



Children's
Health Scotland



ACTIVITY BOOK!



Every child has the right
to the best possible health

Scottish Children's
Health Week 2025

1 – 7 September 2025

#myhealthmyrights

#bemorebear



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

- * MAGICAL RAINBOW
- * YOU'RE A SUPERHERO!
- * TREE ART
- * EMOTIONAL HEALTH
- * THE RIGHTS RABBIT
- * BIODIVERSITY BINGO
- * 10 WAYS TO BE HELPFUL



Delivered in partnership with



Scottish Government
Riaghaltas na h-Alba
gov.scot

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UNITED FOR HEALTH RIGHTS

This year, we celebrate the incredible journey of Scottish Children's Health Week, showcasing how far we've come in empowering children and young people to understand and champion their health rights. With the support of our amazing partners and the unwavering enthusiasm of our young volunteers, we're making strides towards a future where health and wellbeing are at the heart of decisions regarding the health and wellbeing of children and young people and their right to the best possible health.

At the core of this year's theme is the idea of coming together—uniting individuals, organisations, and communities to amplify the voices of children and young people.

Together, we can champion their health rights—ensuring they're not only protected but celebrated and respected. We're proud to be at the forefront of this movement, working hand-in-hand with Health Rights Defenders and partners who inspire action and systemic change.

The week's activities, themed around qualities like being Creative, Connected, Confident, Kind, and Resilient, aim to spark conversations, promote understanding, and encourage children to explore their health and wellbeing in exciting new ways. Let's make this year a memorable one by using **#MyHealthMyRights** to share ideas, stories, and reflections as we continue building a brighter future together.



UNITED FOR HEALTH RIGHTS

Dive into the fun with our ****Wordsearch Puzzle****, specially designed to celebrate health, wellbeing, and rights for children and young people! Packed with empowering words like confidence, kindness, and voice, this puzzle is more than just a game—it's a chance to reflect on what health rights mean to you. Find all the hidden words and explore themes of resilience, creativity and collaboration as you puzzle your way to triumph. Let's see how many inspiring words you can uncover!



KINDNESS
SUPPORT
PEACE
VOICE

CONNECTED
HOPE
HAPPY
ACTIVE

SAFETY
RESPECT
DIGNITY
RIGHTS

CONFIDENCE
EMPOWERMENT
FRIENDLY
INCLUSION

EQUALITY
BRAVE
HELPFUL

#myhealthmyrights

#bemorebear



DO YOU KNOW YOUR RIGHTS?

WHAT ARE RIGHTS?

Rights are special protections that belong to you—no one can take them away! They are like a list of promises to help you live a safe, happy, and healthy life. As children and young people, you have unique rights made just for you and your needs. These rights are yours no matter where you're from, what you believe, or how you choose to live. If you're between the ages of 0 and 18, these rights are here to protect and support you!

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

The UNCRC is an agreement made by countries all around the world to protect and defend the rights of children. It's like a giant shield, with all the pieces connected to ensure every right is equally important and cannot be taken away. It explains who children are, what they need to grow and thrive, and what governments (and grown-ups) must do to make sure your rights are respected, protected, and fulfilled. The UNCRC represents a global promise to stand up for children everywhere.

EUROPEAN ASSOCIATION FOR CHILDREN IN HOSPITAL AND HEALTHCARE (EACH)

The EACH Charter works hand-in-hand with the UNCRC. Think of the UNCRC as the Big Bear, and the EACH Charter as the Baby Bear—it focuses specifically on your healthcare rights. And it's not just about hospitals! These 10 important rights apply to all healthcare settings. At Children's Health Scotland, we make sure every child knows about these rights and that they're respected everywhere. To learn more, visit www.childrenshealthscotland.org.

MY HEALTH, MY RIGHTS YOUTH CHARTER

We're incredibly proud of our **My Health, My Rights Youth Charter**, created by children and young people just like you! This amazing Charter reflects your voices, your ideas, and your priorities for health rights in Scotland. It's built by young people, for young people, and makes sure your rights are front and centre when it comes to health and wellbeing. By standing together and sharing your voice, you're shaping a Scotland where health rights are protected, respected, and fulfilled for everyone.

