

A photograph of two young women sitting on a swing set in a park. They are both wearing red t-shirts and blue denim overalls. The woman on the left is holding the swing ropes and smiling. The woman on the right is clapping her hands and smiling. The background shows a grassy area with several trees.

**SIBLING'S
ACTIVITY
BOOK**

All About Me

Name:

Age:

My favorite food is...

My favorite book is...

My favorite movie is...

My favorite song is...

My favorite thing to do is...

My favorite holiday/season is...

Draw a picture of yourself.

If I won the lottery I would use the money to...

If I could go anywhere in the world, I'd go to...

I've always wanted to...

People that are very important to me are...

Something that I am very good at is...

Things that make me happy are...

It makes me sad when...

Something that scares me is...

All About My Sibling

Name:

Age:

My sibling's favorite food is...

My sibling's favorite book is...

My sibling's favorite movie is...

My sibling's favorite thing to do with me is...

My sibling's favorite holiday/season is...

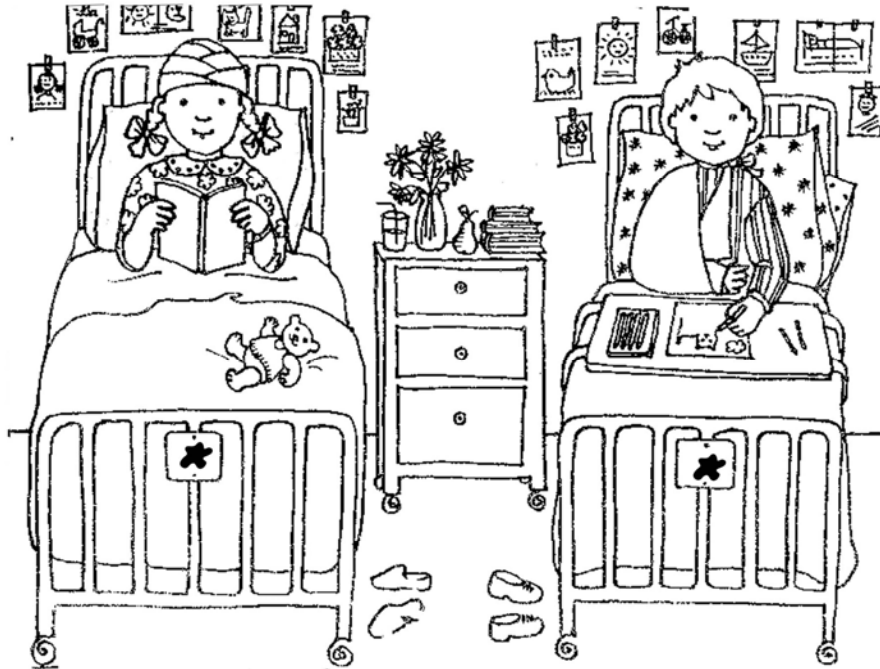
Draw a picture of your sibling.

Write or draw the best time you had with your brother/sister.

