

ALL ABOUT ME

**Written and illustrated by
Helen Fitzgerald
and**

All About me:

My name is _____

I am _____ years old.

I was born on _____

My address is _____

My telephone number is _____

I was diagnosed on _____

My cancer is called _____

My best friend is _____

Other people in my family are: _____

Write a story about you by using the words on the next page.

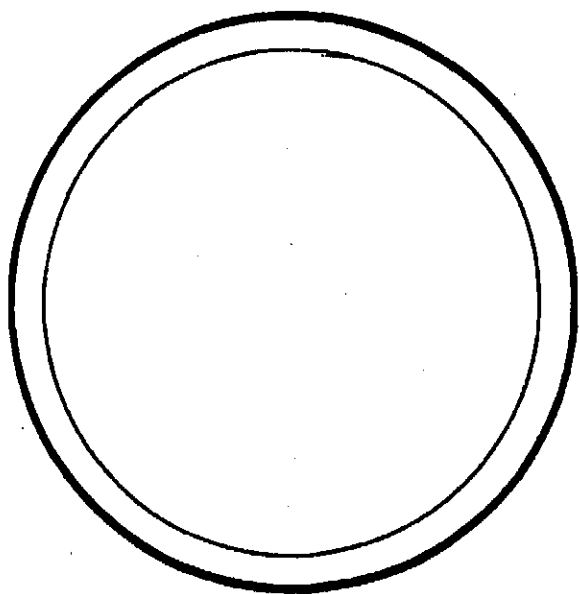
Cut the words out of your book. Put them on a pile on the table. Take a word and if it gives you a thought, write that thought down. If it doesn't give you a thought, put it back into the pile and take another. Continue this way until you feel your story is done. Add the title after you have written your story.

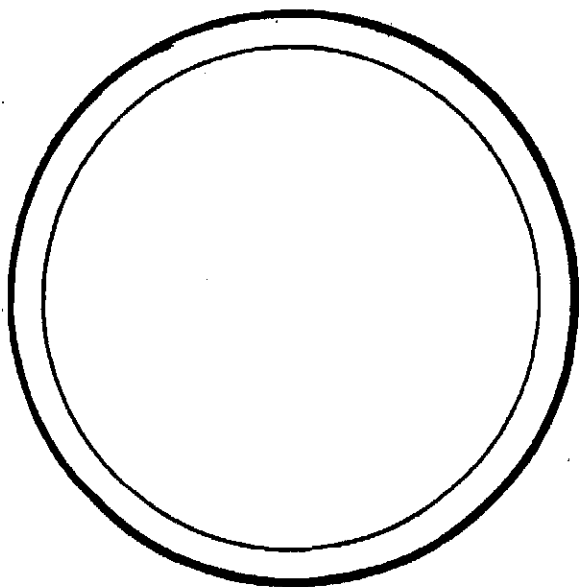
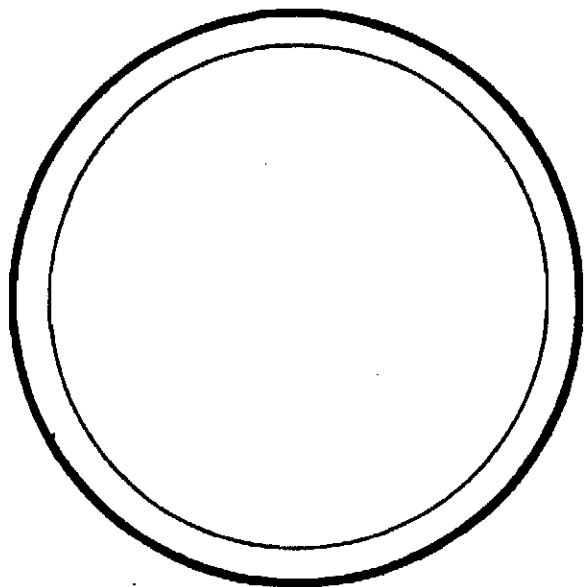
TITLE