Remember, your rights are here to protect you, help you thrive, and ensure your voice is always heard. You are a key part of creating a brighter, healthier future—because your health, your rights, and your happiness matter!

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



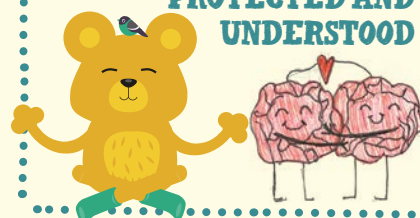
A RIGHT TO BE EDUCATED ON OUR HEALTH



A RIGHT TO BE ME



A RIGHT TO HAVE MY 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

With thanks to:



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Registered office: Children's Health Scotland
Cameron House, Forthside Way, Stirling FK8 1QZ
enquiries@childrenshealthscotland.org
www.childrenshealthscotland.org

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UN Convention on the Rights of the Child



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.

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.

Head Shoulders Knees and Toes

Little ones can sing Head, Shoulders, Knees and Toes with a grown up to help them move their body and develop their language skills!

2.

Balloon Balance

Can you balance a balloon on the tip of your finger? How long can you hold it for? For an extra challenge see how long can you keep it in the air!

3.

Redefine Active

Being active doesn't have to mean moving, you can also keep your mind, or social life active! Try listening to a new podcast, learning a new skill or hanging out with friends!



MAGICAL RAINBOW

#myhealthmyrights

#bemorebear

COURTESY OF



Thank you to our friends at Relax Kids for sharing this activity with us.
You can find out more ideas from Relax Kids at <https://relaxkids.com/>

TUESDAY

#BEBRAVE



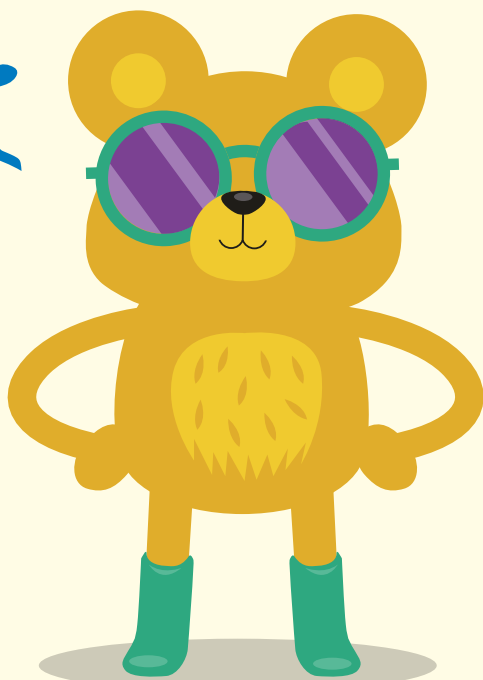
Being brave doesn't always feel like being brave. If you stretch yourself and do something that makes you feel uncomfortable, it can increase your confidence and make you feel proud. When we are brave, we can try new things, meet new people and best of all, have fun! All these things can give our mental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

1.

5 Seconds

When you start to feel nervous, count slowly to 5, you can take deep breaths while you do this, then let yourself feel brave!

2.



Brave Bear

When you need a boost of bravery, try drawing a simple bear out of circles. Take a deep breath in or out as you draw each circle, start with the head, two ears, a body, arms and legs. If you don't have a pen and paper, trace the shapes on your hand with your finger!

3.

Ask Questions!

Being brave can look different for everyone, try asking questions when you don't understand something, or when you're trying to get to know someone better. Think of 3 questions or things you can say, and give it a go!



WHO?

WHAT?

WHY?



YOU'RE A SUPERHERO!

Build your confidence superpowers and share them with others.

What you'll get out of it:

- Understand what confidence is
- Explore ways to develop confidence

What you'll need:

- Wool or string
- 5 gift tags each (or make your own)
- Pens
- Colouring pencils

**Being confident doesn't mean talking the most or the loudest.
It's about believing in yourself and feeling good about who you are.**

What to do:

1. Think about what makes you feel confident and chat to someone else about it if you can. What could you do to make yourself feel more confident?

