Hello

We thought you might like this little booklet that’s filled with stuff to do.

When someone you know is ill, you might feel bad about doing your own thing or having a bit of fun.

But it’s OK to carry on with normal things, and there are even some games and puzzles in here that you could do together.

Yep, let’s go Izzy. This booklet has loads of stuff to keep us busy!

P.S. You can find all the puzzle answers on page 22... no peeking now!

If you’re hanging around in waiting rooms or visiting someone in hospital, you could take this along to fill your time.

We hope you find them useful.

Check out these other booklets in the “I know someone with cancer” series:

You can also find electronic versions of these booklets online at www.bupa.co.uk/iknowsomeonewithcancer

ABOUT THIS BOOKLET

This booklet has been produced by Bupa, to help occupy children either at home or if they are visiting someone in hospital. It’s part of a series of booklets aimed at children who know someone with cancer. The booklets have been written with the advice of cancer specialists, healthcare professionals and families affected by cancer.

We hope you find them useful.
**SCIRBBLE PAD**

Grab your pens and pencils and doodle away!

**Print pals**

Give these fingerprint pals some more funny-looking friends.

**Pen puzzler**

Can you draw this shape without taking your pen off the paper or going over the same line twice?

**Sign here**

Think you might be famous one day? Better get practising your autograph. Here are some top tips:

- The totally unreadable one. Just do a long scribble!
- Draw a little picture in one of the letters – nice.
- Add your middle initial to make you look super-important!
- Now try and write your name here with your eyes closed – if it looks good, this could be your autograph!

**Letters have it!**

Make letters stand out with some simple decorations.

- Make letters 3D
- Curl the top of letters
- Add dots to the ends
- Draw patterns inside

**Thank You**

Using fancy lettering, you can make some great thank-you cards for anyone who has helped you and your family. Practise here...
Get your brain in gear and get puzzling.

Well spotted
Circle six differences between these two pictures.

Yum yum
Cross out all the letters that appear twice to reveal a tasty treat.

Colour confusion
Can you read out the colours of these words, but not the actual word? Not as easy as it looks!

Funny phone
Hmmm, the keys on this phone are playing up. Crack the code to work out what the message says.

Code
1 = a  2 = c  3 = d  4 = e  5 = f  6 = g  7 = h
8 = i  9 = l  a = m  b = n  c = o  d = p  e = r
f = s  g = t  h = u  i = v  j = y

Space-duko
Help this alien fill in the planet so that every row, column and 2 x 2 square has the numbers 1-4.

Answer:
Create some funny, future-predicting sentences that may come true (but most probably won’t)!

How to play

• Close your eyes and place your finger on one of the numbers on the NUMBER PAD on the right.
• Read out the words from BOX A that are next to the number that you selected.

Here’s an example: My teacher shall try and kiss a disco-dancing dinosaur on Friday at 2pm.

Now pick numbers in the same way for BOX B, BOX C and BOX D so you end up with a whole sentence.

Write down the funniest one here:
SO TELL ME...

Imagine you’re a chat show host and your special guest is a friend or someone in your family. Interview them and see if you find out something you never knew.

HERE ARE SOME IDEAS FOR QUESTIONS:

- What did you want to be when you were little?
- What was your favourite toy when you were little?
- What’s your funniest memory?
- What job have you always wanted to do?
- What super power would you love to have?
- What’s your favourite smell in the whole world?

You could have a go at answering the questions, too!

THINK TANK

Can you think of a word beginning with these letters for each of the categories... in just five minutes?

<table>
<thead>
<tr>
<th>LETTER</th>
<th>S</th>
<th>B</th>
<th>E</th>
<th>A</th>
</tr>
</thead>
<tbody>
<tr>
<td>CATEGORY</td>
<td>Something you eat</td>
<td>A boy’s name</td>
<td>Something that makes you laugh</td>
<td>An animal</td>
</tr>
<tr>
<td></td>
<td>eggs</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Think of some more categories and letters and play again with pals.
Imagine you’re stuck on a desert island. What would you take?

You’re allowed to take just one thing from each of these categories. Fill in the bubbles, then ask your family what they’d take.

- Toy or game
- Film
- Music
- Pet
- Meal

Need some ideas for tasty teas? Here are some nice and not-so-nice ones! See if you can find them all below.
MOVIE NIGHT

Bring the magic of the cinema to your living room and hold a mega movie night at home.

Lights, camera... action!