Cut out the following words. Put them face down on the table. Mix them up and then take one word and write a sentence using it. Take another word and write another sentence. Continue until you have a poem or a story.

worry sick help ambulance
sunshine sad flowers happy scared
love tears mad hospital doctor
scream grandparents presents
mom dad brother sister relatives
sun rain school run hide
cancer hard bugs trees clouds
virus radiation medicine tease secret
moving hope sorry mope cry
upset alone fight pills I-V
dread changes dream nightmare awful
guilt no why silly end
911 angel nurse live God
get well cards school flowing snow
appointments missing jealous
vacation wish bed throw-up
hair silent questions pets
pictures footsteps machines plane
future animals wind hope
heaven angels singing books
TV shots buttons help
love smiles tears frowns
clowns shimmering games

Here are some pictures of me.
Write a short story about each picture





My favorites are:



COLOR _____

SONG _____

MOVIE _____

FOOD _____

GAME _____

TV SHOW _____

TEACHER _____

DAY OF YEAR _____

HOLIDAY _____

ARTICLE OF CLOTHING _____

PERSON OR RELATIVE _____

SEASON _____

ANIMAL _____

VACATION _____

BOOK _____

TIME OF DAY _____

MUSIC GROUP _____

WHAT I LIKE MOST ABOUT MY LIFE _____

If I could have three wishes, this is what they would be:

1. _____

2. _____

3. _____

When I found out I had cancer, my first thought was

My life before and after cancer.

Draw a picture or write a story about it:

Before cancer

Life as it is now

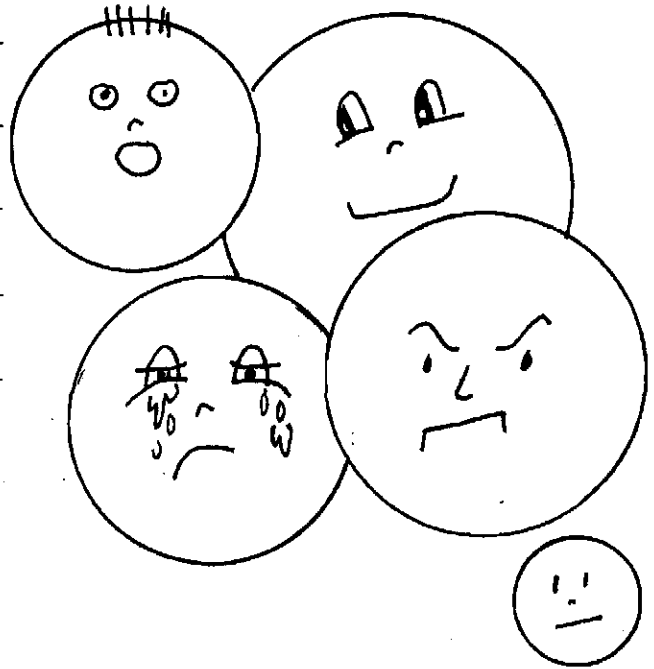
A vertical rectangular box designed for a drawing or story. The top portion of the box contains a large, empty circle. Below the circle, the box is divided into ten horizontal rectangular sections by nine horizontal lines, providing space for writing.

A vertical rectangular box identical in structure to the one on the left. It features a large empty circle at the top and ten horizontal rectangular sections below, intended for a drawing or story about life after cancer.

