



Children's  
Health Scotland



# ACTIVITY BOOK!

Scottish Children's  
Health Week 2022

5-11 September 2022

#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:

- \* TWELVE THINGS TO DO  
BEFORE YOU ARE 12
- \* GROW YOUR OWN  
CONFIDENCE TREE
- \* MAKE YOUR OWN WORRY DOLLS
- \* CHILDREN'S PEOPLE CHAIN
- \* RANDOM ACTS OF  
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- \* WHAT'S ON  
YOUR MIND?



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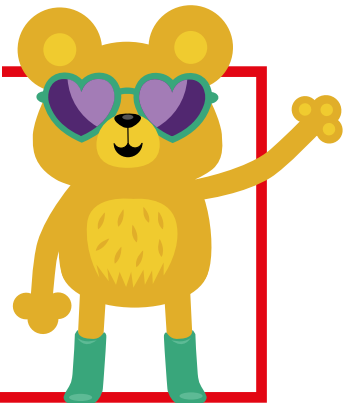
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# SCOTTISH CHILDREN'S HEALTH WEEK 2022

**W**elcome to our third Scottish Children's Health Week 2022 #myhealthmyrights.

This week has been created to focus on the health and wellbeing of children and young people, and provides fun and colourful ways to explore and celebrate their right to the best possible health.

We play a big part in enabling children and young people to learn about their health and wellbeing and the fact that every child has the right to the best possible health. The United Nations Convention on the Rights of the Child (UNCRC) describes children as anyone up to the age of 18 and it is an important agreement by countries who have promised to protect children's rights. The UNCRC explains who children are, all their rights, and the responsibilities of governments. All the rights are connected, they are all equally important and they cannot be taken away from you. Do you know about your rights? You can find out more about these rights on page 4 and the right to the best possible health is Article 24 of the UNCRC.

The European Association for Children in Hospital (EACH) Charter is highlighted on page 5. This Charter recognises and endorses the rights of the child as stipulated in the UNCRC, and the key principle that, in all situations, the best interests of the child should prevail.

It is our hope that everyone involved with the health and wellbeing of children and young people in Scotland will take part in Scottish Children's Health Week 2022 (#SCHW22) and celebrate working side by side to keep children safe, healthy, and happy. A big part of the week is to encourage children and young people to try new activities every day which are also supported by partner organisations within the children's health and wellbeing sector. For each day of the week, we would like to encourage you to be: Active; Brave; Calm; Happy; Friendly; Kind; and Helpful. These themed days might also help you to get creative in the way you share your thoughts and feelings about your health and wellbeing.

For older children, this Activity Book should be easy to read and contains activities that you can do with your friends. For younger children, adult help (or the help of older children) may be needed to explain activities, and more importantly, to learn more about health rights.

The hashtag '#myhealthmyrights' has been created to encourage everyone to talk about health, feelings and rights. Please use this hashtag on social media.

We hope as many people as possible will join our conversations.



1  DEFINITION OF A CHILD	2  NO DISCRIMINATION	3  BEST INTERESTS OF THE CHILD	4  MAKING RIGHTS REAL	5  FAMILY GUIDANCE AS CHILDREN DEVELOP	6  LIFE, SURVIVAL AND DEVELOPMENT	7  NAME AND NATIONALITY
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HOW THE CONVENTION WORKS

# UN CONVENTION ON THE RIGHTS OF THE CHILD



# DO YOU KNOW ABOUT RIGHTS?

**H**uman rights are a list of things that all people – including children and young people – need in order to live a safe, healthy and happy life. You have them no matter where you are from, how old you are, what you believe, or how you choose to live your life.

The United Nations Convention on the Rights of the Child (UNCRC) describes children as anyone up to the age of 18 and is an important agreement by countries who have promised to protect children's rights. The Convention on the Rights of the Child explains who children are, all their rights, and the responsibilities of governments.

Governments cannot pick or choose which rights to honour. All the rights are connected, they are all equally important and they cannot be taken away from you. Adults must respect and protect the human rights of children and young people when they plan services, make policies and decisions.

