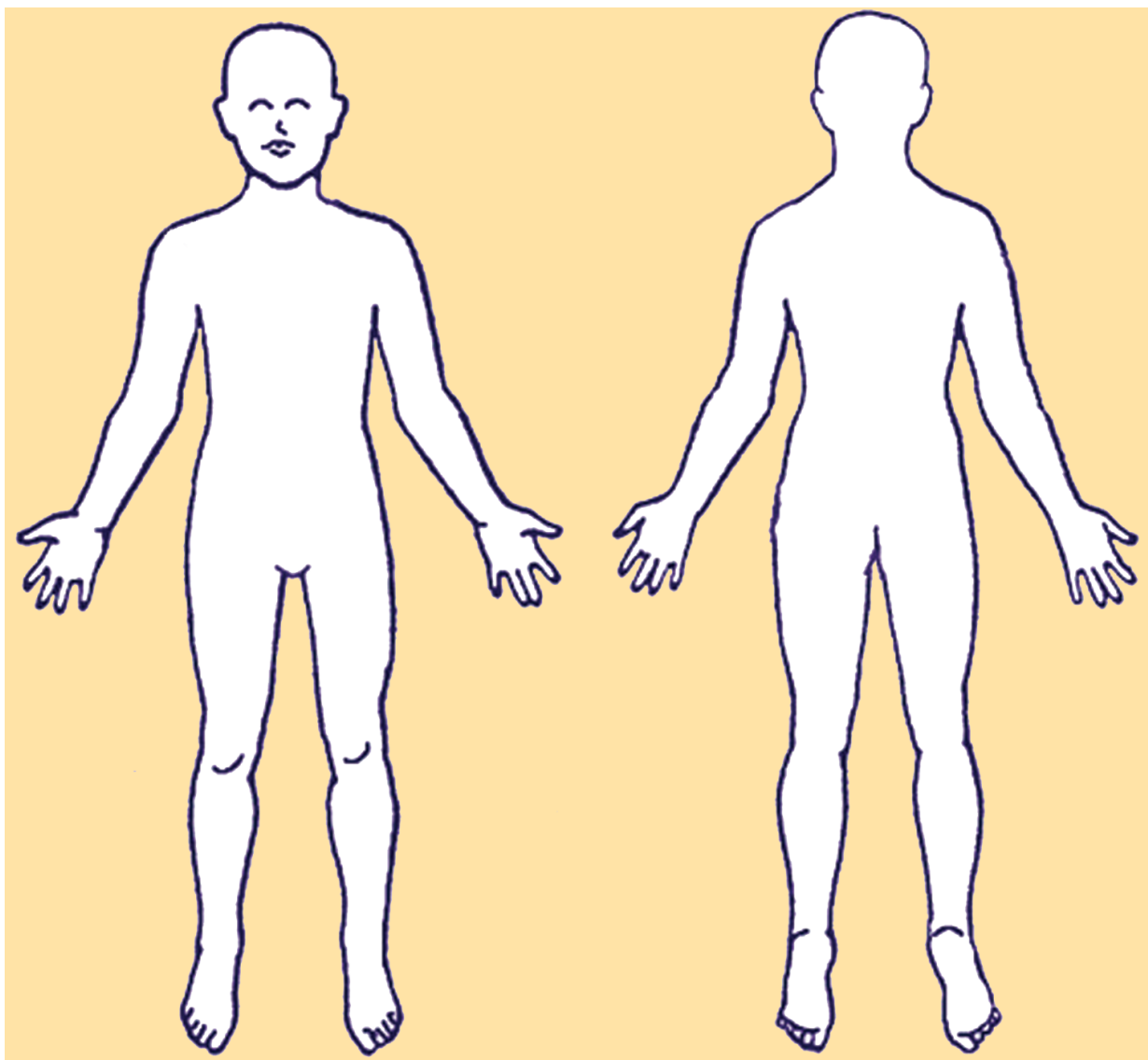


ACTIVITY 1

Colour, write or draw any part of the body affected by the illness.

This exercise can help if your child is asking questions about where your body is affected by your cancer, your treatment or side-effects. Your child might also wish to draw the part to help them understand it more clearly.

It is best if you supervise or check in with your child once the drawing is done, so that you can discuss any of their feelings.



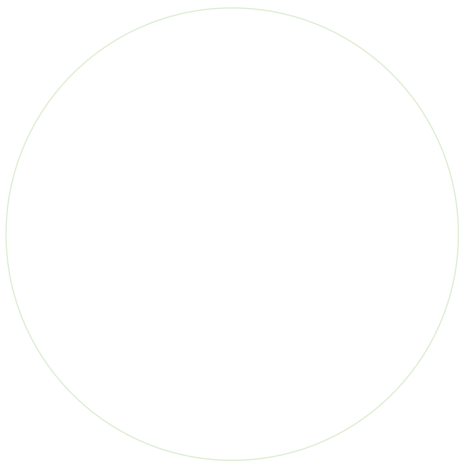
Visit our website www.cancer.ie for printable copies of these activity pages.