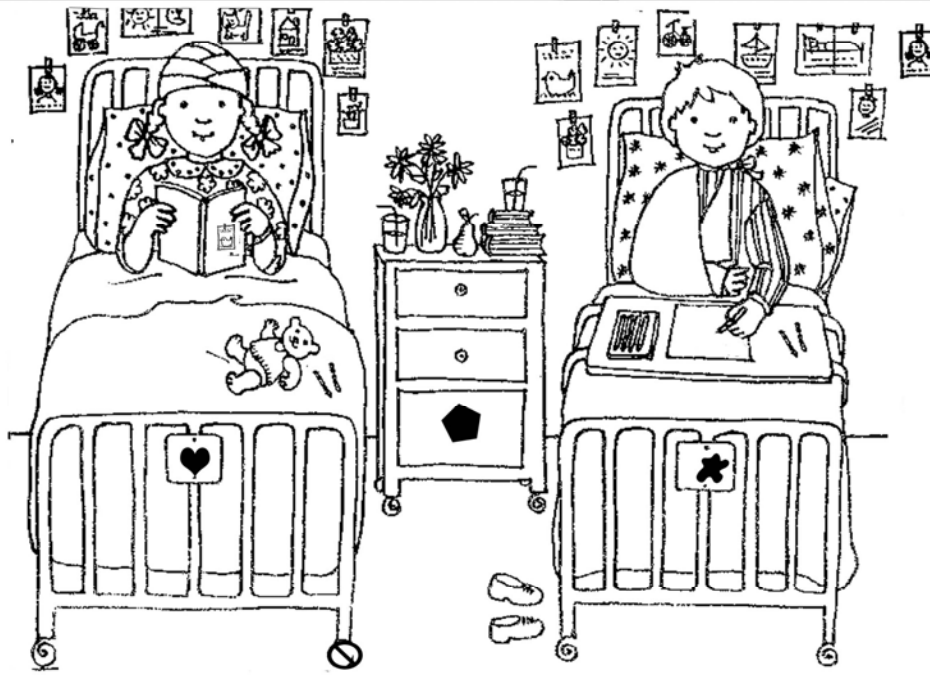
Circle the 10 differences or changes between the two pictures.

Once you find the 10 changes feel free to color the picture.

Picture
1



Picture
2



Sometimes it's hard to think of things to do in the hospital or sometimes your brother or sister isn't feeling well enough to play, talk or have visitors. Here are some ideas to do while you are visiting the hospital. (Make sure you tell mom and dad where you are going and what you are doing)

Things to do in the hospital

1. Play a video game, watch TV or a movie in the Playroom or Teen Lounge
2. Read a book
3. Make a craft for yourself or for your brother/sister
4. Paint, color, or draw a picture
5. Play a board game
6. Play a card game
7. Paint a mural on your brother/sister's window
8. Decorate your brother/sister's room
9. Finish your homework
10. Play on the computer
11. Make a journal of your trip to the hospital
12. Write a letter
13. Sing to your brother/sister
14. Put together a puzzle
15. Listen to music
16. Participate in group activity in the Teen Lounge, Monday - Friday at 3pm
17. Write a song with the Music Therapist



Places to go in the hospital

1. Playroom, Teen Lounge (Must be 12 or older to be alone in play areas. Siblings under 12 must be accompanied by an adult or volunteer.)
2. Gift shop
3. Cafeteria
4. Walk around the hospital
5. Family Lounge
6. Central Park area (Check out the Fish Tank!)
7. Patio Area during nice weather



**Write or draw about your visit to the hospital
with your brother/sister.**

Things you can do for your sibling to make him/her feel better.

- Play a game
- Make a card or picture
- Read a book
- Decorate their room
- Talk to them
- Bring a special item from home, like a blanket or stuffed animal

Things you can do if you cannot visit your brother or sister

- Send an email
- Send a picture/drawing
- Talk on the phone
- Send a letter

HOSPITAL WORD SEARCH

Find each of the following words.

TEMPERATURE	BANDAID	HOSPITAL	CAST
SURGERY	CHILD LIFE	THERMOMETER	SICK
PULSE OX	PLAYROOM	MEDICINE	AMBULANCE
BONE	OXYGEN	PREPARATION	DOCTOR
IV POLE	MRI SCAN	BLOOD PRESSURE	NURSE
STETHESCOPE	TOYS	XRAY	

LSIOMCHILDLIFETBLRRTONURSEG
EPTASEOITIXHTIIEOYHNBYPNPM
RERROUDLRNATHOBOTNLS PYSNCSE
UASEIPUISOXOESLUPEEBERAXCET
SSHMPCTTCONSRSEBMILUPPERYUM
SOLOMAPOLITHMFRDICTOOXATXDE
ETTOONRTBENSOUUGTTNYPASSEHO
ROERRLOATNLEMOTOEOOAEVSALPP
PSMYLCNHTTNSEOALEYIPOPICRDR
DMYACSENSICKTXRABSRPRIIIIES
OIBLMSODHBOAEYEDPROTCODARSA
OSEPCEDECCINREPNEG YXOEDPYAP
LGOOMSURGERYNMPCINOINPYRLI
BRPONOMRISCANOEMLECNALUBMAE
NEUSHOSPITALOITSEAAABHESUIGM
EDEOPTOEUMKAIUTTOSASSIEXRTT

Color Dr. Dave
Circle the pictures of things Dr. Dave might use
with his patients.