You're going to think about a time when you've done all of these things and use it to build your own confidence superhero belt:

- Doing something that you thought was really hard
- Focusing on what you like about yourself
- Spending time with your friends
- Laughing

You're going to think about when you've done all of these things and use it to build your own confidence superhero belt.

2. Grab 4 gift tags (or make your own). On each of the gift tags draw or write 1 of the things below:

- Something you thought was really hard to do, but you did it, for example, swimming a length in the pool
- What you like most about yourself

- Your favourite thing you've done with your friends
- Something that makes you laugh, this could be a funny film you saw or your favourite joke

Make sure you have something different on each gift tag.

3. Now, cut up a length of the wool or string big enough to fit around your waist. This is your confidence superhero tool belt. Thread your gift tags onto the string. These are your confidence building tags that are powering up your tool belt. Add a final blank gift tag. Your tool belt is now fully charged.

4. Attach your tool belt around your waist to become a confident superhero. Show someone else your confidence building tools.

5. Chat about something you now have the confidence to do. For example, standing up for others or putting your hand up in class. Then do it! Afterwards, write this on the blank gift tag on your belt to make your belt even more powerful.

6. Zoom around and spread that confidence!

If you want to learn more about becoming a member please visit: girlguidingscotland.org.uk

COURTESY OF



Thank you to our friends at Girlguiding Scotland for providing this activity which is part of the Girlguiding programme, delivered to around 40,000 girls aged 4-18 every week across Scotland.

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.

Belly Breathing

Lie down and place a stuffed toy on your belly and take deep breaths in and out and watch the toy move up and down with your breath until you feel calm.

2.

Rainbow Walk

Go for a walk outside and see if you can find all the colours in the rainbow. For an extra challenge see if you can find things in order, red, orange, yellow, green, blue and purple.



3.

Roll for Calm

Draw 6 rows on a piece of paper and number them. In each row write down something you could do to feel calmer. Think about Breathing, Grounding, Stretching, Moving, or Affirmations. Roll a dice and give it a go!

Tree Art

Feeling overwhelmed?

Take a relaxing walk to your nearest park, woodland or anywhere you can find trees. Walking gets our heart pumping and blood flowing, while also lowering stress and anxiety.

As you walk, collect a variety of leaves and look at the differences between them. They might be different colours, shapes and textures. Once you find a few interesting leaves, bring them home to create some relaxing art.

What will you need?

An assortment of leaves

Crayons or pencils

A4 sheets of paper



What to do:

Step 1. Flatten one leaf as much as possible on a table.

Step 2. Place a sheet of paper over the leaf.

Step 3. Use a crayon or pencil to lightly rub the paper over the leaf. You will begin to see the leaf appear on the paper.

Step 4. Keep rubbing until you can see the whole leaf on the piece of paper.

Step 5. Admire your fantastic leaf art!

Top Tip: Don't press too hard with the crayon or pencil. Pressing lightly lets you see all the details of the leaf.

Fun Facts:

Leaves have veins too! Instead of transporting blood, they transport water and sugar.

The midrib of the leaf is the vein that runs along the middle. This provides the leaf with strength to weather the wind.

COURTESY OF
GLASGOW
SCIENCE
CENTRE!

Thank you to our friends at Glasgow Science Centre for sharing this activity with us.
To find out more about Glasgow Science Centre visit <https://www.glasgowsciencecentre.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.

Happy Dance

Find a happy or silly song and dance or move for 1 minute in whatever way feels right to you. Ask a friend or family member to join in to spread some cheer!

2.

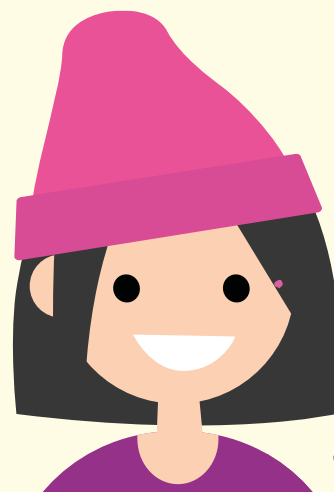
Happiness Map

Draw a big squiggly shape on a piece of paper, making sure it has lots of lines that cross over. Fill all the sections with things that make you happy.

