



Children's
Health Scotland



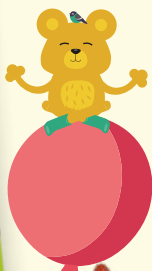
ACTIVITY BOOK!



Scottish Children's
Health Week 2026

7 – 13 September 2026
#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:

- *DESIGN YOUR OWN HEALTH RIGHTS DEFENDER SHIELD
- *HOW TO GREET A DOG – THE DOGS TRUST
- *MAKE YOUR OWN KINDNESS CARD – CALUM'S CABIN
- *WILD CHALLENGE – EDINBURGH ZOO
- *MAKE YOUR OWN SUPERHERO – TEAM JAK
- *STAR BREATHING – TEAPOT TRUST
- *MAKE A HAPPINESS JAR – BARNARDO'S SCOTLAND
- *BE FRIENDLY WORDSEARCH – C&YP COMMISSIONER SCOTLAND



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Bringing colour to young lives



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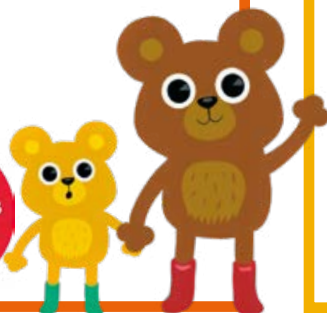
Working in partnership
BARNARDOS



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WELCOME TO AN EXTRA SPECIAL SCOTTISH CHILDREN'S HEALTH WEEK 2026



A week all about you, your health, and your rights – and a very special birthday.

Scottish Children's Health Week has grown over the years to become a celebration dedicated to the health and wellbeing of children and young people across Scotland. It's a time to learn about your rights, try fun activities, get creative, and feel proud of everything that makes you, you.

Scottish Children's Health Week takes place from 7–13 September 2026, and this year it's more meaningful than ever. We're celebrating a very big birthday — 50 years as a Scottish registered charity! For five decades, we've been standing up for the health rights of children and young people, making sure every child has the best possible chance to grow up healthy and happy.

But our story goes back even further. Since 1961, we've been part of Scotland's health journey — listening to children's voices, supporting families, and shaping services so that children feel safe, respected, included, confident to speak up about their health, and are aware of their health rights.

This year, Scottish Children's Health Week isn't just about seven days of celebration — it's about honouring over five decades of learning from children and young people just like you. Together, we've built a strong heritage of care, rights, and wellbeing, and we can't wait to celebrate that with you.

This Activity Book has been made for you to enjoy throughout Scottish Children's Health Week. It's full of fun tasks, creative challenges, puzzles, wellbeing activities, and chances to explore your rights in playful ways. Inside, you'll discover pages made with some brilliant partners who care about children's health, play, and wellbeing. Every partner has created something unique to help you learn new skills, feel confident, and have fun during this special celebration year.

As part of Scottish Children's Health Week, we also celebrate the amazing people who make a difference in children's lives. The Scottish Children's Health Awards 2026 are now open for nominations, and the award winners will be announced during Scottish Children's Health Week 2026. You can nominate someone until Tuesday 30 June 2026 using the link:

www.childrenshealthscotland.org/events/awards



Let's Begin the Celebration

This Activity Book is your guide to a week full of creativity, learning, and fun.

As we celebrate 50 years of Children's Health Scotland, we hope you enjoy exploring your health and rights in new and exciting ways.

Design Your Health Rights Defender's Shield

Every Health Rights Defender needs a shield that shows what they care about and what they stand for. Your shield can include colours, symbols, pictures, or words that represent your health rights, bravery, kindness, and the things that help you feel safe and supported. Once you've designed your shield, we'd love to see it. Take a picture of your creation and send it to our Health Rights Defenders at CYPHRS@childrenshealthscotland.org.

**Your ideas
could help
inspire
children
across
Scotland.**



Meet Our Health Rights Defenders

Our Health Rights Defenders is a group of children and young people aged 9-17 from across Scotland who live with health conditions and/or disabilities. They are passionate about making sure every child knows their health rights and feels confident speaking up about what they need.



They use their lived experiences to help Children's Health Scotland understand what matters most to young people. Their voices shape our programmes, resources, and national campaigns — including the My Health, My Rights Campaign, and our co-created Manifesto. Their ideas guide us as we work together to make Scotland a place where every child's right to health is respected and protected.

What Do Health Rights Defenders Do?

Our Defenders:

- share their experiences of health, hospitals, school, and wellbeing
- help improve support for children at home, in school, and in healthcare
- take part in creative projects, events, training, and campaigns
- help design and test new resources for children and families
- make sure that adults listen to children's voices
- defend every child's right to the best possible health
- call for Scotland to become a #HealthRightsAware nation

Their voices are powerful — helping to ensure that no child feels alone in their health journey.