The European Association for Children in Hospital (EACH) is an international umbrella organisation for the welfare of children in hospital and other healthcare services. Children's Health Scotland is a member of EACH and represents the organisation in Scotland.

EACH has created a Charter (shown on page 6) that describes in 10 points the rights of sick children and their families before, during and after a stay in hospital and in other healthcare services. The rights mentioned in the Charter apply to all sick children, regardless of their illness, age, disability, origin, social and cultural background, reason, form or place of treatment, or whether they are in-patients or out-patients. The 10 principles of the EACH Charter relate in many respects to the rights of the child in general as set out in the UNCRC, as well as to the recognition of children's different emotional and developmental needs depending on their age.

## Do you know your rights?

**Pages 4 and 7 have two activities you can try to learn more about rights.**

Page 4 has a list of children's rights. Take a piece of rice or a small stone and drop it onto the paper. What right did you land on? Find out more about this right online at <https://cypcs.org.uk/rights/uncrc/articles/> and discuss with your friends and family what this actually means to you.

On page 7 we asked young people to come up with their version of the EACH Charter. Can you match their voice to the relevant EACH Charter point?



# EUROPEAN ASSOCIATION FOR CHILDREN IN HOSPITAL (EACH) CHARTER

The EACH Charter recognises and endorses the rights of the child as stipulated in the UN Convention on the Rights of the Child (UNCRC), and in particular the key principle that, in all situations, the best interests of the child should prevail.

Children's Health Scotland is the only charity in Scotland dedicated to informing, promoting and campaigning on the healthcare needs and rights of all children and young people.

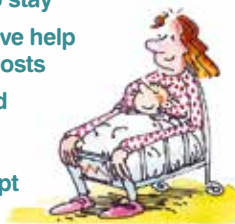
- 1** Care at home whenever possible and hospital only when necessary



- 2** Children and young people have their parents' and carers' support



- 3** Parents and carers welcome to stay  
Families have help with extra costs  
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



[www.childrenshealthscotland.org](http://www.childrenshealthscotland.org)



# MATCH US UP

We asked 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, and 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



# MONDAY

## #BEACTIVE



**W**e can all benefit from being active every day and getting involved in games and activities is a great way to be more active. But please remember, being active isn't just about feeling stronger, fitter, more energetic and sleeping better. It's also about having fun! You don't have to go to the gym to be active - you can take a walk, go cycling or play a game. Remember being active is vital for healthy development and contributes to your quality of life, health, and wellbeing as well as your physical, social, emotional, and cognitive development.

## THREE MONDAY MOTIVATIONAL IDEAS TO #BEACTIVE

### 1. BLOW GIGANTIC BUBBLES

Giant bubbles are easy to make and fun to do; a perfect activity for just one person or a group of any size! You only need three simple ingredients to make this bubble mixture - water, washing up liquid and glycerine. More specifically 1 litre of warm water, 250ml of good quality washing up liquid and 2-4 tablespoons of glycerine which you can find in the baking section of your supermarket. Mix all your bubble mixture ingredients together and then leave the bubble solution overnight. Now you have the mixture ready you're all set to blow gigantic bubbles.



### 2. RAINBOW SCAVENGER HUNT

Rainbows are such a fun and happy natural occurrence, but it's a shame they can't be around all the time. Why not try to bring a rainbow indoors? In your home, look for items that correspond to the seven colours of the rainbow: red, orange, yellow, green, blue, indigo, and violet. You can do it with friends and family too to see who collect all seven items the fastest and who can find the most interesting objects.

### 3. BEE HOTEL

Bee Hotels are a great way to attract pollinators to your garden. Bee hotels are places for solitary bees to make their nests. Bees do not stay together like in a hive, instead they lay their own eggs in small tube-like holes and seal them with mud. Using a mug, you can roll card into a tube shape and tape together till the inside of the cup is full. Using the handle of the mug you can hang your bee hotel on a tree or fence where it won't be disturbed.





# HEALTHY



## 12 THINGS TO DO BEFORE YOU ARE TWELVE

(and then keep doing them until you are at least 70!)

