

Story & Activity Book

Featuring a story by award winning children's author

Michelle Robinson



Puzzles
Jokes
Colouring
Story

This book belongs to

Name:

pelican
HEALTHCARE

an eakin company 

Welcome!

Welcome to Pelican Healthcare's activity book for children! Let your little one have fun with a variety of activities helping them out when needed.

Have fun together!

What you'll find inside...

Page 3

Help the princess

Page 4

'Look out world, here I come!' story



Page 8

Colour in the rocket



Page 9

Word search & spot the difference

Page 10

Dot to dot

Page 11

I Spy



Page 12

How to make a smoothie

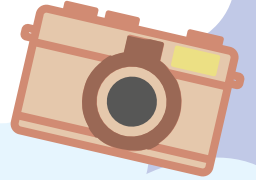


Page 13

Draw your own alien



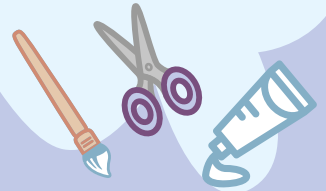
There are lots of fun activities for you to complete in this activity book and we would love to see some of your creations!



Why not ask a grown-up to send us a photo on Facebook, Twitter or Instagram!

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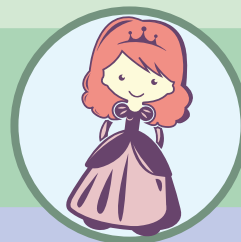


Hi, there! I'll be taking you on a great adventure with some of my friends!



Page 14

Animal poster & fun facts

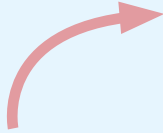


Page 15

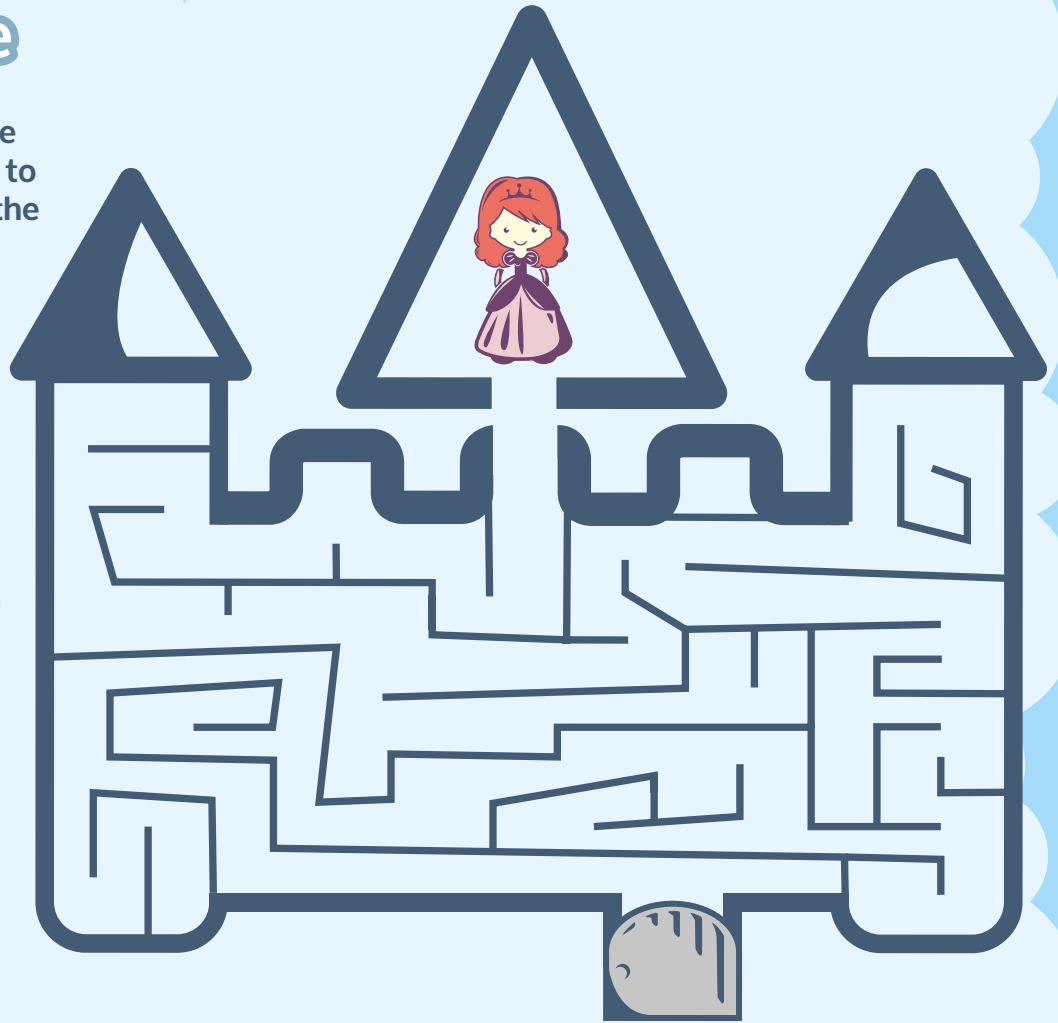
Popsicle stick puppets

Castle maze

The princess is lost in the castle. Can you help her to find a way out through the maze of corridors?