What kind of Scotland do they want?

A Scotland where:

- every child knows their health rights
- every adult respects and protects those rights
- every school and hospital puts children at the centre
- every community helps children feel safe, heard, and supported

Becoming a Health Rights Defender means standing together.

Quotes from Health Rights Defenders

"Being a Health Rights Defender means speaking up not just for me, but for every child who feels worried, confused, or unheard."

"Health isn't just about medicine. It's about feeling safe, respected, and listened to."

"Together we can make Scotland Health Rights Aware. Every child's health right should be defended."

Want to know more?

Email Rhianna at CYPHRS@childrenshealthscotland.org

Learn more on our website:
<https://www.childrenshealthscotland.org/childrens-healthcare-rights/health-rights-defenders/>



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**



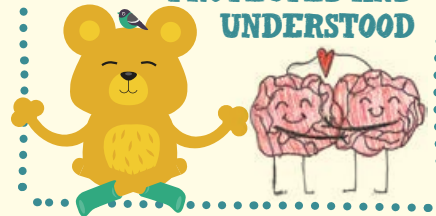
**A RIGHT TO BE
EDUCATED ON
OUR HEALTH**



**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**



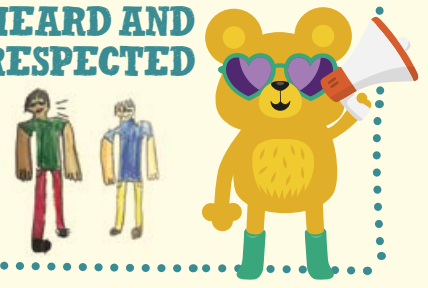
**A RIGHT TO RESPECT,
PRIVACY,
AND DIGNITY**



**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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KNOW YOUR RIGHTS



Understanding your rights helps every child or young person feel safe, confident, respected, and included when learning about their health or getting support. Here is what you need to know.

What is a Right?

A right is something every child or young person has, no matter who they are or where they live. Rights help make sure you are: safe, healthy, listened to, treated fairly, able to learn and play. Rights are not rewards — you don't earn them. They belong to you simply because you are a child or young person.

What is the UNCRC?

The United Nations Convention on the Rights of the Child (UNCRC) is a list of rights that every child or young person should have. In Scotland, the UNCRC became part of the law through the UNCRC (Incorporation) (Scotland) Act 2024. This means: the people and services who support children and young people — like schools, hospitals, councils, social work, and other organisations — must respect and protect your rights. These services must make decisions that put your rights first. If your rights are not respected, you can get help to challenge these decisions and have your voice heard in Scotland's legal system. This makes your UNCRC rights real in everyday life — not just written on paper.

"I want disabled children like me to have their voices be heard, in a way we speak and what we think."

– Alyssa, 16

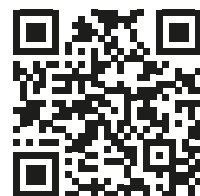
What is EACH?

EACH stands for the European Association for Children in Hospital and Healthcare.

EACH created the EACH Charter, a set of 10 important rights for every child or young person receiving healthcare. The EACH Charter is used across Europe to help hospitals and clinics give care that is child-friendly, safe, and respectful. It supports the health rights that are protected in the UNCRC. You can learn more about EACH by visiting www.childrenhealthscotland.org

What is the "My Health, My Rights" Children and Young People's Charter?

The My Health, My Rights Children and Young People's Charter was created with the voices, ideas, drawings, and experiences of children and young people across Scotland — not by adults. It is inspired by the UNCRC and the EACH Charter, but written in words that make sense to children and young people today. We're incredibly proud of our My Health, My Rights Charter the creation of which was led by our Health Rights Defenders. This Charter helps Scotland become a #HealthRightsAware nation by putting children and young people at the centre of their own health journey supported by their trusted adults and the professionals around them. You can learn more about our Charter by visiting: www.childrenshealthscotland.org



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!

How to greet a dog using the 3 Cs

COURTESY OF



1. Check

Always check with the owner to make sure it's OK to greet their dog.

2. Call

Call the dog to you by patting your legs and saying their name, or a friendly 'hello'.



3. Count

If the dog chooses to come over, stroke them on the shoulder nearest to you. Count up to 3 strokes, then stop and let them carry on enjoying their day.

If you would like to learn more about being safe around dogs visit dogstrust.org.uk/education

Wellbeing Wordsearch

Can you find what dogs need to be healthy and happy'?

