

“ I know someone with cancer ”

# ACTIVITY BOOK

Filled with fun things to do!

SCRIBBLE PAD

GAME ON!

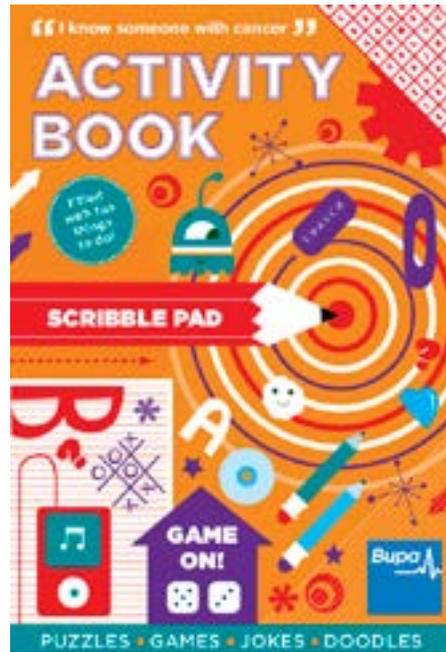
Bupa

PUZZLES • GAMES • JOKES • DOODLES

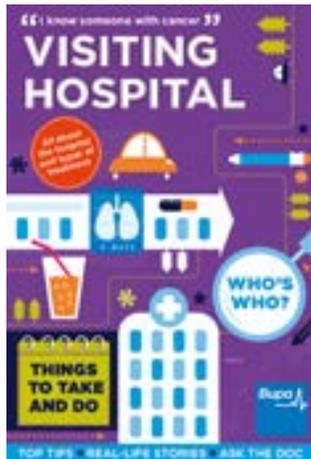
# ABOUT THIS BOOKLET

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.



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/iknowsomewithcancer](http://www.bupa.co.uk/iknowsomewithcancer)

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## 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!**



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

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

**4 Scribble pad**

**6 Puzzle mix**

**8 Silly sentence**

**10 So tell me...**

**11 Think tank**

**12 Desert island dreams**

**13 Grub's up!**

**14 Movie night**

**16 Kids' kitchen**

**18 Game on**

**20 Scribble pad**

**22 Jokes & answers**

**23 Dear diary**

# SCRIBBLE PAD

Grab your pens and pencils and doodle away!

## Print pals

Give these fingerprint pals some more funny-looking friends.



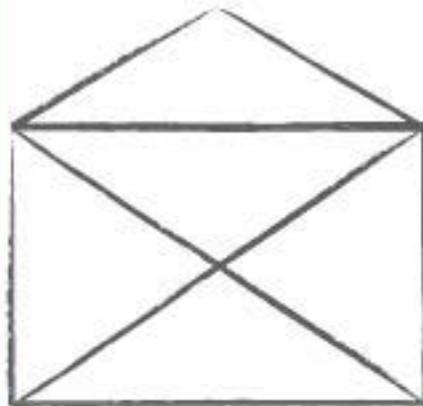
## Noughts & crosses

Take someone on for a game of noughts and crosses...



## Pen puzzler

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



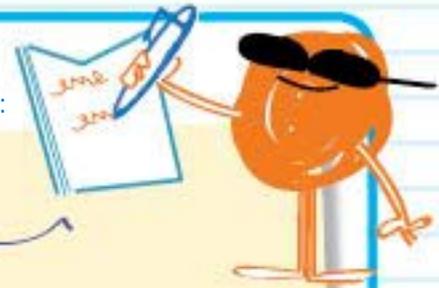
## Sign here

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.



Using fancy lettering, you can make some great thank-you cards for anyone who has helped you and your family. Practise here...



# PUZZLE MIX

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.



Answer:

## Colour confusion

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

Red  
Green  
Blue  
Black  
Yellow  
Orange  
Purple  
Pink

## Funny phone

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



### Code

- 📞=a   📞=c   📞=d   📞=e   📞=f   📞=g   📞=h
- 📞=i   📞=l   📞=m   📞=n   📞=o   📞=p   📞=r
- 📞=s   📞=t   📞=u   📞=v   📞=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.

