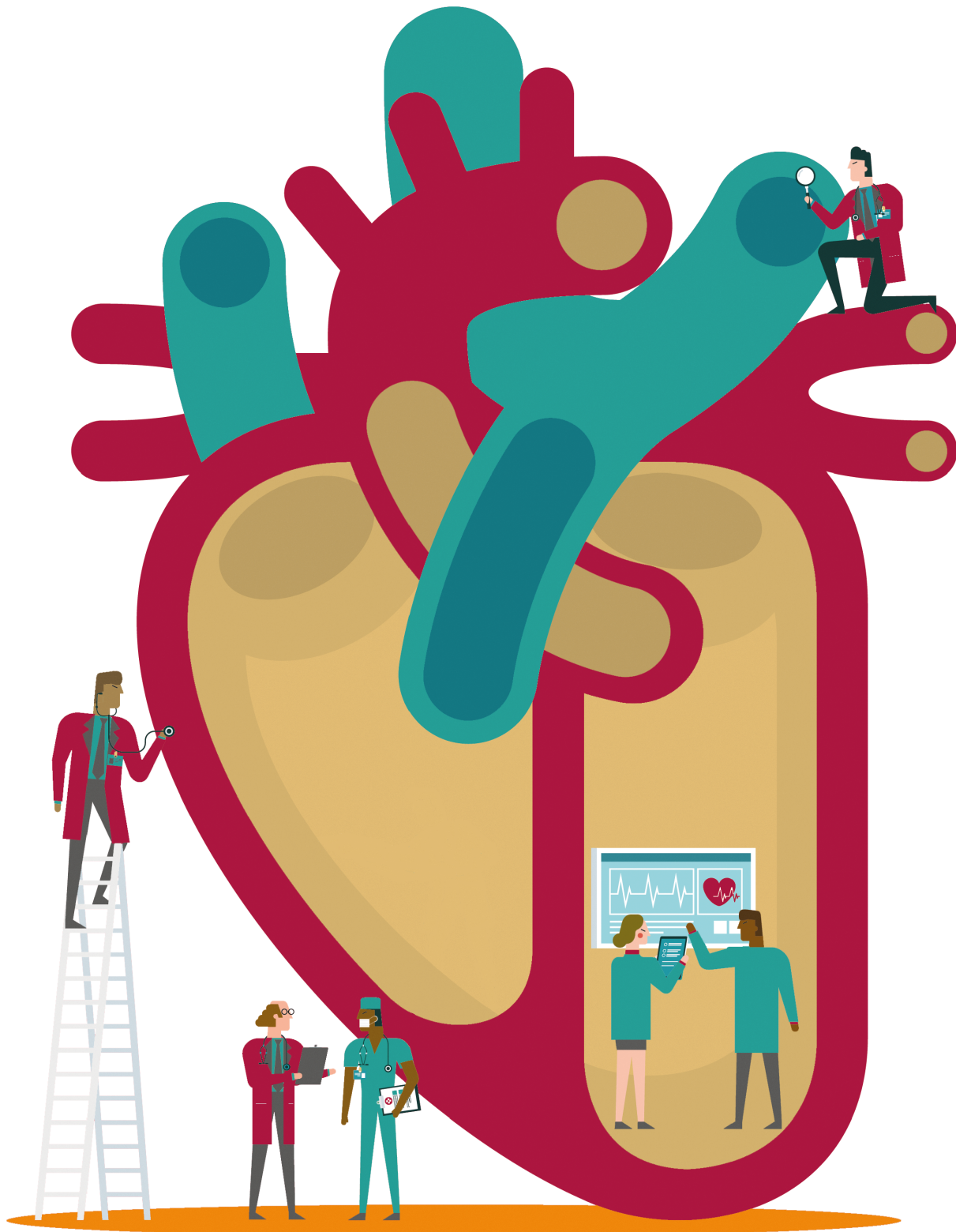


Cardiomyopathy^{UK}
the heart muscle charity



My Activity Pack

Hello!

We know that being at the hospital can be a bit boring at times, so we've created this activity pack to keep you busy while you wait.