3.

Gratitude

In a notebook, or on a piece of paper, write down 3 things every day for a week that made you smile or laugh. Try to notice the big and little things that bring you joy.



Good emotional health is not about finding the key to eternal happiness, but more to do with developing the skills to cope positively with both the good and the not so good things in life.

It is easy to smile on a sunny day, surrounded by friends with everything going your way, less so to stay calm in stressful or unfamiliar situations. Maintaining good emotional health enables people to feel good about themselves which contributes to a more positive, happier life.



Activity 1. Roll the dice (Icebreaker)

You will need:

- Dice
- A list of 6 questions (example opposite)

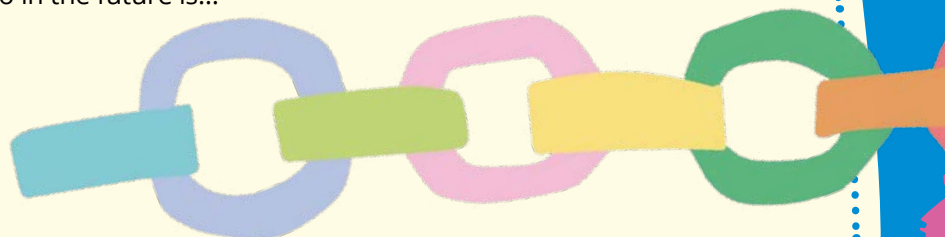


What to do:

Each person should roll the dice in turn and finish the sentence based on what number they rolled.

- **If they roll 1:** I feel happy when...
- **If they roll 2:** I like myself because...
- **If they roll 3:** One thing I would like to do in the future is...
- **If they roll 4:** My friends say I am...
- **If they roll 5:** I feel good about...
- **If they roll 6:** Today I am thankful for...

Activity 2. Chain Reaction



This warm-up exercise encourages children and young people to share the things they are good at and appreciate the talents of other members of the group.

You will need:

- Packets of paper chains
- Marker pens

What to do:

Begin by asking yourself, "What do I think I do well?" This doesn't have to be an academic achievement, it can be anything.

After a brief discussion with others in the group, take five of the unmade paper chains strips each. Using markers, write one of your talents on each strip of paper.

Create a paper chain with your strips linking the five talents together.

Now use extra strips of paper to link everyone's mini chains together to create one long group chain.

Once the entire chain is constructed, hang it up in the room as a reminder that everyone who is in the group is good at something.

Remember to look at all the different talents and skills within your amazing group and refer back to these during future group sessions.

Thank you to our friends at YouthLink Scotland for sharing these activities with us.
To find out more about YouthLink Scotland visit <https://www.youthlink.scot/>

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. Friendship Tree

Get all your friends together to create a friendship tree! Draw a tree trunk on a big bit of paper and put all your friends handprints at the top to make the leaves. Don't forget to write their names on their hand when it's dry.

2. Time Capsule

Make a time capsule with your friends. Try writing letters to include that have your favourite memories or photos from time you spent together. Keep it somewhere safe and open it in a year's time!



3. Friendship Collage

Try making a collage by cutting and sticking images from magazines to create a collage that reminds you of your friends and the things you love to do together.



THE RIGHTS RABBIT

CHILDREN &
YOUNG PEOPLE'S
Commissioner
Scotland

Can you
colour
me in?

(Don't forget
to add my
whiskers at
the end!)



Rights Rabbit likes flowers.

Let's create friendship flowers. Draw a flower with big petals. Write a describing word or characteristic of a friend onto each petal and colour them in. You could even make it for your friend. Write their name in the middle of the flower and then write adjectives that describe why they are a good friend on the petals, or maybe why you like them and what you like doing together with your friend.

Rights Rabbit loves playing games with friends.

Ask a friend to play noughts and crosses with you or play 'Rights Rabbit says' which is like the Simon Says game but you pretend to be a rabbit when you give instructions!

Do you have old magazines and newspapers?

Create a friendship collage to show what being friendly means to you.