Hospital Spy Code

Use the secret code to find the answers to the clues.

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
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

Clues:

1. Someone who helps you feel better
2. Another name for feeling "sick"
3. What you take to feel better
4. A place to have fun in the hospital
5. A fast way to get someone to the hospital
6. Someone who helps the doctor make you feel better
7. Where you go when you are not feeling good
8. Things you can play with while you are here
9. A protective shell or bandage molded to protect a broken leg or arm
10. Machine used to measure how much oxygen is in the blood

1.

4	15	3	20	15	18

2.

9	12	12	14	5	19	19

3.

13	5	4	9	3	9	14	5

4.

16	12	1	25	18	15	15	13

5.

8	5	12	9	3	15	16	20	5	18

6.

14	21	18	19	5

7.

8	15	19	16	9	20	1	12

8.

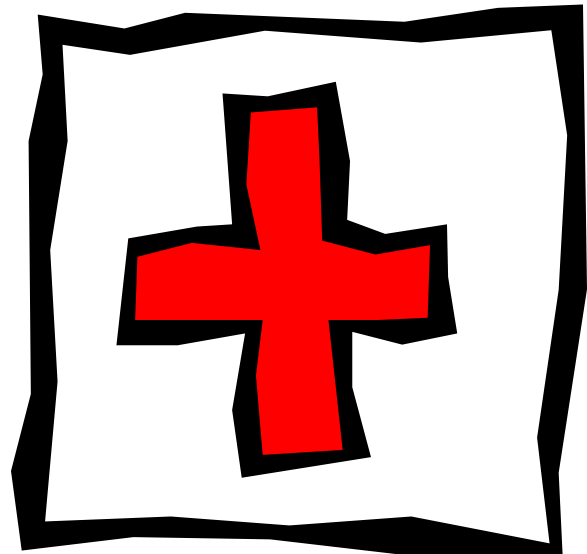
20	15	25	19

9.

3	1	19	20

10.

16	21	12	19	5	15	24



Sibling Resources

Saint Joseph's Children's Hospital Child Life Program

<http://ministryhealth.org/SJCH/ChildLife.nws>

SuperSibs

<http://www.supersibs.org/>

SuperSibs! is a national not-for-profit organization that works to honor, support and recognize the brothers and sisters of children with cancer. Our goal is to help these "shadow survivors" re-define the cancer sibling experience and move forward in their lives with strength, courage and hope. For more information or to make a referral visit our website.

Sibling Support Project

<http://www.siblingsupport.org/>

Join SibKids Listserv! SibKids is the internet's first listserv for young brothers and sisters of people with special health, developmental, and emotional needs. SibKids is also a great place to meet other young brothers and sisters from around the world. On SibKids, members talk about their siblings with special needs, favorite music, friends, local sports teams, school—just about anything!

Sibshops

<http://ministryhealth.org/SJCH/ChildLife/SpecialEvents.nws>

Sibshops are workshops for siblings of children with special needs. Sibshops are lively, pedal-to-the-metal celebrations filled with unique games, cooking activities and recreation mixed with information and discussion. Children ages 5 - 12 yrs can enjoy a lively, relaxed event that emphasizes a kid's-eye view of sibling issues. Sibshops are guided by trained adult facilitators in small, age-appropriate groups.



MARSHFIELD, WISCONSIN

Created By:
Ashly Bintzler
Child Life Intern