It's all yours to keep, so pop your name on the front of the pack so it doesn't get lost.

Whether this is your first time in hospital or you've been here before, being here can give you strong feelings.

Maybe you're nervous or scared?

Maybe you're excited to see your favourite doctor?

Maybe you're curious about what's going on?

Maybe you're feeling poorly or a bit wobbly inside?

However you're feeling, you can talk to your parent, carer, doctor or nurse about it and ask them any questions you have.

As you go through the activities in this pack, you may learn new things or find you have new questions to ask.

Your doctors and nurses would love you to share these with them!

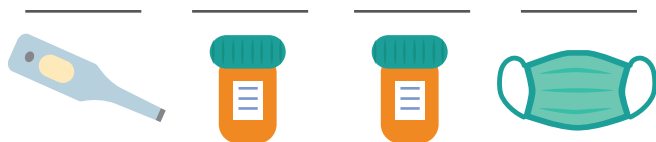
Parents or carers, if you have any questions, take a look at the back of this pack to find out how you can get in touch with us or get support from our cardiomyopathy family.

Enjoy!

Cardiomyopathy^{UK}
the heart muscle charity



Use the code to decipher the clue



 = E  = F  = I  = O

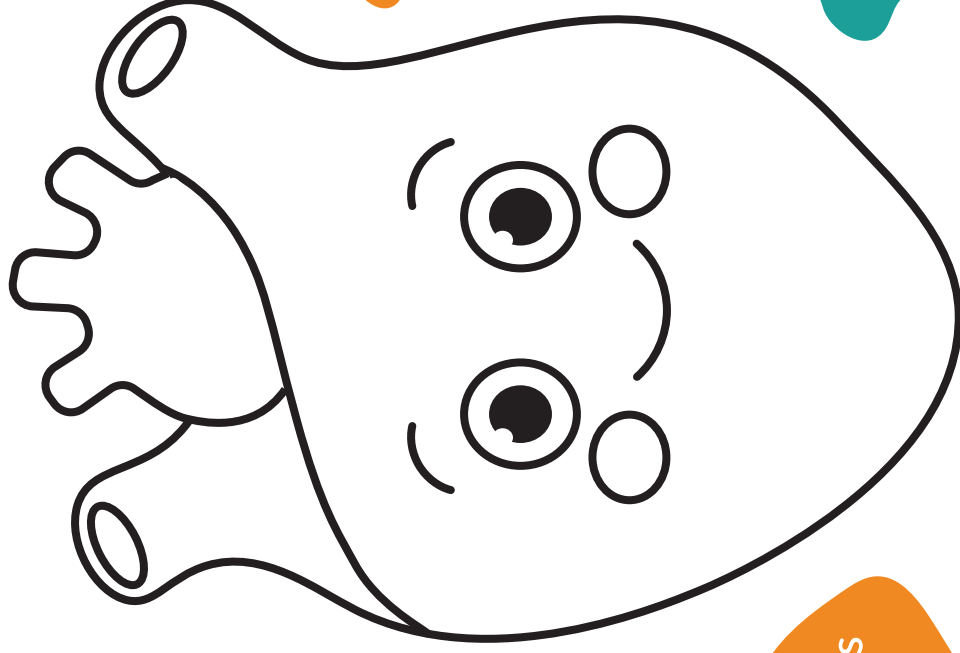
 = D  = L  = M

 = G  = A  = N

What is your heart?

Did you know...?

Colour me in!



Your heart beats 100,000 times a day

The blue whale has the largest heart of any animal

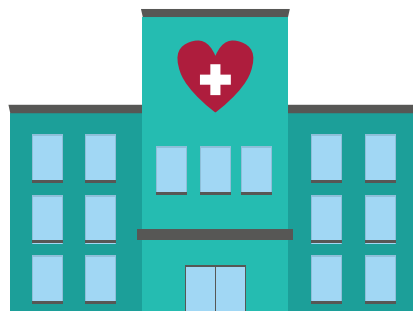
The heart has the ability to beat over 3 billion times in a person's lifetime

Your heart is about the size of your two hands squeezed together

The beating sound your heart makes is caused by the opening and closing of its valves

Draw a map of the journey
from your home to the hospital

What do you see along the way?
Draw them here too.