Thank you to our friends at the Children and Young People's Commissioner Scotland for sharing this #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.

Find the Kind

See if you can spot kindness in books, movies or on TV. How many people can you see being kind in stories?

2.

Kindness Notes

Using water, write kind messages on the ground in the park, or outside your house. Watch and see if it makes anyone passing by smile!

3.

Cup of Kindness

Draw a cup on a piece of paper, write down or draw all the kind things you do, see if you can fill the space in the cup!



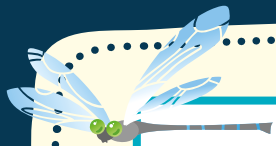
#myhealthmyrights
#bemorebear

BIODIVERSITY BINGO

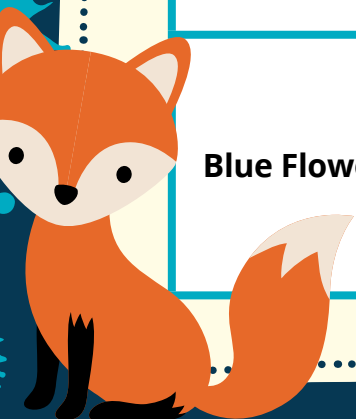
COURTESY OF



Have some fun exploring the world around you! Which wild wonders can you find around your local park, greenspace, or garden?



Frog	Caterpillar	Bird	Butterfly	White Flower
Duck	Conifer Tree	Pond	Snail	Bug Hotel (or make one yourself!)
Owl	Worm	Bumble Bee	Ants	Squirrel
Fox	Hedge Row	Spider	Evergreen Tree	Toad
Blue Flower	Badger Set	Pine Cone	Mushroom	Dragonfly



Thank you to our friends at Edinburgh Zoo for sharing this activity with us.
To find out more about Edinburgh Zoo visit <https://www.edinburghzoo.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.

Pep Talk

If you see someone struggling, try saying something kind to encourage them to keep going, or to try again. Kindness can be helpful to everyone!

2.

Learn a Household Skill

Ask a grown up at home if they would teach you how to use the washing machine, cook dinner, or even just use the vacuum cleaner!

3.

Fundraise

Lots of charities and organisations need help to raise money for the people they work with. Try having a bake sale, fashion show, or sports day to fundraise for a cause that's important to you!

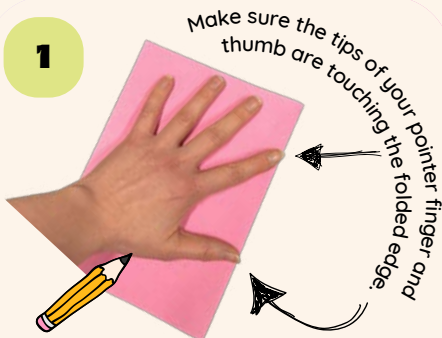




10 WAYS TO BE HELPFUL

Show someone how much you love them by making this heart card with your hands and writing 10 ways you will be helpful on each of the fingers.

1



Fold an A4 piece of paper in half and draw round your hand

2



Cut it out carefully. Ask for help if you need it!

3



Open it up to see your hand heart shape!

4



Write a message inside with 10 things you will do to be helpful. Write one on each finger

5



Decorate the outside with pens or stickers

Thank you to our friends at Spider Arts for sharing this activity with us. To find out more about Spider Arts visit <https://www.spiderarts.co.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



Even £1 can make a difference! Your donation could help provide children with resources that inspire creativity and enhance their understanding of health and wellbeing.





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



Your £25 could change lives by providing a vulnerable family with a Play and Information Pack. These packs empower families with tips, activities, and reassurance, helping children discover joy and resilience as they navigate their health journeys.



£50



A £50 donation is transformative—it delivers a Home Pack filled with materials to support emotional wellbeing, sent to a child or young person embarking on our Self-Management Skills Programmes. Your gift creates hope, connection, and strength for those who need it most.



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:
Children's Health Scotland
Cameron House, Forthside Way,
Stirling, FK8 1QZ

✉ enquiries@childrenshealthscotland.org
🌐 www.childrenshealthscotland.org

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