- affection
- bedding
- brush
- choice
- collar
- companionship
- enrichment
- exercise
- food
- kindness
- medicine
- play
- respect
- rest
- shelter
- sleep
- space
- training
- treats
- trust
- water

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



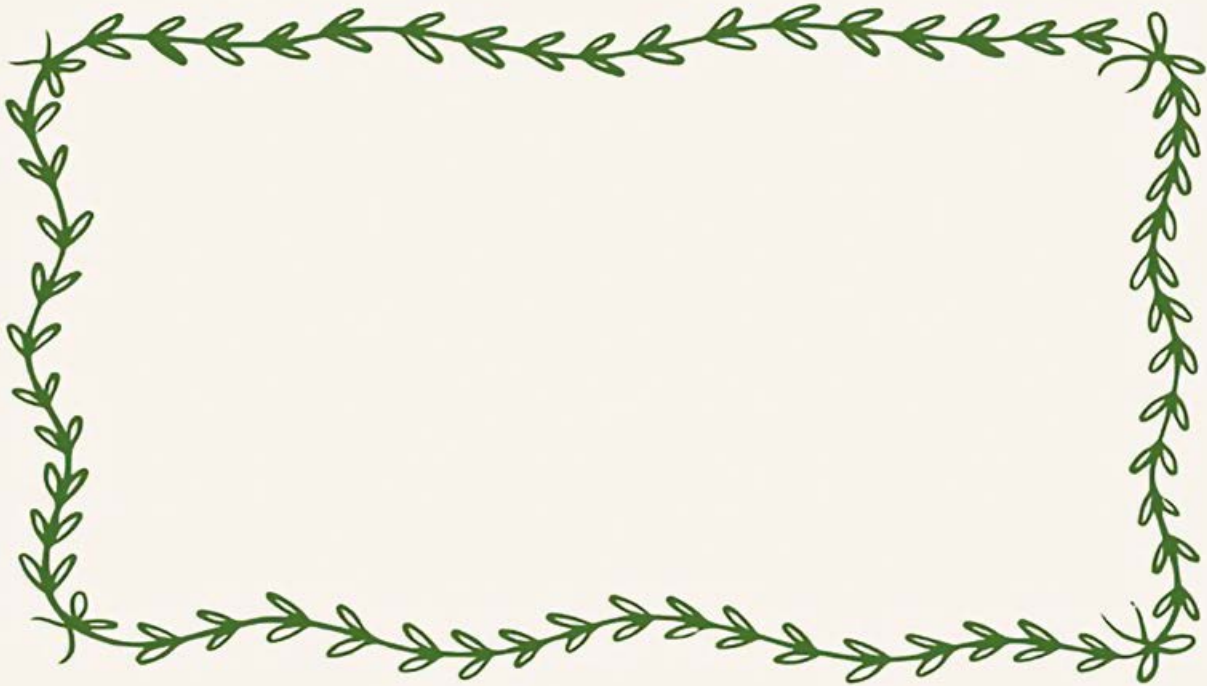
A dog is for life®

Thank you to our friends at Dogs Trust for sharing this activity with us. You can find more information about them and how to be safe around dogs at www.dogstrust.org.uk

MAKE YOUR OWN KINDNESS CARD

COURTESY OF

CALUM'S CABIN



Tell someone close to you (perhaps a family member or a friend) something that you like about them. Perhaps you could tell Dad that he makes a great breakfast or tell Mum that you love her singing. Or maybe you could tell a friend that you think they are funny. You never know how somebody might be feeling, and you might just brighten their whole day. It's important to lift those around you.

Consider how you could support the local environment. All of us benefit from the flowers, insects and animals that surround us. Perhaps you could plant some flowers in your garden or put a bird feeder out. You will be making the lives better for the local wildlife and the people who get to appreciate them. It is so important to consider the impact of our actions on the people and environment that surrounds us.

Tidy your bedroom or tidy away your toys from another room in the house. It's important to be creative and have fun! It is also important to think of others. By tidying away your things, you are giving that time back to someone else who doesn't have to do it for you. It will also be easier to find your things next time you want to play!

Thank you to our friends at Calum's Cabin for providing this activity. You can find more and support from them at www.calumscabin.com



MONDAY 7 SEPTEMBER 2026

#BEACTIVE

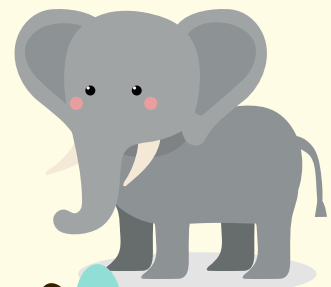


We can all benefit from being active every day. It can help you feel stronger, more energetic, sleep better and HAVE FUN! Today, let's get involved with games, spend time outdoors, and get our bodies moving. All kinds of movement will help your health and wellbeing physically, socially and mentally.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



ANIMAL MOVES PARADE

Choose your favourite zoo animals and move like them — stomp like an elephant, stretch like a giraffe, flap like a flamingo! Invite others to join your parade around the house or garden. Doing this activity is part of UNCRC Article 31 – the right to play. It encourages joyful movement, imagination, and self-expression through play.



