

Time for Me



An activity book for kids when
someone in the family has cancer

by
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BC Cancer Agency
CARE & RESEARCH

“Time for Me”

An activity book for kids when
someone in the family has cancer

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CARE & RESEARCH

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Introduction i



A word to grown-ups about this book

This book is for the kids. “Time for Me” is designed for school-aged children (ages 6 to 12+) to help them learn, in a fun way, creative ways of coping when a family member is living with cancer. We also hope that, along the way, this book will open ways for children and families to talk and learn together. Many children (and grown-ups too!) find it difficult to talk about cancer, or to know where to begin. This activity book can provide a starting point.

Drawing and writing are natural and powerful ways for children to express themselves. The activities in this book can provide the child with choices in creative tools to learn and grow through the family’s experience of cancer.

“Time for Me” has four chapters. Chapter 1 is “About Me”. Chapter 2, “About Cancer and its Treatment”, offers answers to some of those questions that children frequently ask. Chapter 3, “About Family”, looks at changes in family life. The final section, Chapter 4, offers tips on “Feeling Better”.

Some children may wish to use this activity book as a personal journal. Others may more readily share their ideas with parents or other support persons, such as a counsellor or nurse. Still others may put the book aside for the time being, to harbour the seeds of change and adjustment.

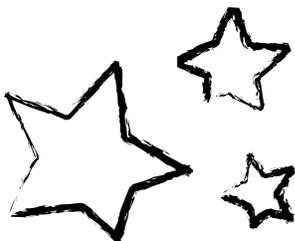
Cancer affects all members of the family. We believe that helping children can help to strengthen the family’s ability to cope. Whether you are a parent, grandparent, friend, teacher, or other support person, you have a key part in helping children who have a family member living with cancer.

We hope that “Time for Me” will create a window for children and grown-ups to see that they can help and understand each other. Along with the vital ingredients of self-esteem, of love, and of healing time, we hope that the book’s activities will help to nourish the seeds of growth and change for children when a family member is living with cancer.

A hand-drawn illustration of a sun with rays on the left, a rainbow arching across the top, and a cloud on the right. The word "Contents" is written in a large, bold, sans-serif font across the middle of the rainbow.

Contents

Chapter 1	About Me.....	1
Chapter 2	About Cancer and its Treatment	7
Chapter 3	About Family.....	26
Chapter 4	Feeling Better	40
Last Page	Your Comments	50



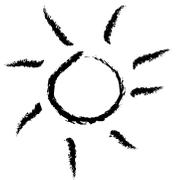


About Me

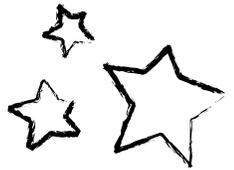
I am special.....2



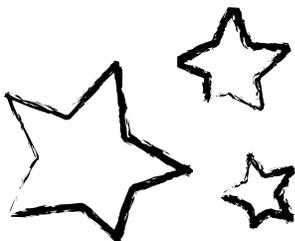
Today's forecast3



My 3 wishes4

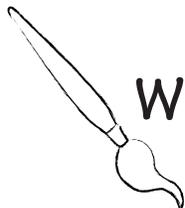
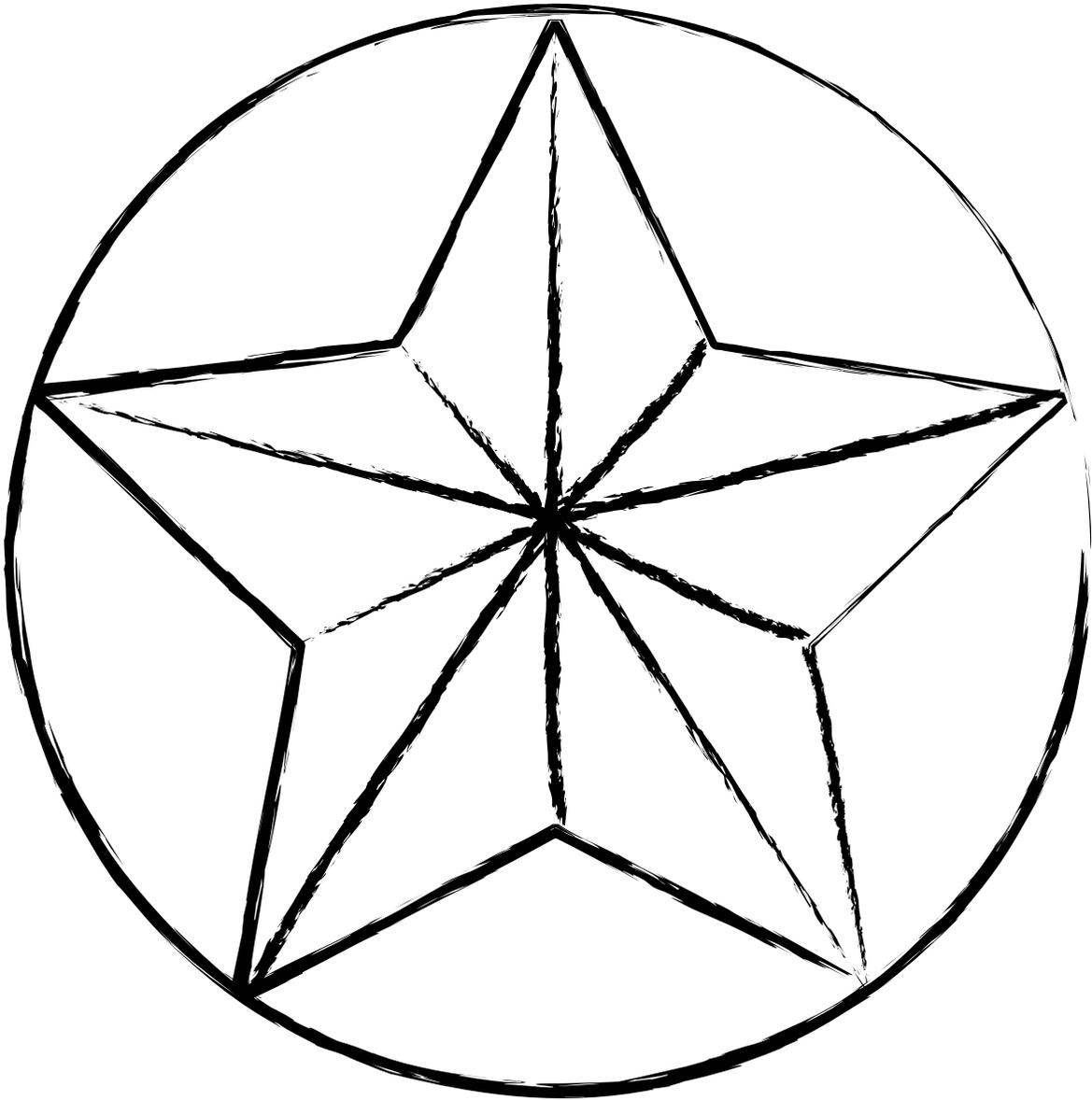


