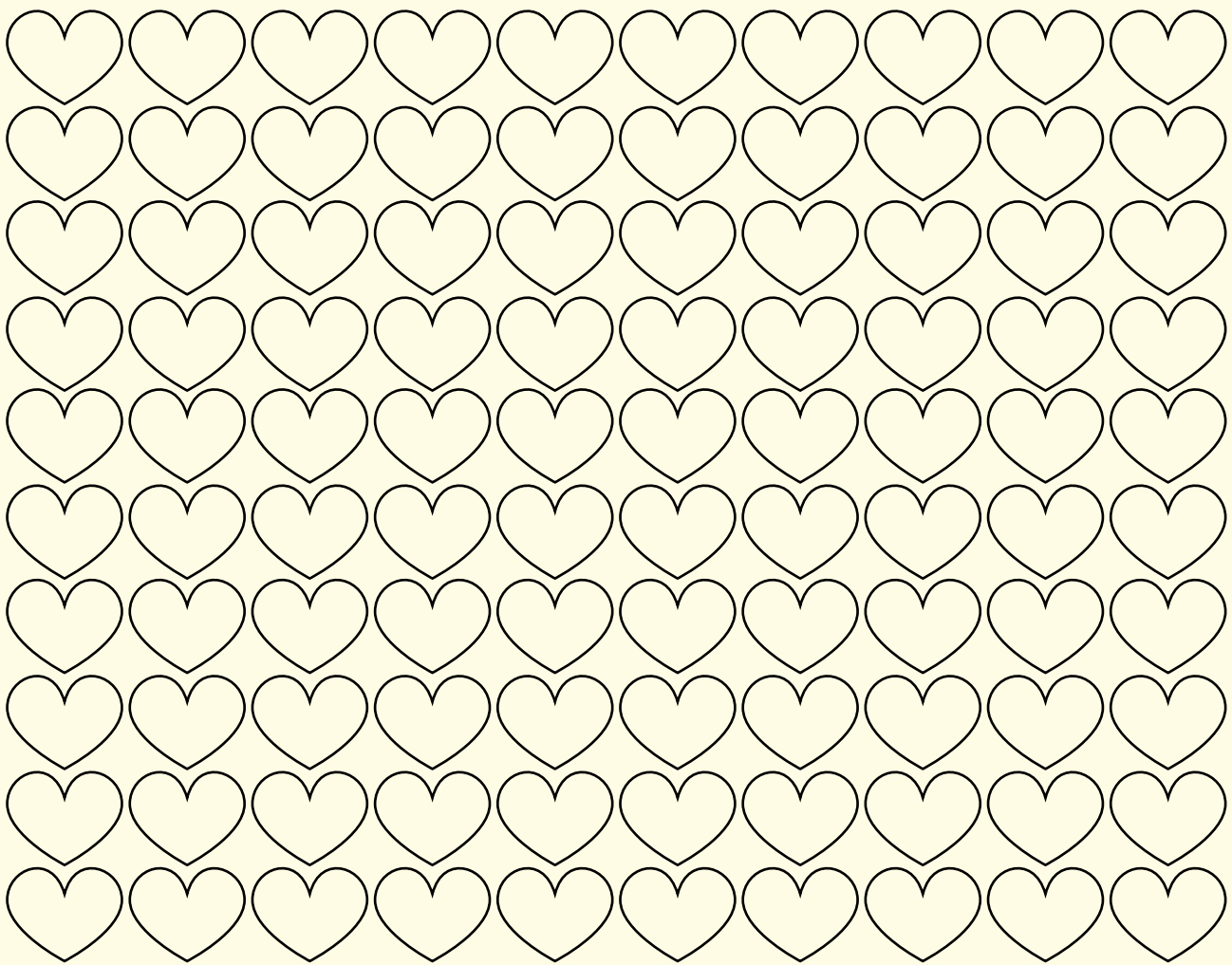


100 ACTS OF KINDNESS

COURTESY OF



Below are 100 hearts. Colour a heart each time you are kind to someone or someone is kind to you and watch the love hearts grow stronger.



Who is doing acts of kindness?

What shall we do when we get a line of 10?

What shall we do when we complete all 100?

Thank you to our friends at Action for Children for sharing this heart #BeKind activity with us. You can access more advice and support from Action for Children at www.parent-talk.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.

Chores Galore

Being helpful can help with stress, for you and for others! Think about a time when someone helped you with something and how it made you feel. Why not help at home and do a chore without being asked. Think about the things that need to be done in your home like tidying up, sweeping, dusting, taking out the rubbish. Check in with yourself afterwards. How do you feel after helping someone else?



2.

Helping Hand

Everyone needs a helping hand now and again. Do you have an elderly relative, a neighbour or a friend that you think could use some help? You could offer to tidy up their garden, help them go to the shops, or even take their dog for a walk! By offering to do something for someone else we can help to improve our mental, social, and even physical health.