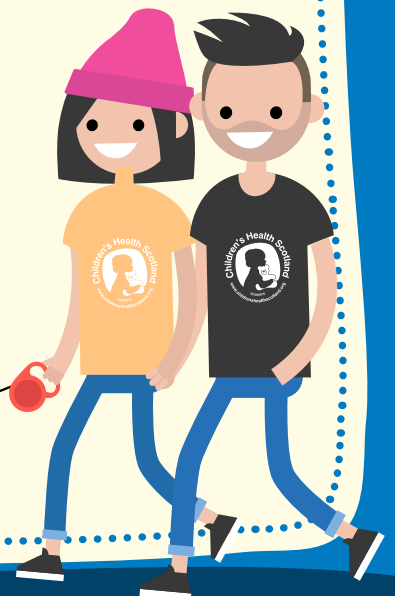
WILDLIFE EXPLORER TRAIL

Make your own nature trail in a local green space. Use sticks to mark a path, spot bugs and birds, and draw or write about what you discover. You're the explorer — what will you name your trail? Doing this activity is part of our My Health, My Rights Charter – a right to safe spaces. It builds curiosity, independence, and connection to nature without needing any equipment.



FAVOURITE ANIMAL WORKOUT CHALLENGE

Design a 10-minute workout inspired by zoo animals — cheetah sprints, gorilla squats, flamingo balances. Share your routine with friends or family and challenge them to try it. This activity supports the EACH Charter Article 7 – a right to age-appropriate play, recreation and education. It promotes physical health, creativity, and peer connection through movement.



WILD CHALLENGE

#myhealthmyrights
#bemorebear

COURTESY OF



Can you do our wild challenge by doing a wild activity every day for 30 days?
Here are some examples:

Make your journal	Make paper straws	Weave a bird's nest	Make a natural rainbow	Go find IT cards
Story stones	Mud faces	Make nettle soup	Raindrop scavenger hunt	Home hunt
Cloud gazing	Flower pressing	Nature rubbings	One word makes a story	Leaf sewing
Make a kite	Make a stone snake	Natural sign making	Worm charming	Matchbox scavenger hunt
Make a leaf crown	Heads or tails trail	Minibeast sweep	Make a birdfeeder	Take a moment
Journey sticks	Flower hunt	Memory game	Splash in puddles	Scavenger hunt

Thank you to our friends at Edinburgh Zoo for sharing this activity with us. To find out more about Edinburgh Zoo, how to visit and all their animal friends you can go to www.edinburghzoo.org.uk



TUESDAY 8 SEPTEMBER 2026

#BEBRAVE

Why not try and #BeBrave today?



1. BRAVE BEAR'S FEELINGS WALK

Go on a short walk with a grown-up and talk about how different places make you feel — happy, excited, nervous, brave. Use your body to show each feeling (e.g. big brave steps, tiny shy steps). This activity supports UNCRC Article 13 – a right to express feelings and ideas. It encourages emotional literacy and confidence through movement and play.



The Wonder Woman Pose



The Performer Pose



The Superhero Pose



2. COURAGE QUEST MAP

Draw a map of your own "Courage Quest" — include places where you've been brave (like the dentist, hospital, or first day at school). Add stars or symbols to show your bravery. This activity supports our My Health, My Rights Charter - a right to be heard and respected. It encourages reflection, storytelling and pride in personal achievements.