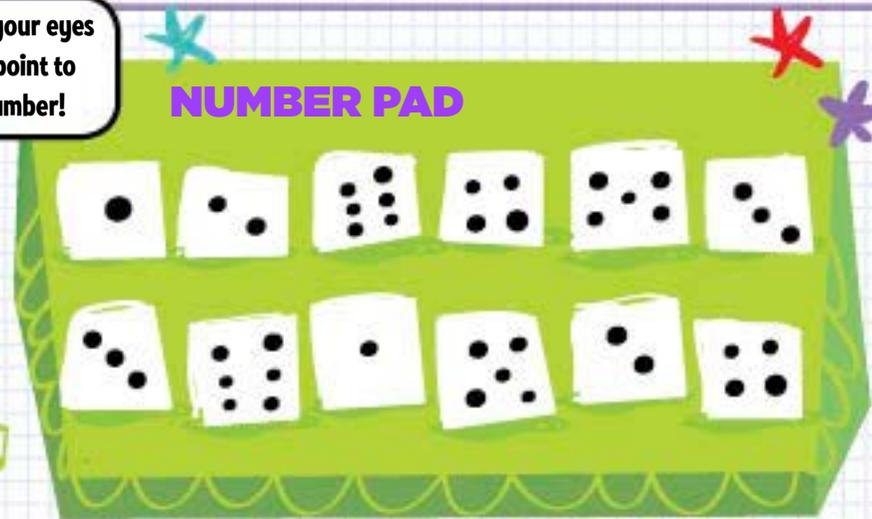


# SILLY SENTENCE

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.
  - Now pick numbers in the same way for **BOX B**, **BOX C** and **BOX D** so you end up with a whole sentence.
- Here's an example: **My teacher shall try and kiss a disco-dancing dinosaur on Friday at 2pm.**



### BOX A

- 1 I am going to
- 2 My best friend will
- 3 My brother/sister won't ever
- 4 Mum/Dad will
- 5 My teacher shall
- 6 A talking turtle will

### BOX B

- 1 fall in love with
- 2 accidentally turn into
- 3 eat
- 4 pretend to be
- 5 try and kiss
- 6 become allergic to

### BOX C

- 1 the next person they/I see
- 2 some old cheese
- 3 a disco-dancing dinosaur
- 4 a not very handsome prince
- 5 peas and gravy
- 6 a person with a moustache

### BOX D

- 1 for exactly 7 years
- 2 at the local butcher's
- 3 right now
- 4 until they get a bit bored
- 5 on Friday at 2pm
- 6 forever and a bit more

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.



What did you want to be when you were little?

Bigger.



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

## HERE ARE SOME IDEAS FOR QUESTIONS:

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?

Empty speech bubble for answer.

# THINK TANK

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

| LETTER                         | S | B | E    | A |
|--------------------------------|---|---|------|---|
| CATEGORY                       |   |   | eggs |   |
| Something you eat              |   |   |      |   |
| A boy's name                   |   |   |      |   |
| Something that makes you laugh |   |   |      |   |
| An animal                      |   |   |      |   |
| A TV programme                 |   |   |      |   |
| A famous person                |   |   |      |   |

Think of some more categories and letters and play again with pals.

# DESERT ISLAND DREAMS

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.

Music



Film



Toy or game



Pet



Meal



# GRUB'S UP!

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



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



# MOVIE NIGHT

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



## What you need

- TV
- DVD PLAYER
- DVD
- DRINKS
- YUMMY SNACKS
- SUPER COMFY SOFA
- FRIENDS AND FAMILY  
(And pets, but only if they're quiet!)



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



## Film favourites

Come up with four film choices, then take a vote to see which is the most popular.



See what mood everyone's in to help you make your film choices. If people need cheering up, a good laugh-out-loud comedy might do the trick.



Or, if you feel like you need a good cry, then a weepy film might be in order.

## 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!



Yummy!

## Cut!

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



Lead actress:

Lead actor:

The baddie:

The funny sidekick:

The handsome/  
beautiful stranger:

The shock/happy ending:

# 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!



What's your favourite pizza flavour?

Squashed bananas!



The first one to laugh is out!

## 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'.

Are you a superhero?

Have you had a song in the charts?

Have you got brown hair?

Are you a man?

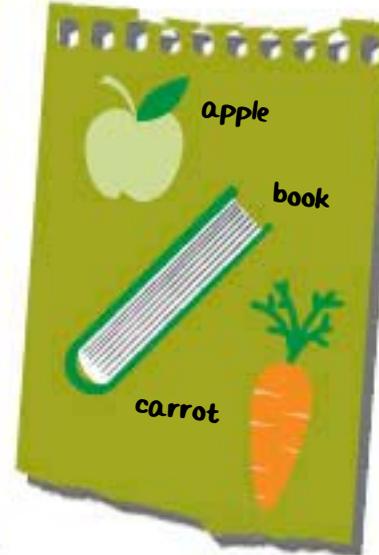
Are you a cartoon character?

Are you a sports person?