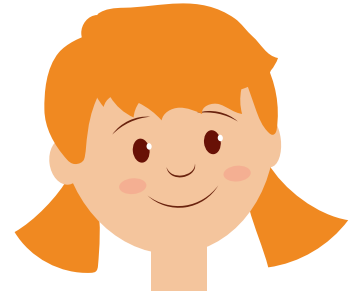
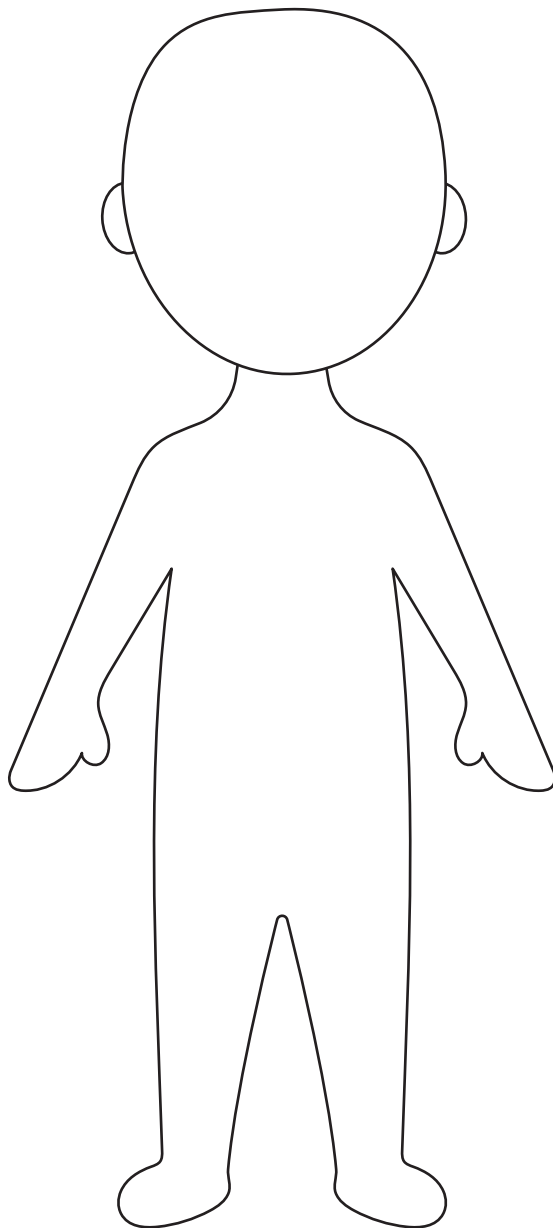


Colour the picture

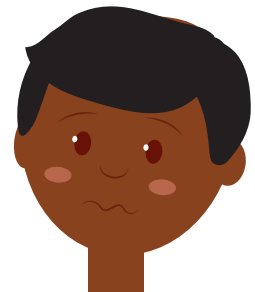
Talk to your doctor or nurse about how you can stay healthy whilst keeping safe.

How are you feeling today?

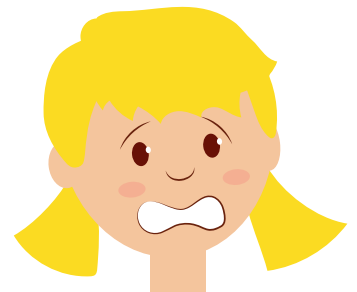
Write or draw how you're feeling
in different parts of your body.