3. BRAVE VOICE LETTER

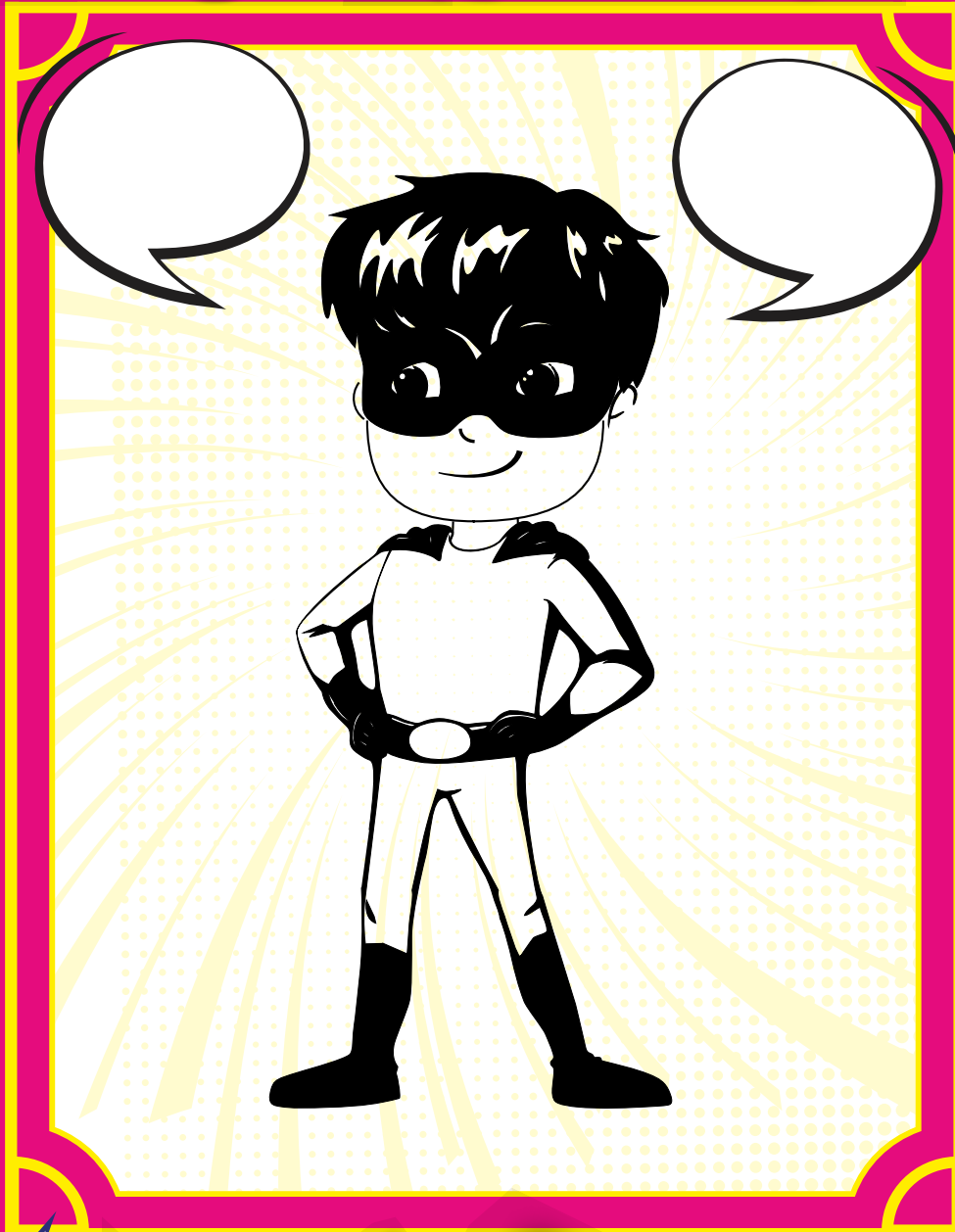
Write a letter to your future self or someone you trust, describing a time you were brave — even if it was just speaking up, asking for help, or trying something new. This activity supports the EACH Charter Article 5 – a right to take part in decisions around your health. It promotes self-awareness, resilience and emotional wellbeing.





Design your Superhero cloak now
and choose your power words you'll
use to Zap your sad and angry
feelings away when they annoy you.

COURTESY OF
TEAM JAK



Often when we are angry or worried about something we forget how awesome we are and all the sad and angry feelings take over.

Superheroes have special powers because they want things to change for the better.

Whenever you feel like that put on your invisible superhero cloak and find your "rhythm"...



Thank you to our friends at Team Jak for providing this activity for us. If you'd like to find out more about Team Jak or are looking for support you can visit <https://teamjak.org.uk>

WEDNESDAY 9 SEPTEMBER 2026 #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.

1. FEELINGS COLOUR HUNT

Go on a colour hunt around your home or garden. Match colours to feelings — blue for calm, red for excited, yellow for happy. Then draw a rainbow of your emotions! This activity supports UNCRC Article 31 – a right to play and rest. It helps young children explore emotional literacy through colour and play.



2. MY INVISIBLE SUPERPOWER PORTRAIT

Draw yourself as a superhero — but instead of capes, show your invisible strengths like kindness, bravery or imagination. Add symbols or colours that show how you feel inside. This activity supports our My Health, My Rights Charter – a right to be me. It encourages self-esteem, emotional awareness and creative expression.