## 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.



## 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

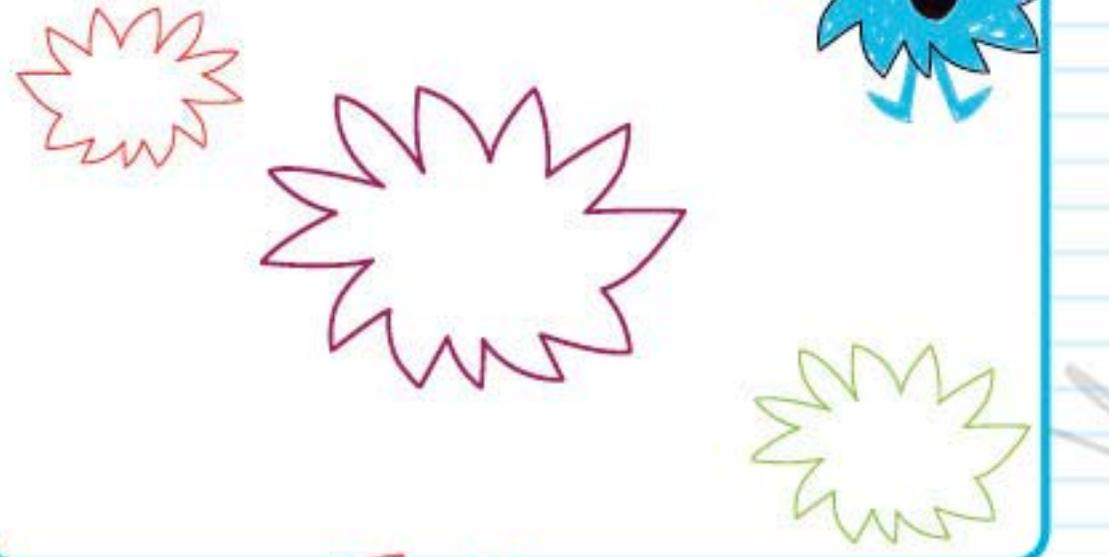
Take it in turns with someone to draw a picture beginning with each letter of the alphabet. Try and link the pictures whenever you can! We've started you off...

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



## Shape up

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



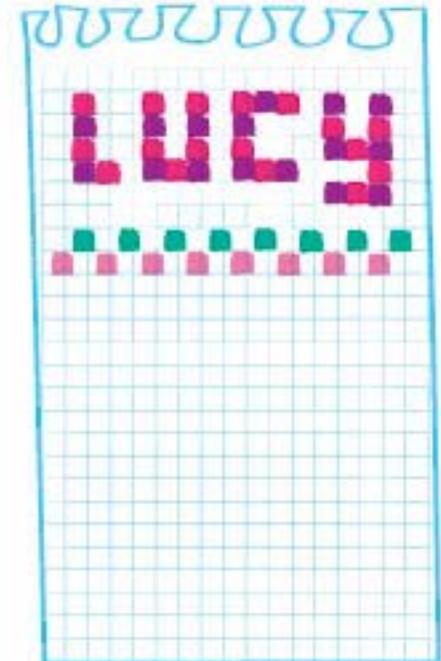
## Designer bed

Finish off decorating this colourful patchwork quilt.



## Hip to be square

Write your name or make pictures by colouring in squares on the grid.





# LOL

Can you match these jokes up to their punchlines?

1

What are aliens' favourite sweets?

HA HA!



A

A box of quackers!

HA HA!

2

Why did the lion spit out the clown?

HA HA!



B

Worm your way out of that one then!

HA HA!

3

What did one maggot say to the other maggot who was stuck in an apple?

C

Martian-mallows!

HA HA!

4

What do you get if you put three ducks in a box?

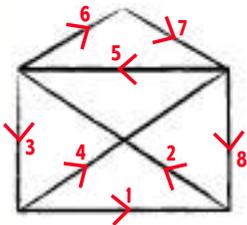
HA HA!

D

Because he tasted funny!

## ANSWERS

**P4-5 SCRIBBLE PAD**  
Pen puzzler



**P6-7 PUZZLE MIX**  
Well spotted

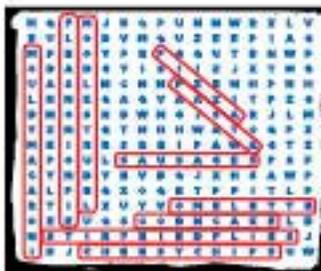


**Yum yum CAKE**  
**Funny phone**  
Having a fancy dress party on Saturday. Come along!

**Space-duko**



**P13 GRUB'S UP!**



**P16-17 KIDS' KITCHEN**



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

# 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...



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