Here are some feelings I had when I found out I had cancer:

(After you list the feelings, pick one and draw a picture or write a story about it)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



WORD FINDS

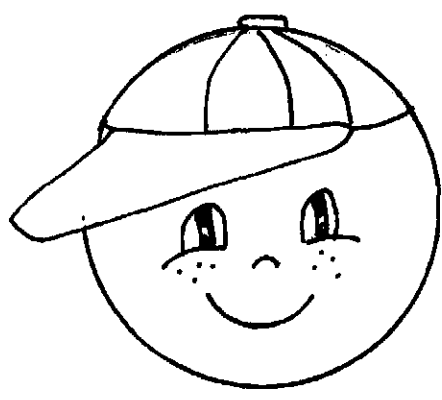
(There are two of them. The first one is easier for the younger person and the second is harder. You may want to do both of them. As you do the word find, if there are words you don't know the meaning of, write them down in the space below and find someone who can tell you what they mean)

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

- DOCTOR
- RADIATION
- CANCER
- HOSPITAL
- DIAGNOSIS
- NURSE
- CHEMO
- TUMOR
- XRAY
- OPERATION
- SCAN

These are some words I don't know the meaning of:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



WORD FIND FOR OLDER PEOPLE:

(These are the words, the puzzle is on the next page)

PHYSICIAN
NURSE
SCAN
CELLS
DIAGNOSIS
NEEDLES
SHOT
CONFUSED

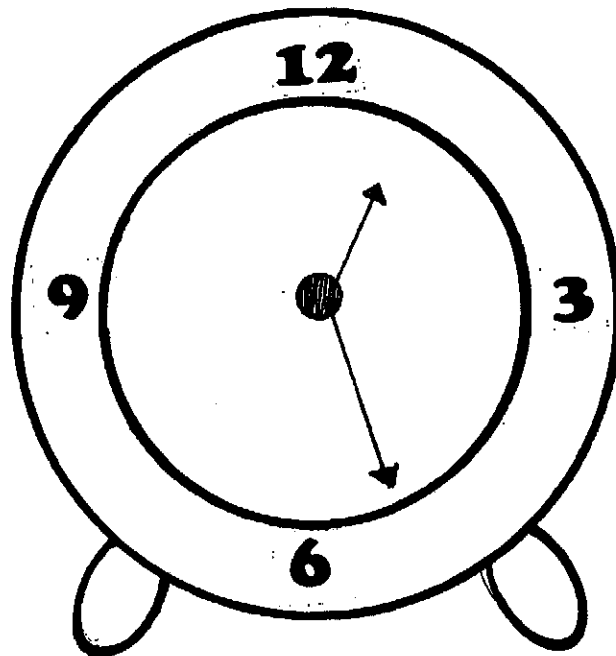
REMISSION
RADIATION
BLOOD
SURGERY
HOSPITAL
IV
LONELY

CHEMOTHERAPY
DOCTOR
WIG
SCARED
OPERATION
PILLS
MAD

These are some words I don't know the meaning of:

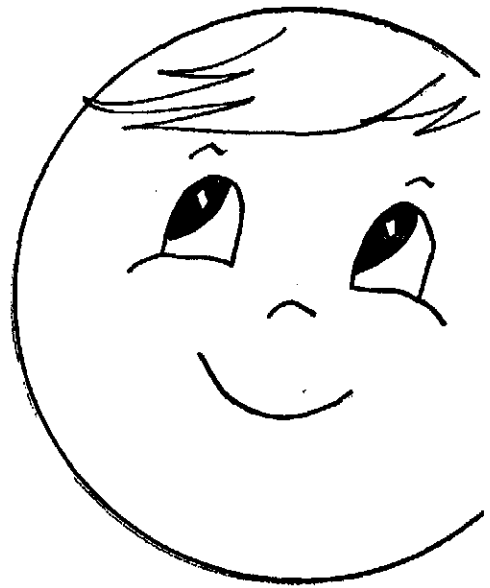
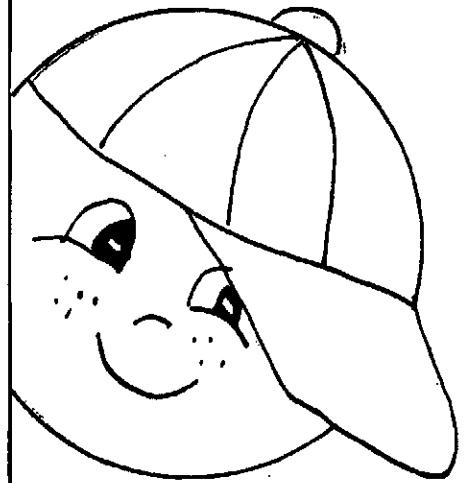
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

How fast are you?
Time yourself!