- 1 Learn to swim
- 2 Climb a tree
- 3 Build a den
- 4 Ride a bike/a skateboard/horse
- 5 Spend a whole 24 hours with no technology
- 6 Make a kite and fly it
- 7 Play in the rain/snow fog/drizzle/sunshine/frost/dark
- 8 Plant something, watch it grow then eat it
- 9 Meet other people in a park and invent a game
- 10 Have a picnic outdoors
- 11 Be bored – sometimes when we're bored our minds come up with the best ideas
- 12 Grow a mini garden by planting seeds, watering and watching them grow

Oh and one more... **Cook** and eat outside

And another one... **Go** for a torchlight walk

Add your own favourite .....

And perhaps another one for luck? .....

### PICNIC SUGGESTIONS

- Veggie batons
- Savoury muffins
- Crackers and toppings
- Cold rice and pasta dishes



This is taken from the Play Well Outdoors 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 sharing this idea with us. You can find out more ideas from Play Scotland at <https://www.playscotland.org/play/play-for-health/>



# TUESDAY

## #BEBRAVE

**B**eing brave doesn't always feel like being brave. It can feel like having a funny tummy, feeling hot or having lots of thoughts and questions running through your head. However, if you stretch yourself and do something that makes you feel uncomfortable you can feel proud and happy, and it can increase your confidence. 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 be brave today?

## THREE TRY IT TUESDAY IDEAS TO #BEBRAVE

### 1. DRAW A BRAVE CARTOON CHARACTER

Start by thinking about a list of things you think about when you think about someone who is brave – strong, asking for help, trying new things. Now draw a brave cartoon character. What do they look like? What are they wearing? What qualities do they have? Do they have a motto, like “Take a chance!”, “I can do it!”, or “Never give up!”? Can you try and be more like your cartoon character? Maybe contact a friend who you haven't spoken to for a while, try a new food or join a new activity. Be Brave!



### 2. BE INSPIRED BY OTHER'S BRAVERY

Bravery might come in the form of dealing with or overcoming physical or mental challenges. Why not think about some famous people that have faced or overcome challenges or obstacles. Go online and find out more about them and what their challenges were and what they did to overcome them. Being inspired by others can help us think about new possibilities. It can create a “can do” attitude. It makes us think “if they can do it, I can do it too” This can help us feel good about ourselves. Why not try to do something you might have struggled with in the past. You can do it!

### 3. ASK FOR HELP

Sometimes the bravest thing you can do is ask for help. It can be hard to ask someone for help or talk about how you are feeling, but don't keep it to yourself. Speaking to family and friends about it can help you to feel better and grow braver.



# GROW YOUR OWN CONFIDENCE TREE

COURTESY OF



**1.** Trace your hand on a piece of paper leaving the fingertips open to draw longer branches.

**2.** Draw your branches from your fingertips leaving room for lots of leaves.

**3.** Draw as many leaves as you want (make sure to make them large enough to write things or draw inside).

**4.**

Draw some soil on the bottom of your page where the roots of the tree are, leaving room between the bottom of your paper and the top of the soil for writing or drawing. In the soil write the ways in which you're already growing in confidence, such as 'I can already smile at people I don't know', 'I asked John to play football with me last week', 'I helped Kiri when she dropped her books',



**8.** What areas are you most confident in? How did you get to be so confident in this area? How can you help other people to become more confident? What difference will it make to your life when your confidence has grown in the way you want it to grow?

**7.** Whenever you notice your confidence has grown, write what went well on a red apple shape and stick it onto your tree.

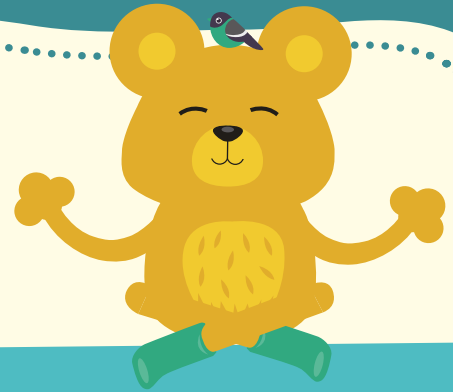
**6.** On some of the leaves write things that other people could do to help you feel more confident, such as appreciating your efforts when you try and do the things you find hard, encouraging you when you feel like giving up, being understanding and helpful when you get stuck, or when you make mistakes, etc.