Happy



Scared



Nervous

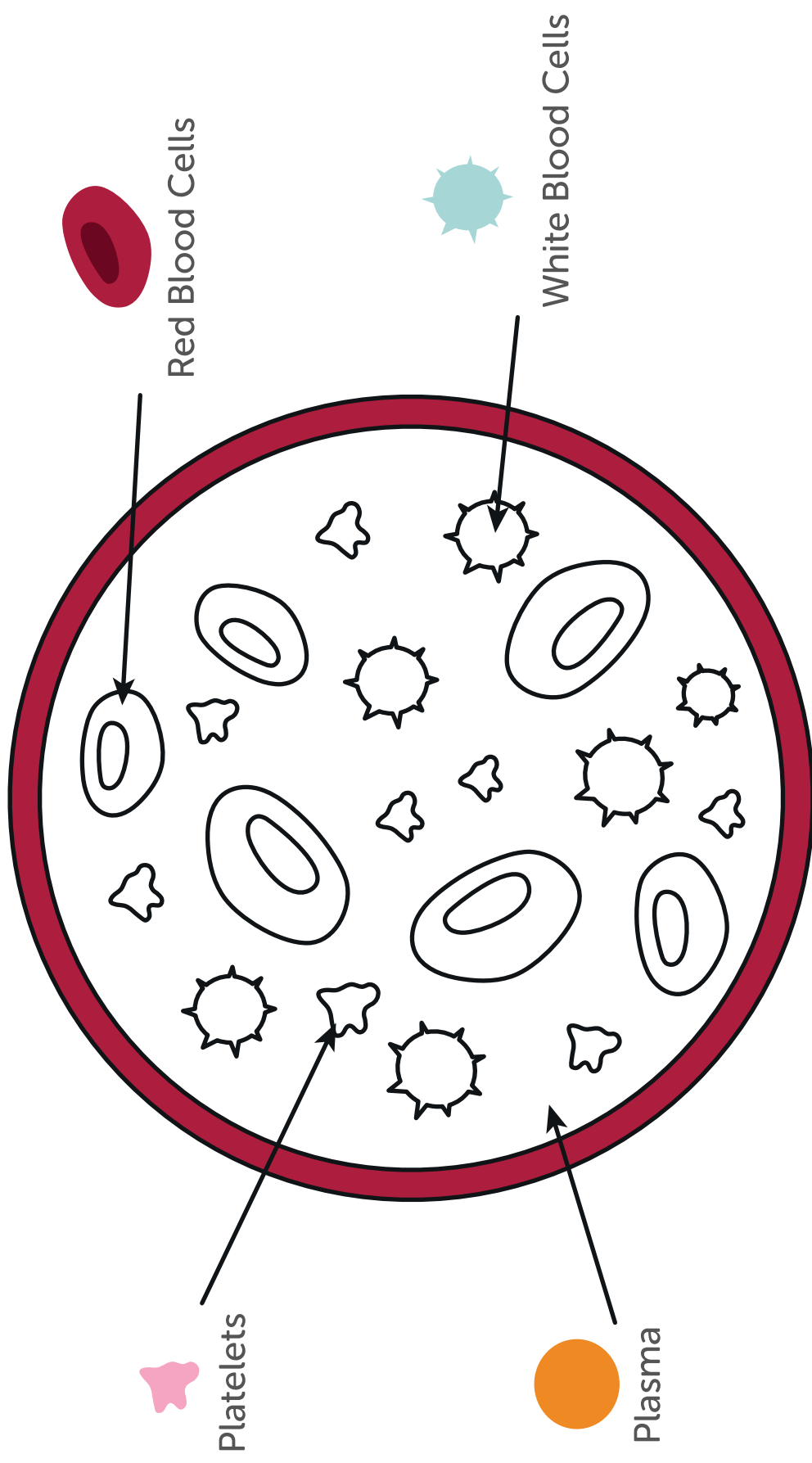


Sad

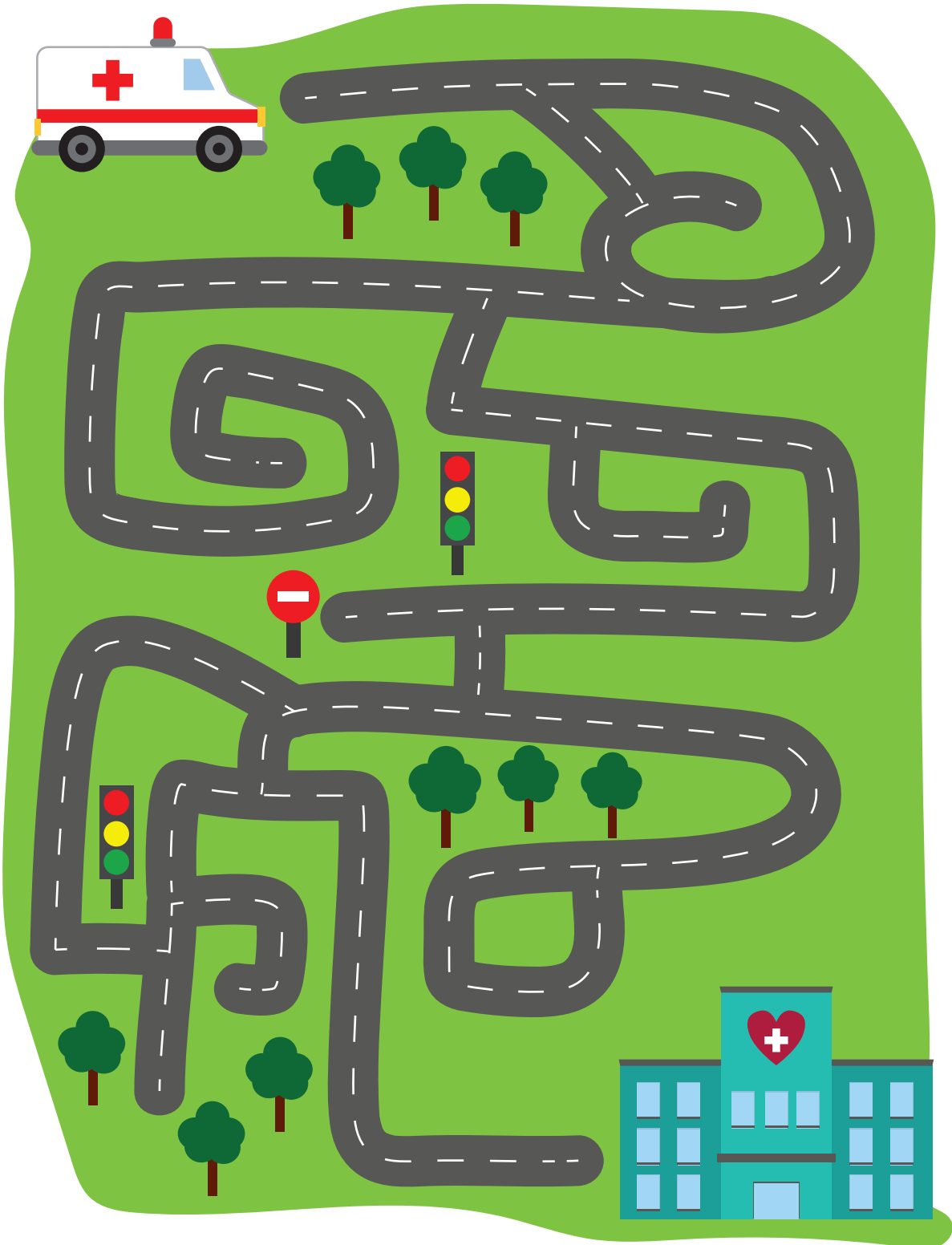
Talk to your parent, carer, doctor or nurse
about how you're feeling

What is inside your blood?

Colour the picture and learn what is inside your blood



Help the ambulance get to the hospital



How did you travel to hospital or to your appointment?

How did you feel on your way there?

How does an MRI work?