Movie munchies

Get some tasty snacks ready before you settle into the sofa.

Top popcorn

Follow the pack instructions to make the popcorn. Then add a little sugar and mix it up. If you prefer savoury, do the same but with a sprinkling of salt. Or make a bit of both!

Dip it

Make a selection of simple creamy dips by mixing 100g of soft cream cheese with 50g of plain yoghurt, then adding one of the following flavours:

- A squirt of tomato ketchup.
- 2 tablespoons of sweet chilli dipping sauce.
- Half a grated cucumber and a handful of chopped mint.

Then chop up some cucumber and carrot sticks or pitta bread and dip away!

Don’t drip your dip!

Yummi!

Get some tasty snacks ready before you settle into the sofa.

I want to see a 3D movie full of funny talking dogs please.

Lights, camera... action!

Lead actress:

Lead actor:

The baddie:

The funny sidekick:

The handsome/beautiful stranger:

The shock/happy ending:

Cut!

It’s your turn to play film director. What film would you make and who would be your stars?

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Yummi!
KIDS’ KITCHEN

These kids are helping out at home along with some handy little friends!

Tick these things off when you spot them:

- Five mice
- A thirsty cat
- Eight apples
- A pink cupcake
- A hungry hedgehog
- A banana
- A pink fork
- A cookbook
- A mini sweeping brush
- A spotty pot
GAME ON

Here are some games you could play with a relative or friend if you’re visiting them in hospital or they’re taking it easy at home.

Squashed bananas!
Tell your relative or friend that they have to answer ‘Squashed bananas’ to any questions they’re asked! Take it in turns to ask the questions.

Q: What are you wearing on your feet?
A: Squashed bananas!

Q: What would you like for your birthday?
A: Squashed bananas!

Shopping lists
Take it in turns with someone to think of things you’d buy at the shops that begin with the letter A, then B, then C and so on, repeating the items from the beginning each time you add a new one.

Here’s how to play:

I went to the shops and I bought an apple.

I went to the shops and I bought an apple and a book...

I went to the shops and I bought an apple and a book and a carrot...

Carry on until someone forgets one of the items or can’t think of a new one.

Who am I?
One player thinks of a famous person and the other player has to try and guess who it is by asking 20 questions which must be answered ‘Yes’ or ‘No’.

Q: Are you a superhero?
A: No

Q: Are you a cartoon character?
A: Yes

Doodle It
Draw a doodle below and ask someone to turn it into a picture. Here’s one Izzy did!

There are oodles of doodle ideas!
SCRIBBLE PAD
Time for some more doodling!

Alpha-sketch
Take it in turns with someone to draw a picture beginning with each letter of the alphabet. Try and link the pictures whenever you can! We’ve started you off...

Shape up
Turn these spiky shapes into little pictures of anything you want!

Designer bed
Finish off decorating this colourful patchwork quilt.

Hip to be square
Write your name or make pictures by colouring in squares on the grid.

Time for some more doodling!
Can you match these jokes up to their punchlines?

<table>
<thead>
<tr>
<th>Joke</th>
<th>Punchline</th>
</tr>
</thead>
<tbody>
<tr>
<td>What are aliens’ favourite sweets?</td>
<td>Martian-mallows!</td>
</tr>
<tr>
<td>Why did the lion spit out the clown?</td>
<td>Worm your way out of that one then!</td>
</tr>
<tr>
<td>What did one maggot say to the other maggot who was stuck in an apple?</td>
<td>Because he tasted funny!</td>
</tr>
<tr>
<td>What do you get if you put three ducks in a box?</td>
<td>A box of quackers!</td>
</tr>
</tbody>
</table>

ANSWERS

1. Martian-mallows!
2. Worm your way out of that one then!
3. Because he tasted funny!
4. A box of quackers!

DEAR DIARY

Write down what’s going on in your life...

Keeping a diary can be a helpful way to write about things that have been happening and how you feel about them. Why not have a go here and then start a diary in a notebook?

Today’s date:

Today I feel...

What’s bothering me at the moment is...

A funny thing happened today...

Something else that happened today...

Yum yum CAKE
Funny phone
Having a fancy dress party on Saturday. Come along!

P22 LOL
1C; 2D; 3B; 4A.

P13 GRUB’S UP!

P16-17 KIDS’ KITCHEN

P6-7 PUZZLE MIX
Well spotted

P4-5 SCRIBBLE PAD
Pen puzzler

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