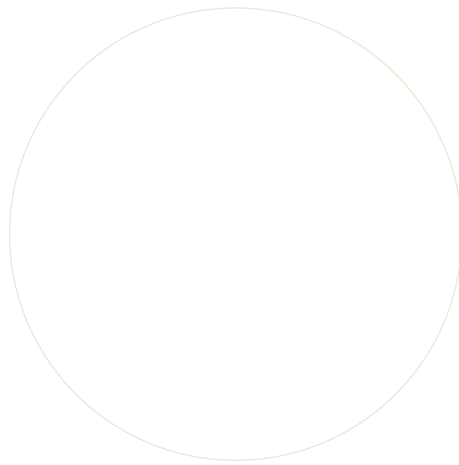
ACTIVITY 2

How do you feel today?

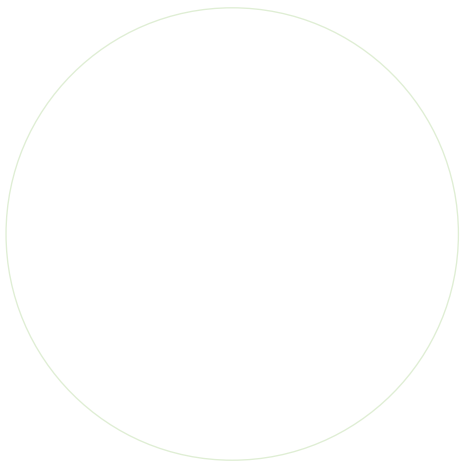
Draw some feeling faces. Remember that having a feeling right now does not mean you will always feel this way.



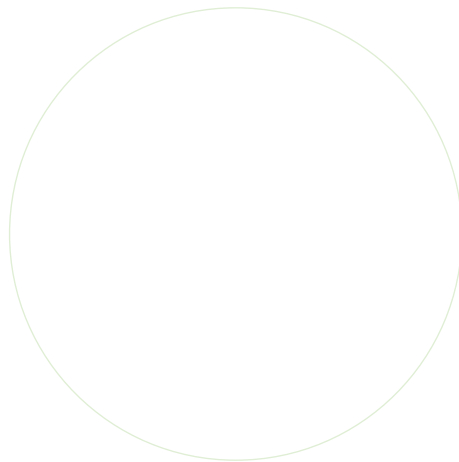
Sad?



Happy?



Angry?



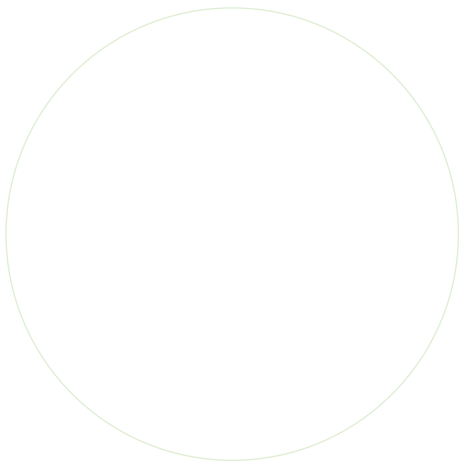
Embarrassed?



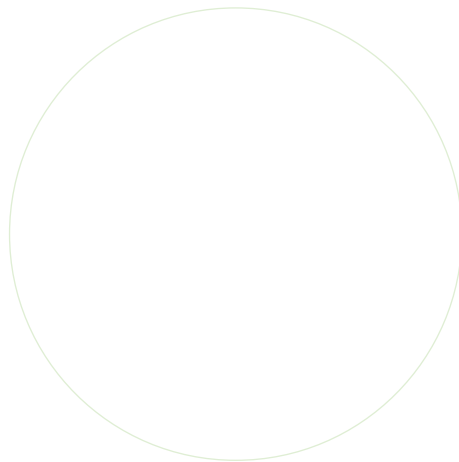
ACTIVITY 2

How do you feel today?

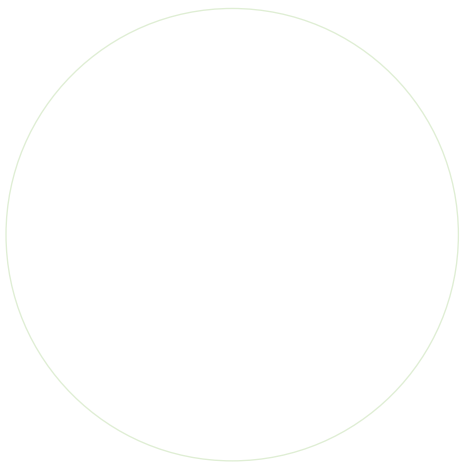
This exercise might help you and your child to identify and explore some of the many feelings experienced when somebody in the family is sick.



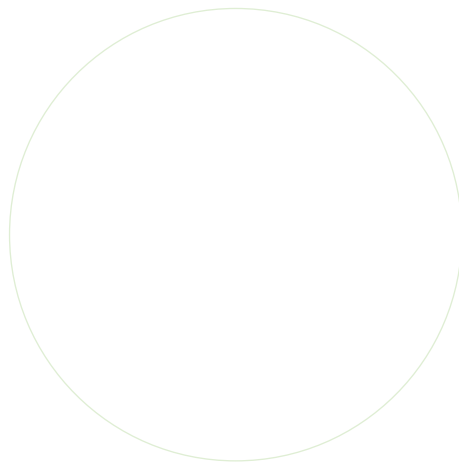
Disappointed?



Jealous?



Afraid?



Brave?



ACTIVITY 3

How do you feel today?

Your children might like to draw many different things on blank paper and enjoy the freedom to choose their own face or feelings. You might also like to explore your feelings too – they may even be the same as your child's!