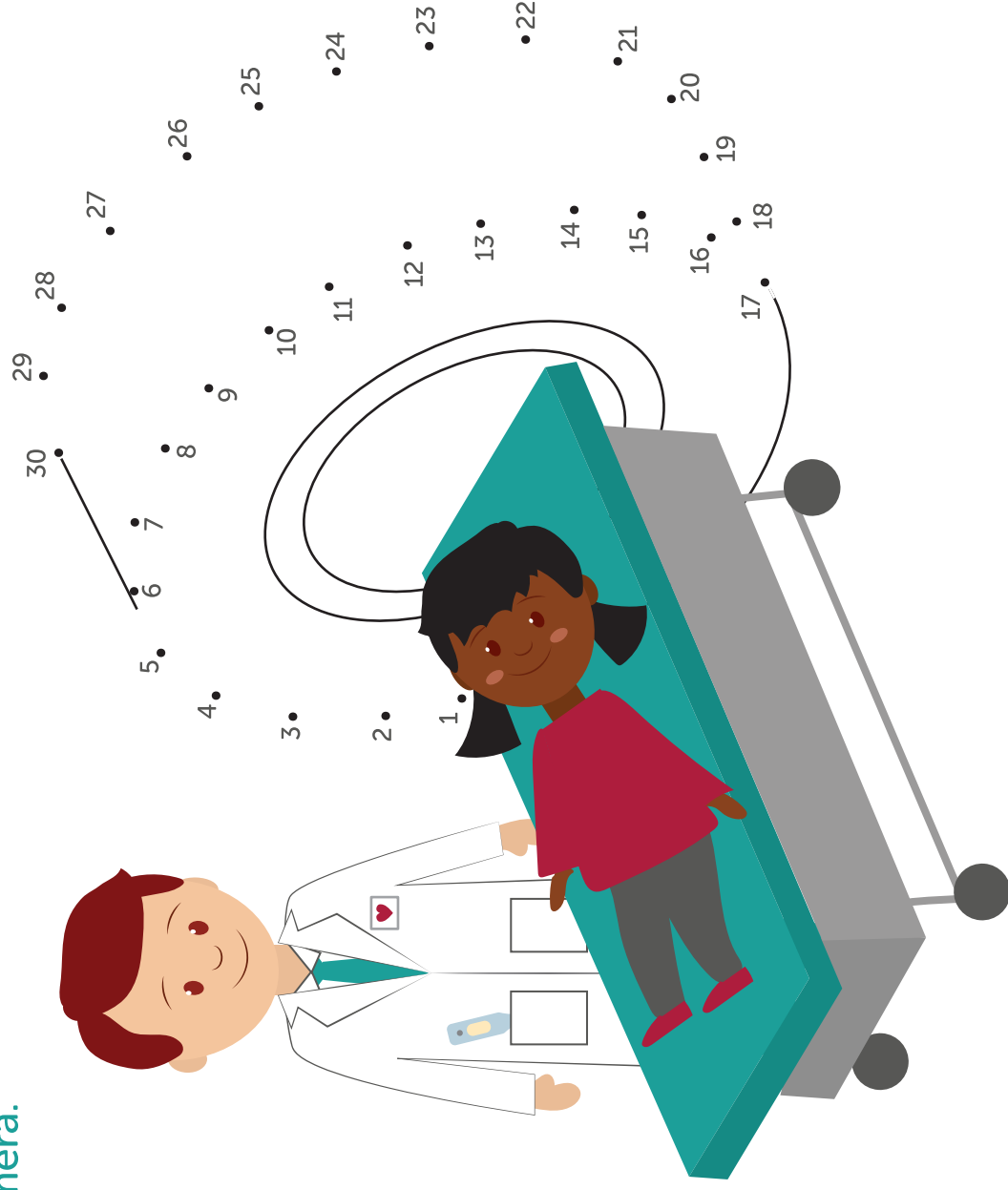
Connect the dots and colour the MRI

An MRI scanner is like a big camera. It takes pictures of a part of your body.

An MRI can seem scary because it is a big machine and can be quite noisy, but it is a safe and painless test. Talk to your parent, carer, doctor or nurse if you're worried.

You will lie on the scanner table and slide slowly into the scanner.

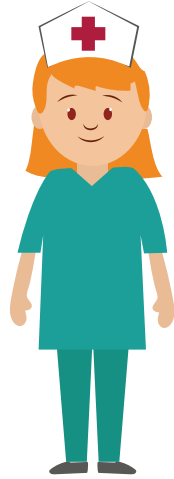
An MRI scan usually takes between 15 – 20 minutes in total with short breaks between each set of scans.