Use a pencil so if you make any mistakes you can rub them out



Crack the code

Oh no! Now before the castle doors will open, you need to crack this code. Can you work out what the message says?

Use the numbers in the grid and match the letter to discover the hidden message!

1	2	3	4	5	6
W	M	A	P	Z	F


7	8	9	10	11	12
T	N	I	O	K	R

13	14	15	16	17	18	19	20	21	22	23	24	25	26
B	X	J	D	Q	L	S	G	U	Y	C	H	V	E

Look Out World, Here I Come!

Something was broken inside my tummy - the bit called my bowel.
The doctor said medicine couldn't fix it.
I had to stay in hospital and have an operation.
Soon I would be home. Soon I would feel better.
First, **I had to be brave.**

I put on a special gown. The anaesthetist helped me go to sleep.
'Think of something nice to dream about,' she said.

A cartoon giraffe with a yellow body and brown spots, standing and looking towards the left. A blue speech bubble is next to it.

Draw your
dream here!

When I woke up it was all over. The surgeon had fixed me. I was tired and a bit sore, but this time medicine could help. Mum was there. She smiled at me. My bowel was fixed. My tummy was better!



It didn't look better. It was swollen and there were sticky plasters all over it. And there was a bag. A poo bag. The bag didn't look too bad... I wasn't so sure about what was underneath.

'That's where your poo will come from now,' the nurse said. **'It's called your stoma. You can give it a different name, if you like.'** I couldn't think of one.

The nurse said my stoma would get smaller, but it would stay squashy. He said it would SQUISH flat under my clothes and no one else would even know it was there.

He showed me how to change my bag. We practised a lot.



I remember thinking, *'I'll never be able to do this by myself.'*
But now I'm back home, I do it every day. Mum helps.
The bag doesn't leak because we put it on carefully.
It's super sticky. **It even stays on when I swim.**



My poo comes straight out of my stoma into the bag.
No one else can see it. No one else can smell it.
I don't even have to think about it, it does it all by itself.
I go to the toilet privately - just like anybody else. I can empty
my bag straight down the loo, or put on a fresh one.

Now I'm used to it, I forget it's even there.



My friends don't notice it either.
Mum told my best friends and
my teacher about it while I was in
hospital.

They were all brilliant about it. They
didn't understand, exactly, but they
cared, and that's all that mattered.
I wasn't sure if I wanted everyone
to know, so we just told the rest of
my class I'd been unwell and that
I needed a big operation to get
better.

Sometimes people ask me about it. Sometimes I feel like telling them.

It depends on the person. It depends on the question.

Most people just wonder what it's like.

I used to wonder, and now I know. **It's fine.**

In fact, when I stop to think about it, I realise how special it is.

I realise how special I am, and I can't wait to do all those things I dreamed of...

Look out world, here I come!