3.

Volunteer

Being helpful can mean helping one person or helping a lot of people! Think of something you are passionate about, it could be animals, helping children, the environment, or history. Why not volunteer for a charity or organisation centred around your interests? Have a look online and do some research into local or national charities and organisations.





HELPING PEOPLE WHO ARE LONELY

There are many ways we can help people, but sometimes the best way is just listening and saying something kind. Here is an Active Listening Activity that can be an effective way to help people have important and meaningful conversations.



SUGGESTED TIMING: 25 MINUTES

In pairs talk about loneliness. Learners can talk about their own views and experiences if they are comfortable to do so. Otherwise, they could use the stories from the 'stories of loneliness' activity to hot seat and act out one of the characters. How would they tell that character's story?

Encourage learners to listen to the tone as well as look at the other person's body too and see if it helps them understand how they are feeling.

Older learners can use the 'HEAR' framework to support their active listening:

- **halt:** stop what you are doing and give your full attention to the speaker
- **engage:** nod and make eye contact to show them you are listening
- **analyse:** think about what they have said to check you understand it
- **respond:** repeat back their main points to show you were listening and check you understood. Share your thoughts and make it their turn to actively listen to you.

At the end, discuss what they learned from listening. Ask the pairs to talk about:

- how did it feel to know someone was listening to you?
- did listening help you to understand the story better?
- how does listening to others help them with loneliness?
- how might you use what you have learned in the future?

For more activities on the skill of active listening look at the living well with kindness resource.



Thank you to the British Red Cross for providing this #BeHelpful Activity.
You can find out more information and activities about the British Red Cross at www.redcross.org.uk.

FUNDRAISE FOR US

If you love how we support the health and wellbeing of children and young people in Scotland, and their right to the best possible health, then please fundraise for us. On these pages we've created some inspiring fundraising ideas to tie in with Scottish Children's Health Week to get you started and every penny does make a difference to us.

BE ACTIVE

Remember that being active isn't just about feeling better, it's also about having fun! What fun activities could your class organise? You could go on a sponsored walk around the playground, or set up an obstacle course or race. You could even have a special Sports Day!



BE BRAVE

Calling all superheroes! Your class could take part in a "Dress Like a Superhero" day. Remember that not all superheroes wear capes – maybe your superhero is a nurse, a fireman, or someone in your family.



BE CALM

Has your class ever taken part in a read-a-thon? Could you challenge yourself to see how many books you can read in one afternoon? Give it a try and feel calm and relaxed while you learn new things & fundraise!



BE HAPPY

Dancing to some happy music always makes us feel better! Put on your dancing shoes and have a dance-a-thon in class to all your favourite songs in a fun challenge that will keep you smiling.



EVERY PENNY COUNTS



£1



£1 pays for a Tip Card Pack – a set of 10 pocket sized tip cards for children and young people that explain health services and a child's right to the best possible health.





GET IN TOUCH

If you want to fundraise for us please email fundraising@childrenshealthscotland.org and someone from our team will contact you. For more information or inspirational ideas visit <https://www.childrenshealthscotland.org/how-you-can-help/fundraise-or-donate/>

BE FRIENDLY

Get together with your classmates for a Teddy Bears Picnic! You could have your picnic in the classroom or playground. Bring your favourite teddy bear and some tasty snacks and enjoy your picnic with your furry friends.



BE KIND

There are so many ways to be kind to others. Why not cheer someone up with a sweet treat? Work together to organise a bake sale at your school. You can work together with family and friends to make some delicious cakes and biscuits for the event, and by kindly donating the money raised to Children's Health Scotland you'll be supporting the health and wellbeing of other children and young people around the country.



BE HELPFUL

Do you like to help out at home? As your fundraising challenge, you could offer to help with the washing up, or any household task that you can, for one week. Not only will you be supporting Children's Health Scotland, but helping those around you as well!



DO YOU HAVE A FUNDRAISING IDEA?

We hope our challenges have given you some ideas – but do you have your own idea that could raise money to support Children's Health Scotland? We'd love to hear from you! There are so many ways to fundraise and help us make sure that we can be there for all the children and young people who need us. Whatever you decide to do, we're here to help however we can, so get in touch any time.

£25



£25 pays for a Play and Information Pack for a vulnerable family in Scotland. The pack includes hints, tips and information to reassure and encourage families to use health services, together with merchandise, information and activities for children to try, to support their emotional health and wellbeing.



FUNDRAISING PACK

£50



£50 pays for a Home Pack sent to a child or young person who is referred to our Self-Management Skills Programmes or to a Foster or Kinship Carer before a workshop. The pack includes merchandise and play materials to support the emotional health and wellbeing of children and young people.





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.



Registered office:

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