I spy in the hospital



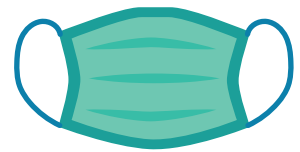
Doctor



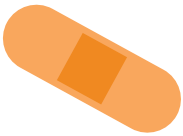
Nurse



Stethoscope



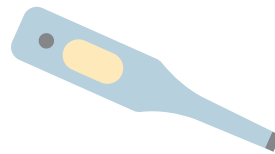
Medical mask



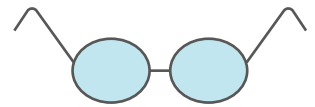
Plaster



Gloves



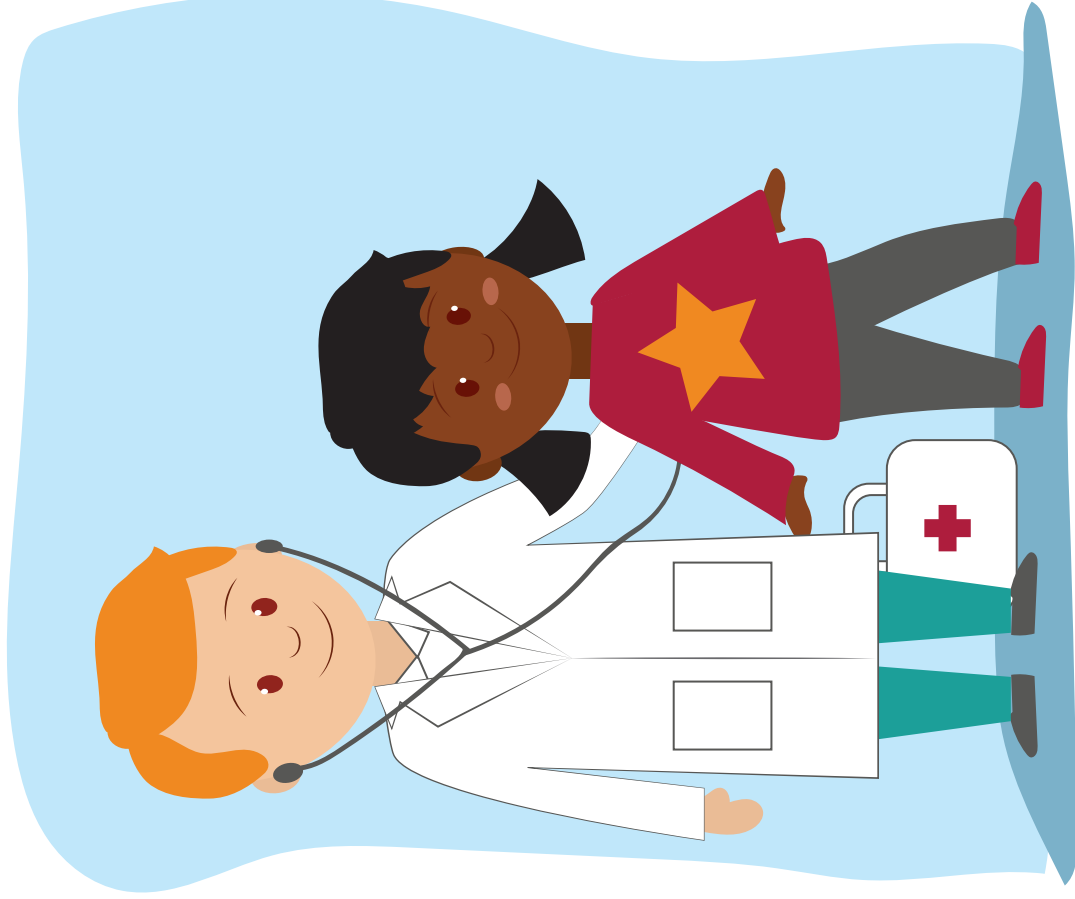
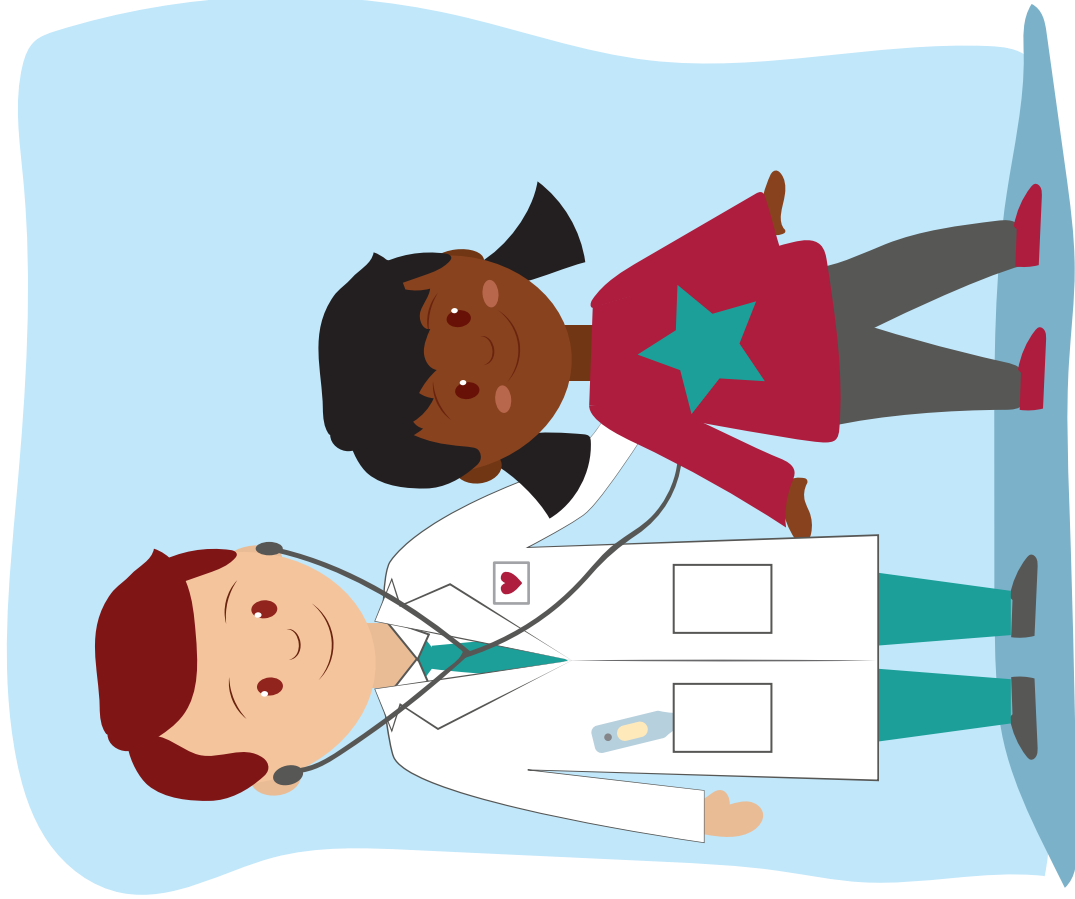
Thermometer



Glasses

Draw something you've seen at the hospital.
Try to find out what it's called.

Spot the 6 differences



Wordsearch

e w x g n n r u f g z y a e q
q z h h d y c t u r g p m i u
r i m r t k p t l f w u b w i
s g r t e s t s r w b x u m y
q e k c t c z l m a c q l j o
n i l n b n l u r f e v a g b
k g l r b u e e t t u h n w l
x w h r q q e i j d y p c d v
o w l g f e n h t j u a e e e
q u a h o s p i t a l t e a z
q z e f v r o q y l p i u s q
u i x v p u u u v n s e o t b
s k u c f n s j f v d n w o g
b d p c d o c t o r w t k q e
b q b u c f z h p b t b q k j

doctor
nurse
patient

heart
tests
gown

hospital
ambulance
patient



Cardiomyopathy^{UK}
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in Need**

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