**5.** Along the trunk write 'My confidence is growing in...' and then write an area where you'd like your confidence to grow, such as making friends, speaking in public, running, playing an instrument, reading, etc. On some of the leaves write one thing you could do to help your confidence grow in your chosen area. These could be ideas like practising a hobby for a few minutes every day, saying something kind to someone else, asking someone to help you when you don't understand a word in your book, etc.

Thank you to our friends at HandsOn for sharing this idea with us. You can find out more ideas from HandsOn at <http://www.handsonscotland.co.uk/>

# WEDNESDAY

## #BECALM



Children and young people can sometimes struggle to regulate emotions. Tantrums, outbursts, whining, defiance, fighting are all behaviours that can be seen when children are experiencing powerful feelings that cannot quite be controlled. Regulating emotions might also be particularly challenging when out of routine or at home for long periods of time. This Wellbeing Wednesday take some time to be calm and focused which is also great for your emotional wellbeing.

## THREE WELLBEING WEDNESDAY IDEAS TO #BECALM

### 1. STAR BREATHING

Just like a star has 5 points, you can use the 5 fingers on your hand to guide your breathing. Hold your hand up in front of you and open your fingers like a star. Use the pointing finger from your opposite hand and place it at the bottom of your thumb. Trace up your thumb, breathing in through your nose as you go, then trace down your thumb, breathing out through your mouth. Repeat this for all of your fingers, breathing in, and then breathing back out. This is a great way to practise your breathing, steady yourself and feel a sense of calm. You can use it anytime, anywhere!



### 2. LEARN FROM RUBY'S WORRY

In the book 'Ruby's Worry', Ruby has a Worry that starts off small, but starts to grow bigger and bigger. Soon, it grew so big that it stopped Ruby doing what she loved. Ruby tried to carry on as normal, but she continued to worry about the Worry - the worst thing you can do! One day, Ruby visited the park and noticed a boy, also with a Worry. When the boy told Ruby what was on his mind, his Worry began to shrink! Speaking to somebody else about your worries, or writing them down, is a great way to help - especially if you are feeling anxious or frightened. If you are feeling this way, try writing down how you are feeling and, like Ruby, sharing it with a friend or a family member. Remember - it is always ok to ask somebody for help. Sometimes, we can't change the things that make us feel anxious, but we can help to control the way that we think and behave around them to help us feel better!

### 3. CREATE A NIGHTTIME ROUTINE

Routines can help us to feel more in control and help us to make room in our lives for things that are important. Sleep is an important part of all our daily routines and developing a relaxing bedtime routine that you do in the same order, at the same time each night, can help you get a better sleep. Think about what time you need to be up in the morning - we know we need around 8 - 9 hours of sleep each night, so count backwards to make sure you get enough hours! Think about what you need to do before you get into bed - have you brushed your teeth, had a bath, got into your PJs, and set your alarm? Think about planning 30 minutes before you go to sleep as a time to relax - why not read a story or listen to some relaxing music? All of this helps to create a calm environment which helps to improve your sleep which helps to improve your overall health and wellbeing!



# MAKE YOUR OWN WORRY DOLLS



Worry Dolls are used by children in Guatemala. Legend has it that they talk to the dolls about their worries and then keep the dolls under the pillow when they sleep. When they wake up, the dolls have taken away their problems and worries. The tiny handmade dolls are made from clothes pegs, wires, or even small sticks, which are wrapped in clothing made from yarn, embroidery floss, or small swatches of fabric.