3. ART FOR CHANGE POSTER

Create a poster that shares a message about something you care about — mental health, kindness, equality, or your health rights. Use collage, drawing, or words. Share it with friends or online. It supports the EACH Charter Article 4 – a right to be informed in a manner appropriate to age and understanding. It empowers young people to use art as advocacy and self-expression.



STAR BREATHING

COURTESY OF
teapot TRUST
Bringing colour to young lives

Activity prepared by Dr Patricia Watts and Ally Lloyd, 2026

Star breathing can help you to take some deep breaths and feel calmer.

Use your finger to trace around the edge of the star, from dot to dot.

When you are going from a blue dot to a green dot, take a big breath in. When you get to the green dot hold your breath for a few seconds, and then breathe out as you move to the next blue dot.

How do you feel after breathing around the star?

I am a star because

.....

.....

.....

When you are finished, you can cut out your star (or ask a grown up to help you) and put it in your pocket.

Every time you want to take some calm breaths you can take it out and do your star breathing.

Ideas for decorating your star:

- You could colour your star in your favourite colours or colours that make you feel calm.
- You could write and draw pictures of things that make you feel calm.
- You could decorate it to remind you of a place where you feel calm.
- You could add a pattern that is relaxing to draw and colour in.

Thank you to our friends at the Teapot Trust for providing this activity for us. If you'd like to find out more about the Teapot Trust and the support they offer you can visit www.teapot-trust.org

THURSDAY 10 SEPTEMBER 2026

#BEHAPPY



Being happy is not just about feeling good. Happiness is also about emotional health, social health, physical health and wellbeing. It's about 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.



1.

HAPPY HATS PARADE

Make a "Happy Hat" using paper, recycled materials, or whatever you have at home. Decorate it with things that make you smile — sunshine, animals, family, or glitter! Then wear it proudly and do a little parade around your home or garden. This activity supports the UNCRC Article 12 – the right to be listened to. It encourages emotional wellbeing through creativity and joyful movement.

2.

KINDNESS CHAIN REACTION

Write or draw something kind for someone — a compliment, a thank-you, or a funny doodle. Pass it on and ask them to do the same for someone else. Watch the kindness ripple through your class, family, or community. It supports our My Health, My Rights Charter – a right to have my beliefs respected, protected and understood. It promotes happiness through connection, empathy and positive relationships.

3.

MY HAPPY PLAYLIST WALK

Create a playlist of songs that lift your mood. Go for a walk while listening or share your playlist with a friend and swap theirs. Reflect on how music and movement can help you feel better. It supports the EACH Charter Article 4 – the right to be informed in a manner appropriate to age and understanding. It encourages self-awareness, emotional regulation and peer sharing.



MAKE A HAPPINESS JAR

COURTESY OF

Working in partnership:



BARNARDO'S



What you'll need:

A clear jar or container

Pens, pencils or crayons

Strips of coloured paper

Stickers, glitter, ribbons, paint to decorate (if you like)



Decorate the jar with markers, stickers or paints.

At the end of the week, or when you need to be cheered up, read through the happy memories and remember the happy feelings that went with them.

Each day, write (or draw) something that made you smile that day. As the days go by, you'll enjoy seeing the jar fill up!



Thank you to our friends at Barnardo's Scotland for providing this activity for us. To find out more about Barnardo's you can visit www.barnardos.org.uk

FRIDAY 11 SEPTEMBER 2026 #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, physical and social 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.



FRIENDSHIP FLAGS

Make a colourful flag using paper or fabric scraps that shows what friendship means to you — hearts, handprints, smiley faces, or drawings of you and your friends. Hang it up at home or in school or nursery or hospital to celebrate being kind and together. This activity supports the UNCRC Article 15 – a right to meet other children and join groups. It encourages early expression of belonging and connection through art.



RIGHTS RESPECTING ROLEPLAY

Act out a short scene with friends or family where someone feels left out and show how to include them kindly. Then switch roles and talk about how it felt. You can even create your own “Friendly Code” together. This Activity supports our My Health, My Rights Charter – a right to respect, privacy and dignity. It promotes building empathy, teamwork and understanding of inclusive behaviour.



FRIENDLY LETTER SWAP

Write a letter to someone you admire or care about — a friend, teacher, neighbour, support worker, nurse, doctor or youth worker. Share what you appreciate about them and how they've made you feel welcome or supported. Ask them to write back or pass it on. The activity supports the EACH Charter Article 2 - children and young people shall have the right to have their parents or parent substitute with them at all times. This activity fosters emotional literacy, gratitude and positive communication.



BE FRIENDLY WORDSEARCH

COURTESY OF



The United Nations Convention on the Rights of the Child (UNCRC) says that just like adults, children have the right to meet with friends and join groups. Meeting friends can help us feel happy as we can have fun together. It can also help to talk about things that might be bothering us too.