Who are the special people in your life?.....5



I am special

When a family member has cancer, it is important to remember that each person in the family is special. Sometimes it may be hard to remember that you are special too.



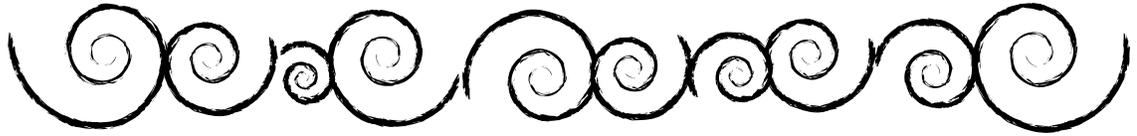
What are your colours?



About Cancer & its Treatment

Fill in the blanks	8
Questions	9
How cancer might look	10
What is a cell?.....	11
What is cancer?.....	12
What causes cancer?.....	13
How is cancer treated?	14
What is surgery?.....	15
What is radiation?	16
What is chemotherapy?.....	17
What is biotherapy?	18
What are “side effects?”	19
Other things that help.....	20
Other important questions	21
Where can we learn more?	22
Can you help the words find their meaning?	23
Let’s find out.....	24
Hot tips for good health.....	25

Fill in the blanks



1. My has an illness called **CANCER**.

2. There are over 200 different kinds of cancer.

The kind of cancer that my has is called
..... cancer.



My most important question about cancer is:

.....
.....
.....



Chapter 3



About Family

Family tree	27
In your family, who has cancer?	28
Change is a natural part of life	29
Have you met Ripple?	30
Cancer changes things	31
Big & little changes	32
Feelings	33
My feelings circle	34
Time out.....	35
“Say it” coupons	36
A special recipe	37
Family night.....	38
Taking time together.....	39

Big and little changes

Cancer can bring changes to family life, in the house and in the person who has cancer. Some changes are big and some are little.

Some kids say they have more chores to do. Others say that there's a whole bunch more people in the house. Some kids don't notice any difference.



The changes at my house are:

- 1.....
- 2.....
- 3.....
- 4.....

Some changes are good and some are hard.

Mark with a ✓ the changes you would like to keep. 

Mark with an X the changes you would like to change back. 

What important things are still the same?

.....

.....



Feelings



Cancer affects everyone's feelings in the family.

We can have lots of different feelings about things changing. Our feelings may feel stronger at times - such as feeling sad, mad or worried and that's OK. These feelings are normal.



Happy



Sad

Here are some of the feelings that you and your family members may feel at different times.



Angry



Guilty



Shocked



Scared



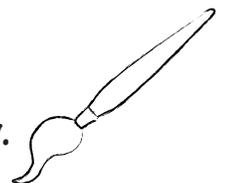
Confused



Embarrassed

What kinds of feelings are in your house?

Draw the faces that show the feelings in your family.



Chapter 4



Feeling Better

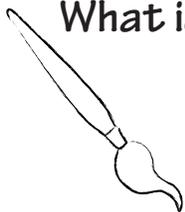
Picture this	41
Feel good music	42
Compose your own rap song	43
Standing like a tree	44
Pocket song.....	45
A pocket of good luck	46
“Feel-good” bag.....	47
Pass it on.....	48
Talk it out	49

“Feel-good” bag

Everyone has ways to help themselves feel better when times are hard.



What ideas and things to do would you put in your “feel-good” bag?



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