COURTESY OF  
Relax Kids

## To make your own Worry Doll

1. Find old-fashioned wooden clothes pegs, wires, lolly sticks or small sticks.
2. Draw a face on one side, so the doll can see.
3. Place a small stick across the clothes peg and glue it on to make the doll's arms.
4. Wrap some wool or embroidery cotton around the doll's arms, doing one and then the other. To secure the starting piece, leave a little tail, and wrap over it a few times with your yarn. Do the same when changing colours. To finish, cut your yarn and knot to secure, or dab with a bit of glue.
5. Clothes for your Worry Doll can be cut out of felt or scraps of material that you may have around the house.
6. Now, tell your dolls any worries or fears and hide them under your pillow before you go to bed. Your dolls will take away your worries as you sleep soundly at night.



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

# THURSDAY

## #BEHAPPY



**H**appiness really is a skill that we can all learn that will last for a lifetime. 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. Oh, and research shows that being happy also makes us healthier.

## THREE JOYFUL THURSDAY IDEAS TO #BEHAPPY

1.

### THINK OF AN ACTION SONG THAT HELPS YOU FEEL HAPPY

For example: If you're happy and you know it, clap your hands (clap, clap), If you're happy and you know it, clap your hands (clap, clap), If you're happy and you know it, and you really want to show it, if you're happy and you know it, clap your hands (clap, clap). You can add as many verses as you can think of: if you're happy and you know it, stomp your feet (stomp, stomp), if you're happy and you know it, run around (run, run), if your happy and you know it, jump up and down (jump, jump), etc.

2.

### MAKE A FAVOURITE SNACK

Eating a healthy and balanced diet is essential to stay happy. When your body is fuelled, your brain and mind will be fuelled too. Think of your favourite snack. Is this a fruit salad, smoothie, biscuit, cake, sandwich, or something else? Make your favourite snack and eat it with someone special. Invite a friend, a sibling, a parent or carer. You could set the table in a special way or have a picnic outside on a blanket.

3.

### GO TO YOUR HAPPY PLACE FOR A LITTLE WHILE

Everyone has a place in the world that makes them feel happy. Is yours a favourite corner in your room, a den you've made under a table, or somewhere else entirely? Is it indoors or outdoors? Maybe it's an imaginary place inside a story or book that makes you feel happy to think about. Is it a place you visit with friends or family? Write down or draw why this place makes you feel happy and remember it when you want a pick me up.



# FUN AND GAMES

**P**laying fun and silly games can make happy feelings in our brains. Moving our bodies around helps this too. Spending time with family and friends can help us to feel happy.

COURTESY OF



## ACTIVITY 1: FULL BODY ROCK, PAPER, SCISSORS

This is an easy game to play with at least one other person but is also lots of fun to do it with a group of friends or your family.

**What you need:** Just your body! If you are playing with a group of people, then split into teams. If someone in the group doesn't feel comfortable taking part, they could be the referee or score keeper. The referee would look to see who wins each time.

**What to do:** The game rock, paper, scissors is usually played with only your hand. This version of the game uses your whole body. For each round you (and your teammates if playing in a group) decide if you are going to be the rock, paper, or scissors. If you find any of the movements difficult you can also call the one you have chosen. If you are playing in team, make sure you agree on your chosen movement, and all do it at the same time. At the beginning of each round the referee calls 1, 2, 3, Go! Winners are the first team to reach 10 points.

### Positions:

**Rock** - You scrunch yourself into a ball shape.

**Paper** - Be tall and flat like paper.

**Scissors** - Stretch up your arms and clasp your hands over your head. Stretch your legs out wide.



## ACTIVITY 2: FUNNY SELFIES

This is a fun activity to do with other people. Plus, you will have some funny photos to remember the day!

**What you need:** Cardboard; pens or paints; decorating materials (stickers, sequins, buttons, etc.); glue, pot, and spreader; sticks (these can be wooden lollipop sticks or even sticks from outside); sticky tape; mobile phone that can take photos or a camera.

**Activity:** Make lots of different selfie props. Use the cardboard to make silly hat shapes, eyes, glasses, lips, moustaches, beards, etc. Anything you can think of! Colour and decorate them. Once they have dried, turn them over and attach a stick. Use the props to make funny faces and poses, then take photos! You can also add dressing up clothes to make it even more fun!