It's good to be friendly to people, and for people to be friendly to you.

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

- FRIEND
- LOVE
- FUN
- GAMES
- HUG
- CARROTS

Rights Rabbit would like you to have some fun with their #BeFriendly wordsearch all about friendship. Can you see if they have sneaked in any other words?



- UNDERSTANDING
- BE YOURSELF
- HOPPING
- LISTEN
- PAL
- SUPPORT
- GIGGLE
- LAUGH
- CHAT

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

SATURDAY 12 SEPTEMBER 2026

#BEKIND



The smallest act of kindness can make a huge difference. It could be a kind word, a thank you or even a small 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, physical health, social health and wellbeing too!

1. BUILD A PLAY WORLD

Use cushions, boxes, blankets or toys to build your own play world — maybe it's a jungle, a castle, or a spaceship! Invite someone to play in your world and decide together what kind of things you'll do there. This activity supports the UNCRC Article 31 – a right to play and use imagination. It encourages creative play, cooperation and kindness through storytelling.



2. PLAY DETECTIVE MISSION

Become a "Play Detective" for the day. Your mission: spot moments of kindness in play — someone sharing, helping, or including others. Write or draw what you find in a notebook and share your discoveries at home or school. This activity supports our My Health, My Rights Charter – a right to be me. It promotes observation, reflection and celebration of kind behaviours.



3. DESIGN A KINDNESS GAME

Invent a game where kindness is the goal — maybe players earn points for compliments, helping others, or working as a team. Write the rules, test it with friends, and tweak it to make sure everyone feels included. This activity supports the EACH Charter Article 7 – a right to play, recreation and education. It fosters leadership, creativity and values-based play.



NURTURED

COURTESY OF



BITE SIZE INFO

Children can play and learn best when they are in a nurturing environment with someone who cares for them. They can also learn about the importance of caring from others by observing and helping to care for younger siblings and looking after pets or even plants.

ACTIVITIES

PRACTISE HELPFUL PRAISE WITH YOUR CHILD

You will need:

- Paper or card - try recycling a cereal box
- Any craft materials
- Glue, scissors, Sellotape
- Coloured pens, sweet wrappers, tissue paper, etc.

PART 1

Making a Superstar award together

Make a certificate or medal together - let your child take the lead as much as you can. Allow them to choose the materials to use, and the medal's shape, colour and size. Then help them to decorate it. Praise their efforts as they go - even simple things like squeezing hard to get out the glue, or concentrating when cutting. Your child will be proud of the end result, regardless of how it looks.

PART 2

Giving the award using helpful praise

You and your child can now decide how often you'll give out the award and what it'll be for. It could be every day or just once a week, maybe for remembering to brush their teeth or playing well or working hard on learning activities from nursery or school. Use it to recognise their positive efforts rather than the end product. So maybe "you've worked really hard on that picture" rather than "that's a nice picture".

MORE IDEAS

BUILD A BUG HOTEL

WHAT YOU NEED

- Logs/sticks
- Rocks/slate
- Wooden boxes/boards
- Leaves
- Bark
- Bricks/large rocks.
- Pinecones

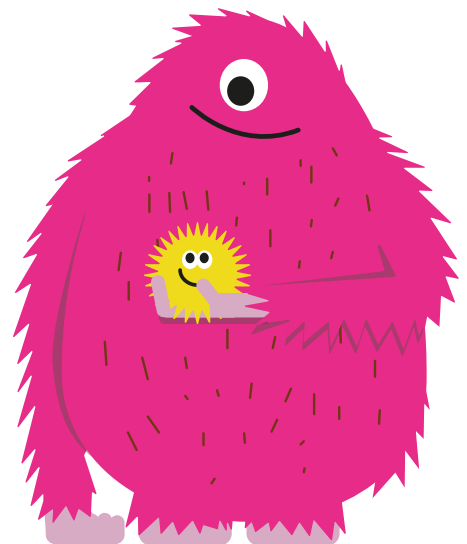
WHAT TO DO

Choose a green space that is level and solid.

First, create the basic structure of the hotel by using bricks and old wooden boards or palettes, leaving enough space for bugs to enter.

Fill in the gaps with leaves, twigs, rocks, bark, and any other natural material you can get your hands on!

Once your hotel is complete, place some slate tiles or wooden boards over the top to create a roof.



This page is part of the Play Well Summer on a Shoe String resource produced by Play Scotland and Save the Children. The SHANARRI characters used were developed as part of the Children's Places programme which was funded by STV Appeal.