WORD FIND

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



Here are some questions I would like to ask:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

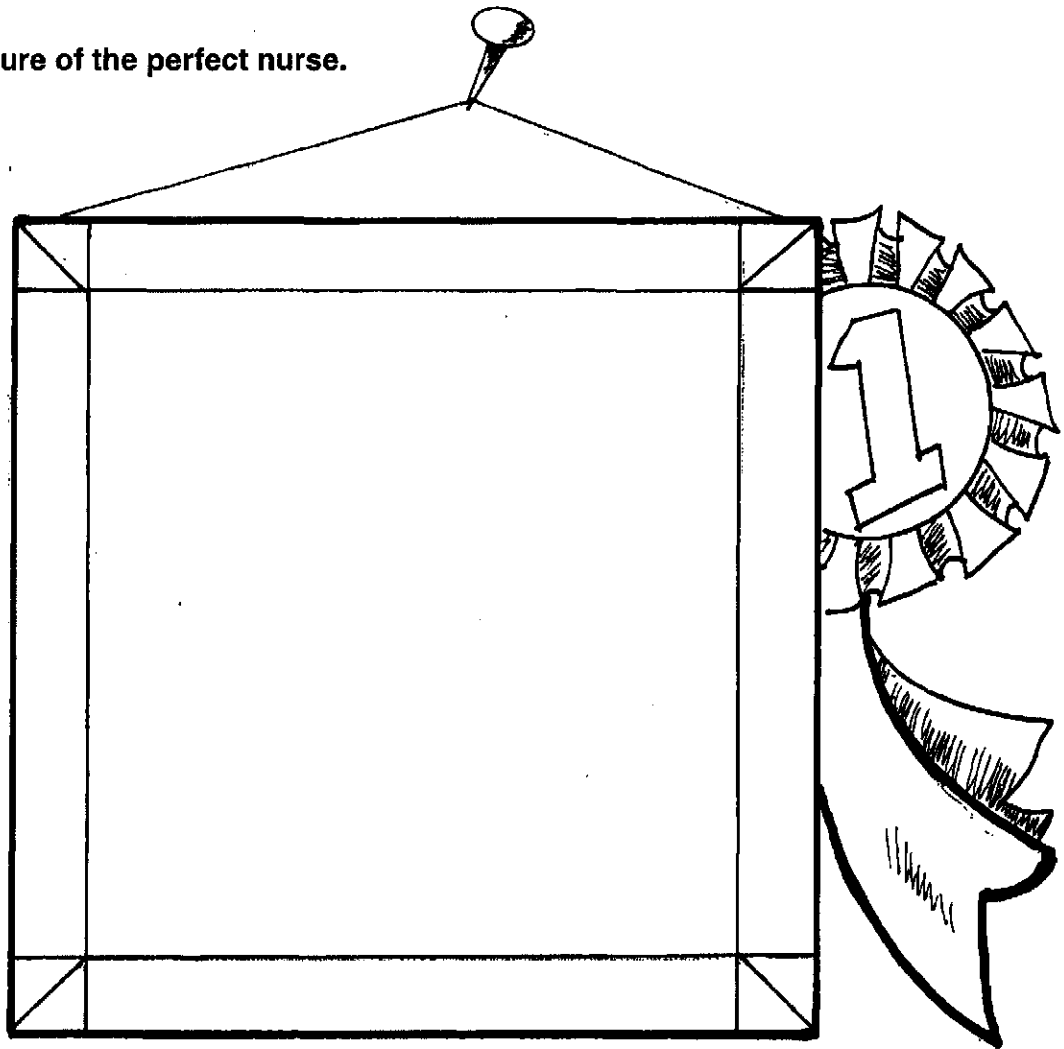
I worry most about:

What helps me the most is:

The best part of having to be in the hospital is:

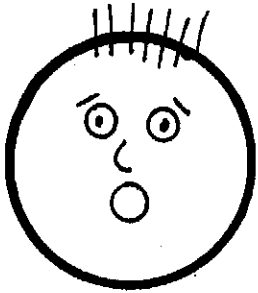
My idea of a perfect nurse is:

Draw a picture of the perfect nurse.



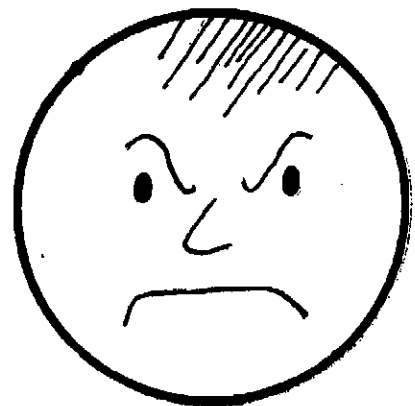
This is what scares me the most:

(You have a choice to write or draw)



Sometimes I get mad and this is what makes me most mad:

(You have a choice to write or draw. Some suggestions on what to do when you are mad to release your anger are on the next page)

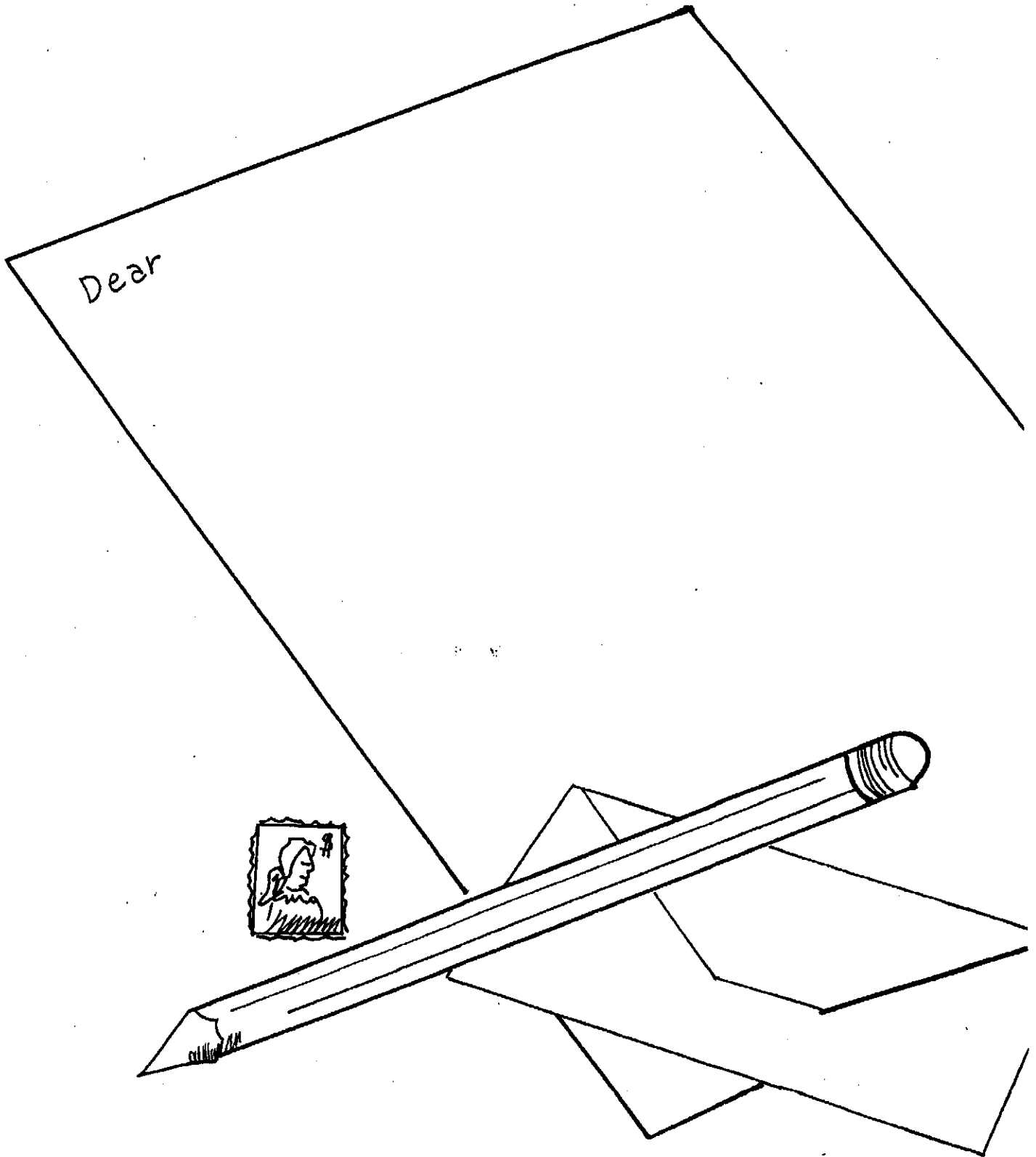


Things to do when you are feeling angry:

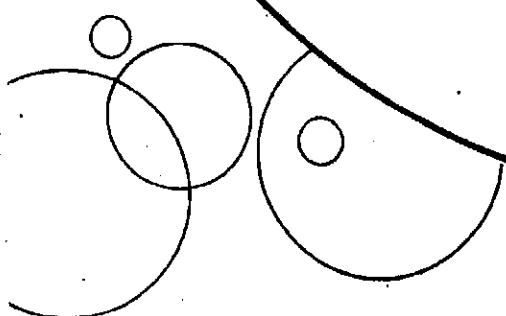
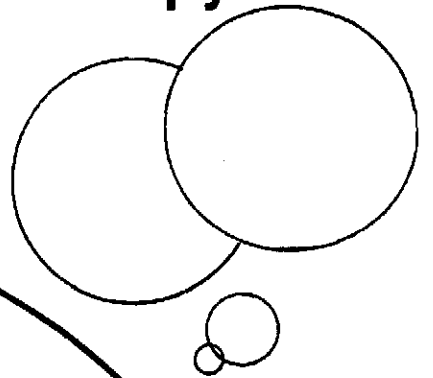
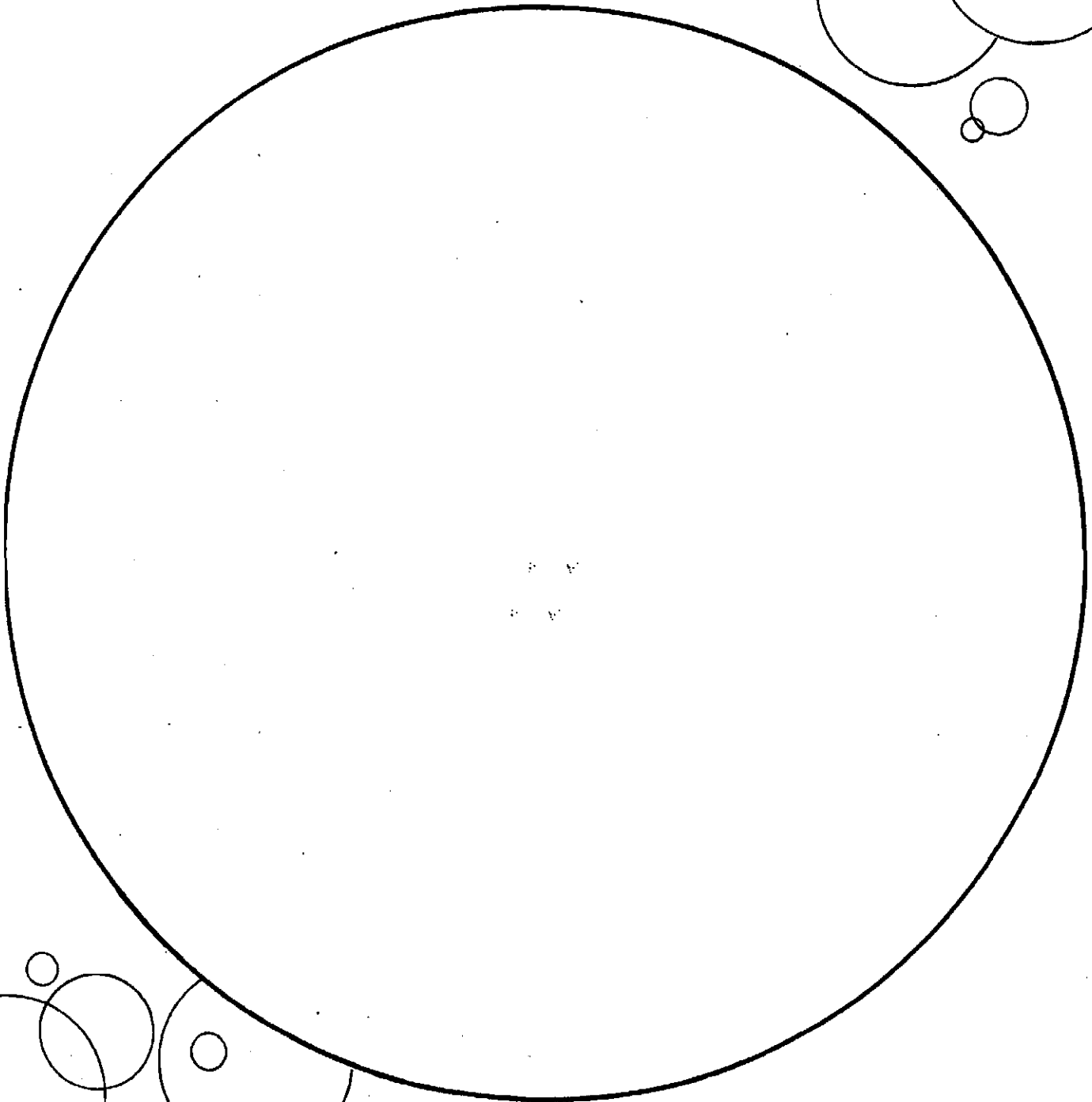
- 1. Rip up an old magazine and throw it about. Then play "basketball" as you clean up.**
- 2. Pound a pillow or mattress.**
- 3. Run around the outside of your house 4 times.**
- 4. Go into your closet, close the door and yell as loud as you can. (However warn your family first)**
- 5. Yell your anger into a tape recorder.**
- 6. Do a "mad" dance.**
- 7. Draw a "mad" picture and share it with an adult.**
- 8. Make a "mad" face in the mirror.**
- 9. Count to 10, slowly and loudly.**
- 10. Talk to someone about your mad feelings.**
- 11. Write the things you are mad about on a balloon and then break the balloon creatively.**
- 12. Throw a nerf ball against the wall.**
- 13. Clean your room.**
- 14. Do something funny.**
- 15. Play some soothing music.**
- 16. Cuddle up with a soft blanket or favorite toy.**
- 17. Ask for a hug.**

TURN A FROWN UPSIDE DOWN

Write a letter to your mom or dad and ask for a letter back.



Draw a picture of what you think your cancer looks like and the chemotherapy fighting it:



What advice would you have for other kids who have cancer?