Thank you to our friends at Enable for sharing this idea with us.  
You can find out more ideas from Enable at <https://www.enable.org.uk/>



# FRIDAY #BEFRIENDLY

**R**elationships 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.

### COUNT THE WAYS TO BE FRIENDLY

Being friendly is not just good for other people. It is also very good for you as you feel the benefit of that friendly connection with the other person. Try this – give someone a big smile and see what happens? When they smile back, chances are you feel happy and warm in return. There's lots of ways to be friendly or show friendship – saying hello, giving someone a big smile, a friendly wave as you go past, asking them how they are when you see them. You could give them a high 5 or a picture/drawing that you have done. Keep a count of all the ways you can be friendly.



2.

### PLAN A GET-TOGETHER OR A TRIP

Maybe you haven't seen your friends in a while because of lockdown. Think about how you could get them all altogether, such as party, picnic or camping trip in your back garden. It will take quite a bit of planning, but that's part of the fun! Make lists of who you will invite, all the equipment you will need, the food you need to buy (does anyone have special dietary needs?), how much will it cost (do you have a budget?) You can even include the activities, games and entertainment you would like. If you are camping, do you need to draw a map of where everyone will be? Remember you can invite friends you know and new ones too.

3.

### WHAT ARE FRIENDS FOR? MAKE SURE THEY KNOW!

It's important to remember to tell our friends just why we like being friends with them. Next time you speak to your friend in person or digitally, tell them what you like about being their friend and why they are such a good friend. You could also send them a post card with a really nice image on one side and on the other side, write:

- Friends since... \_\_\_\_\_ (date you first met)
- Why you like being their friend
- A compliment
- What you would like to do when you next get together





# CHILDREN'S PEOPLE CHAIN



## What you will need:

- Paper or card
- Scissors
- Sticky tape
- Pencil

## What to do:

1. Fold your paper or card concertina style (as if you are making a fan).
2. Draw the outline of a person on the front fold, making sure the arms reach the folded edge as this is how they connect.
3. Cut out around most of the person through the layers of paper. IMPORTANT: make sure not to cut where the arms reach the edge as this keeps the people linked.
4. Unfold your paper to reveal your people chain.

Use this chain to show who is important to you. It could be your family or friends. Think of those who matter most to you and add their names, or you can draw or colour them on the chain. You can have as many or as few as you like, maybe just you and a best friend or a small or large family group.

If you like, you can share the chain with the people on it and let them know how important they are.

Thank you to our friends at Kinship Care Advice Service for Scotland (KCASS) for sharing this idea with us. You can find out more ideas from Kinship Care at <https://kinship.scot/>



# 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.

### BE KIND TO YOURSELF – INSPIRATION STATION

Design and make a vision board to help light a spark of inspiration when you need it! Add drawings or pictures of people, places or things that inspire you. How can you show why these things inspire you in your design? You'll need: paper/card, pencils/pens, old newspapers/magazines, decorations. Your Inspiration Station will always be there for you to come back to when you want to be inspired!

2.

### BE KIND TO OTHERS

Being kind to others has a great effect on your own happiness. You could smile at someone in the corridor, play with someone who is on their own, make someone who cares for you a nice drink or tidy up your toys or bedroom without being asked. Think about how being kind made you feel. There are opportunities to be kind everywhere you look.

3.

### BE KIND TO YOUR COMMUNITY

Make a poster or a picture all about what you have learned about kindness and sharing kindness today. Include what you have done today to be kind to others and how others have been kind to you. How did it make you feel? You could put the picture or poster up at school, in the library, or at home. Your poster could inspire someone else to be kind! You could even organise a kind activity at school, like a litter pick up in the playground.





# RANDOM ACTS OF KINDNESS CHALLENGE

#myhealthmyrights

#bemorebear

COURTESY OF



**B**eing kind is scientifically proven to give you more energy, be less stressed, and feel more confident. Challenge yourself to do three Random Acts of Kindness. Get creative – a kind act can be helping your, friend, family, neighbour, school, town, or the whole planet! Use the boxes to write about each act of kindness, the effect that it had, and how it made you feel.