Thank you to our friends at Play Scotland for providing this activity. You can find out more about Play Scotland by visiting www.playscotland.org

SUNDAY 13 SEPTEMBER 2026 #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? Could you maybe fundraise for Children's Health Scotland and help us defend the right of every child to the best possible health?

1. STORYTIME HELPER SWAP

Choose a favourite storybook and ask a grown-up to read it with you. Then swap roles — you become the helper and “read” the pictures or retell the story in your own words. You’re helping with Storytime and learning to lead! This activity supports the UNCRC Article 5 – a right to guidance as you grow. It encourages confidence, role play and shared learning through storytelling.



2. INVENT A HELPFUL TOOL

Imagine a tool that could help someone — maybe a “Mood Lifter Machine” or a “Homework Helper Robot.” Draw it, label its parts, and explain how it works. You can even build a model using recycled materials. This activity supports our My Health, My Rights Charter – a right to information in a way we understand. It encourages problem-solving, empathy and playful invention.

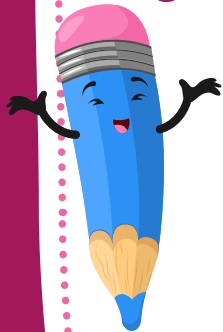
3. HELPFUL HACK VIDEO SCRIPT

Write or draw a short script for a video that teaches a helpful life hack — like how to stay calm before exams, organise your space, or support a friend. You don't need to film it, just plan it out like a real content creator. This activity supports the EACH Charter Article 10 - to be treated with tact and understanding, and privacy respected at all times. It promotes leadership, communication and peer-to-peer support.

Kindness Fortune Teller



COURTESY OF
Parent Club



Have you ever made a paper “fortune teller”?

They’re those awesome little foldy paper games that open and close like a tiny chomping creature. You can choose colours, pick numbers, and discover fun surprises hiding inside! Making one is a mini-adventure all on its own — you get to follow cool steps, fold and flip the paper, and use your counting and spelling skills without even realising you’re learning. But here’s the best bit... this fortune teller is packed with kindness challenges! Every flap you open gives you a little mission to brighten someone’s day.

Who knew a small paper square could be such a kindness-spreading superstar?

All you need is:

- a square piece of paper (if you only have rectangular paper, fold one corner diagonally to the opposite edge to make a triangle and cut off the spare strip)
- some pens or coloured pencils
- your child’s imagination.

Here’s how to make the fortune teller:

1. Fold the square diagonally in both directions (corner to corner) so you have an “X” crease pattern.
2. Fold the square in half from top to bottom and left to right, so you have a “+” on your paper along with the X.
3. Fold each corner into the middle. You’ll now have a smaller square.
4. Turn the paper over. Again, fold each corner into the middle, so you have an even smaller square.

Now comes the fun bit – decorating and writing the messages. On the outer square flaps, write the names of four colours and decorate as much as you like. Then open the fortune teller up and number the inside triangular flaps from 1 to 8. Next, lift the flaps and write your messages – these could be activities that help spread kindness (like “Give someone a hug” or “Say something kind to the person next to you”) or compliments (like “You’re a brilliant friend” or “You’re the best”). Let your imagination take the lead here!

You’re now ready to use your fortune teller. Slide your index fingers and thumbs under the four

square flaps and push them together so the fortune teller pops into shape. Ask someone to pick one of the colours. Move your fingers and thumbs to open the fortune teller one way and the other while you spell out the colour (for example, “r – e – d”). Then ask them to pick a number from inside, and move the fortune teller that number of times. Then ask them to pick another number, and unfold the flap to reveal their message of kindness.

You can watch a handy video showing you how to make a fortune teller here: <https://www.wikihow.com/Fold-a-Fortune-Teller>



Thank you to our friends at Parent Club for providing this activity. For parenting tips and advice from pregnancy through to the teen years, Parent Club is here to help at www.parentclub.scot



MATCH US UP

We asked a group of young people to come up with their version of the EACH Charter. In their own words they told us what every point meant, but we've mixed them up. In this game can you work out which Charter point matches their voices? Draw a line from the Charter point to their words to match them up correctly. We've done the first one for you.

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 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

Look after us all together

Can someone come with me?

Work together for us

Staff should understand what makes us tick

Hospital only when necessary

Get to know and respect me

Listen to me and hear what I've got to say

Tell me what's going on so I can understand

Can someone stay with me?

School matters and time out too





**WHAT
MAKES
ME FEEL
GOOD?**

Self-management means learning little things that help you feel good and look after yourself. Our self-management programmes help children and families find fun ways to feel calm, happy, and confident. In this activity, draw or write in the flower petals the things that make you feel good. If you'd like to know more about our programmes, you can contact us at sms@childrenshealthscotland.org.

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:
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Stirling, FK8 1QZ

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

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