Not sure what to do? Here are some ideas:

- Help someone learn a new skill.
- Show kindness by writing, drawing, or making something.
- Help a charity collect money or goods to help others.
- Be kind by doing something to help the planet.



## ACT OF KINDNESS 1:

## ACT OF KINDNESS 2:

## ACT OF KINDNESS 3:



Thank you to our friends at the Curiosity Collective for sharing this idea with us. Find more fun learning ideas at [www.curiositycollective.org.uk/fun-stuff](http://www.curiositycollective.org.uk/fun-stuff).

# SUNDAY

## #BEHELPFUL



**H**elpful 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.

### THINK ABOUT WHO HAS HELPED YOU... AND HELP THEM BACK

Receiving help when we needed it most can be really important and memorable. Think back to a time when someone helped you out for any reason such as a parent or carer helping you to feel safe and happy, or a friend helping you with school homework, or a teacher helping you to master a skill that has given you some trouble, or even a pet who has always been by your side. Help them back to show them how much their support meant to you. Do a chore for a parent or carer, make a gift for a friend or teacher, or give a furry friend a delicious treat!



2.

### SPEND TIME WITH SOMEONE

Sometimes people are too shy to say they would like to hang out or spend time with other people. So today, try to look out for someone who might want some company. Ask someone who looks like they are on their own at playtime to join in your games. Try to include someone at lunch time who might be on their own. Give someone a compliment for something they have done that genuinely impressed. All of these things can seem small to you but may mean the world to the other person.



3.

### HELPING HAND FOR THE ENVIRONMENT

The environment does so much for us! Without it, we wouldn't have the air we breathe, the food we eat, or a fun place to play and relax. Help out the environment today by doing something that mother nature will love. You could water some plants to make the flowers and insects happy, look up online how to make a bird feeder and what food birds like, or simply take a walk in a nearby park and appreciate the nature close to home.



# WHAT'S ON YOUR MIND

#myhealthmyrights

#bemorebear

COURTESY OF

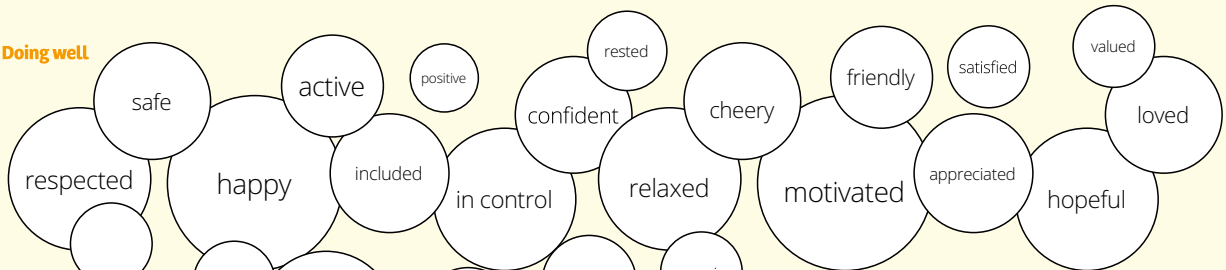


1. Find someone you feel you can trust and plan what you want to speak about.
2. Decide what you are comfortable talking about rather than opening up too much before you feel ready.
3. Take it one step at a time, don't be scared. Talk sooner rather than later.

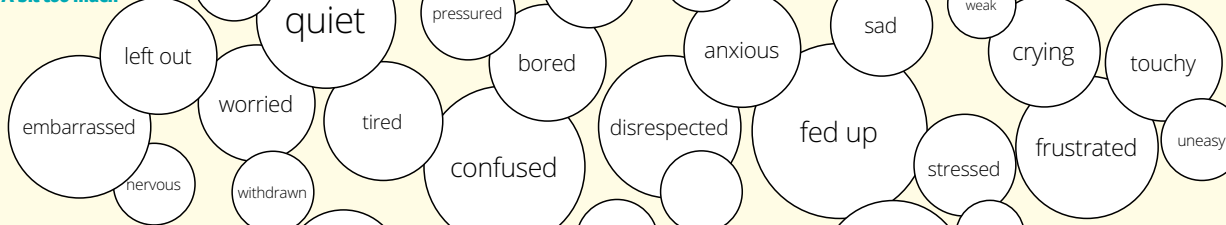
Sharing two minutes of your time with someone can make the difference & change their life

These circles contain words that help describe thoughts and feelings. Colour them in with colours that you feel match the word.

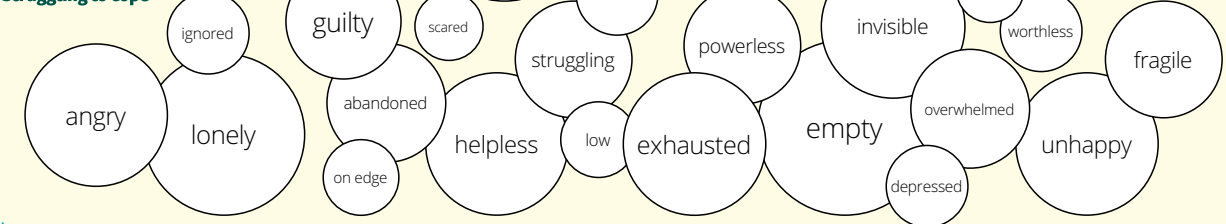
### Doing well



### A bit too much



### Struggling to cope



## MANAGING WHAT'S ON YOUR MIND:

- try keeping a diary or blog on how you are feeling
- spend time with friends
- listen to music, draw or colour in
- ask for help
- stay active and eat healthy
- be realistic - it's okay to not be perfect



Thank you to our friends at the SeeMe Project for sharing this activity with us. To find out more about the SeeMe and what they do visit <https://www.seemescotland.org/young-people/whats-on-your-mind/>

# Expertise and Information

It can be a worrying time when a child or young person is unwell, and it is not always easy to find the information you need. We help by:

- Listening to you; providing support and information when you need it the most.
- Finding the right services for you.
- Providing information about your healthcare rights and responsibilities.
- Helping children and young people to learn about their healthcare rights to help with decisions about treatment and care.
- Helping children and young people to cope with illness or a long-term condition.



# Resources

We have a range of **FREE** resources for parents and carers which can help prepare children for health treatments. These include:

- Parent/carer packs.
- Fact sheets on how to help children cope with pain, needles, dental treatment, staying in hospital.
- Loan of health-related play materials.



# Funding

The services we deliver to support the health and wellbeing of children and young people in Scotland are **FREE** thanks to the funding we receive from Trusts and Foundations, some of which are shown below. We are extremely grateful for this funding.



## We offer a range of children's health and wellbeing services focused on five key areas:



### 1. Expertise and Information

We offer support and guidance over the telephone and have a range of information packs, educational resources and activities on the health and wellbeing rights of children and young people.



### 2. Voice

We are the national voice for children and young people, promoting the universal recognition of the healthcare needs and rights of all children and young people and their families.



### 3. Improving Life Experiences

We offer 1:1 sessions in primary and secondary school settings, or online, focusing on health and wellbeing issues and promoting skills and coping strategies.



### 4. Training and Resources

We offer training to support those working with children and young people. We also offer group programmes to build confidence and connections with other children and young people.



### 5. Health-Related Play

We offer health-related play sessions and workshops. More than just a chance to have fun, play is serious business when it comes to children's health and health-related play can help children physically, mentally and emotionally.

Children's Health Scotland has play boxes with realistic dressing up clothes, that cover a wide range of medical professions, and toys which enable play around medical themes. Play is serious business when it comes to children's health, and health-related play can help children physically, mentally and emotionally. This meets with: UNCRC Articles 4 ***Time for play, recreation, and education***; 5 ***Family guidance as children develop***; and 31 ***Rest, play, culture, arts***; and EACH Article 7 ***Children shall have full opportunity for play, recreation and education suited to their age and condition and shall be in an environment designed, furnished, staffed and equipped to meet their needs.***





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**Scottish Government**  
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[gov.scot](http://gov.scot)

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