Michelle
Robinson



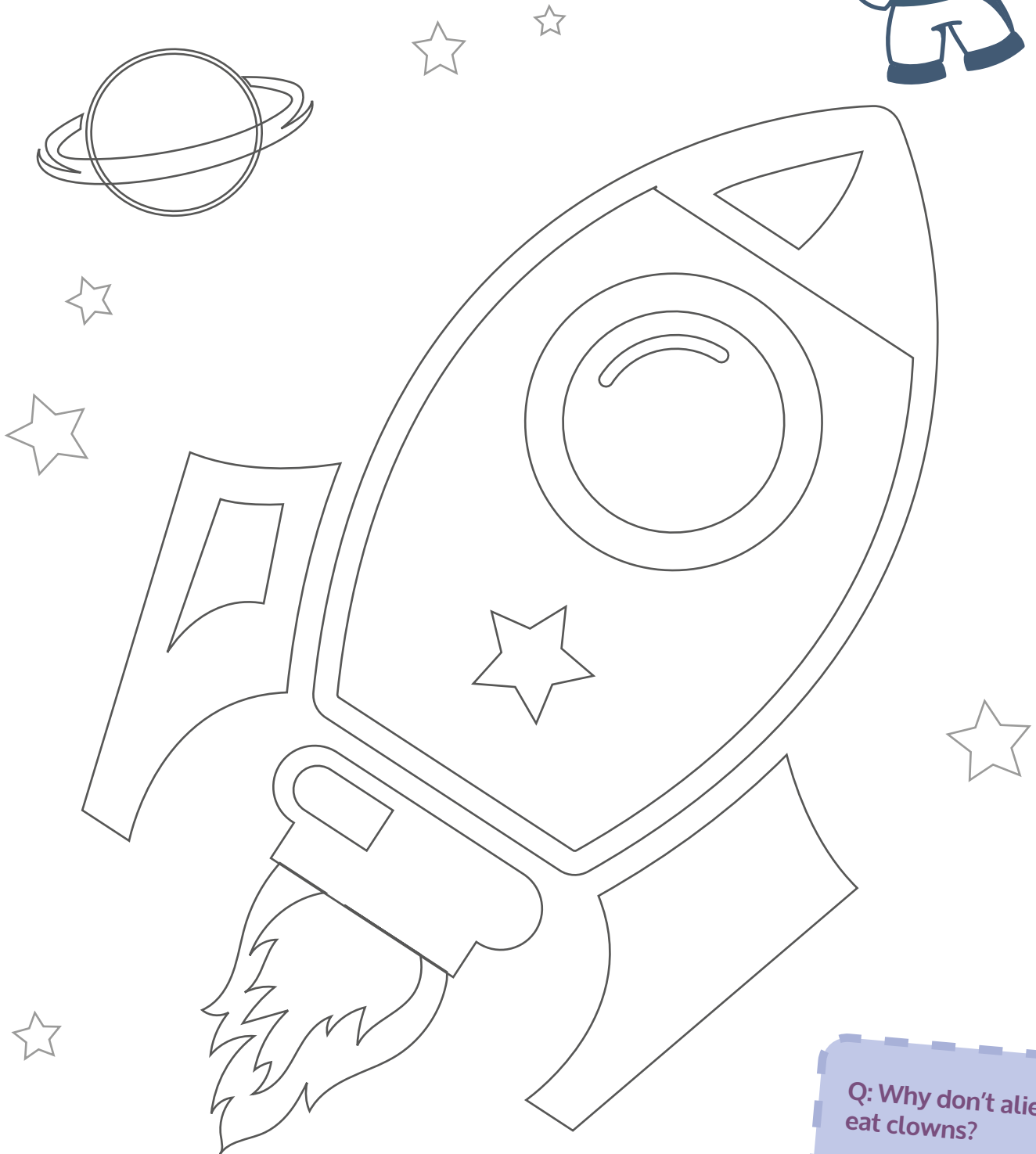
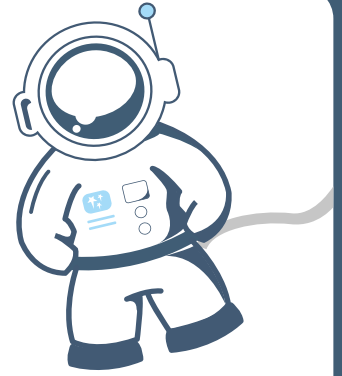
Everything that happened in this story happened to me, although I was a grown up at the time. My stoma hasn't stopped me from doing anything. In fact, it's made my life better because I'm not poorly any more. I did come up with a name for my stoma in the end. I call it my Middle Medal. I earned it for bravery. Only a few very special people have one. Wear yours with pride!

With love,

Michelle
Robinson

Colouring in

Aaron the astronaut is going to be blasting off into space! Colour the rocket with your own designs.



Q: Why did the cow go in the spaceship?

A: It wanted to see the moonooooon!

Q: Why don't aliens eat clowns?

A: Because they taste funny!

Find the hidden words

The princess has found some words in the castle gardens - can you find them too?

C	A	S	T	L	E	U	Y	G
M	N	U	R	S	E	Q	D	A
P	B	F	R	O	G	E	A	R
L	D	H	I	S	J	X	I	D
A	V	S	T	A	R	U	S	E
N	C	T	N	Z	J	F	Y	N
E	P	O	U	C	H	R	K	W
T	X	M	N	T	B	K	D	P
S	P	A	C	E	J	M	O	N

CASTLE	PLANETS
DAISY	POUCH
FROG	SPACE
GARDEN	STOMA
NURSE	STAR

Top Tip

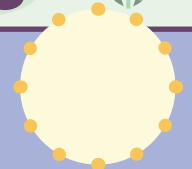
Use a pen to cross out the words once you've found them.

Spot the difference

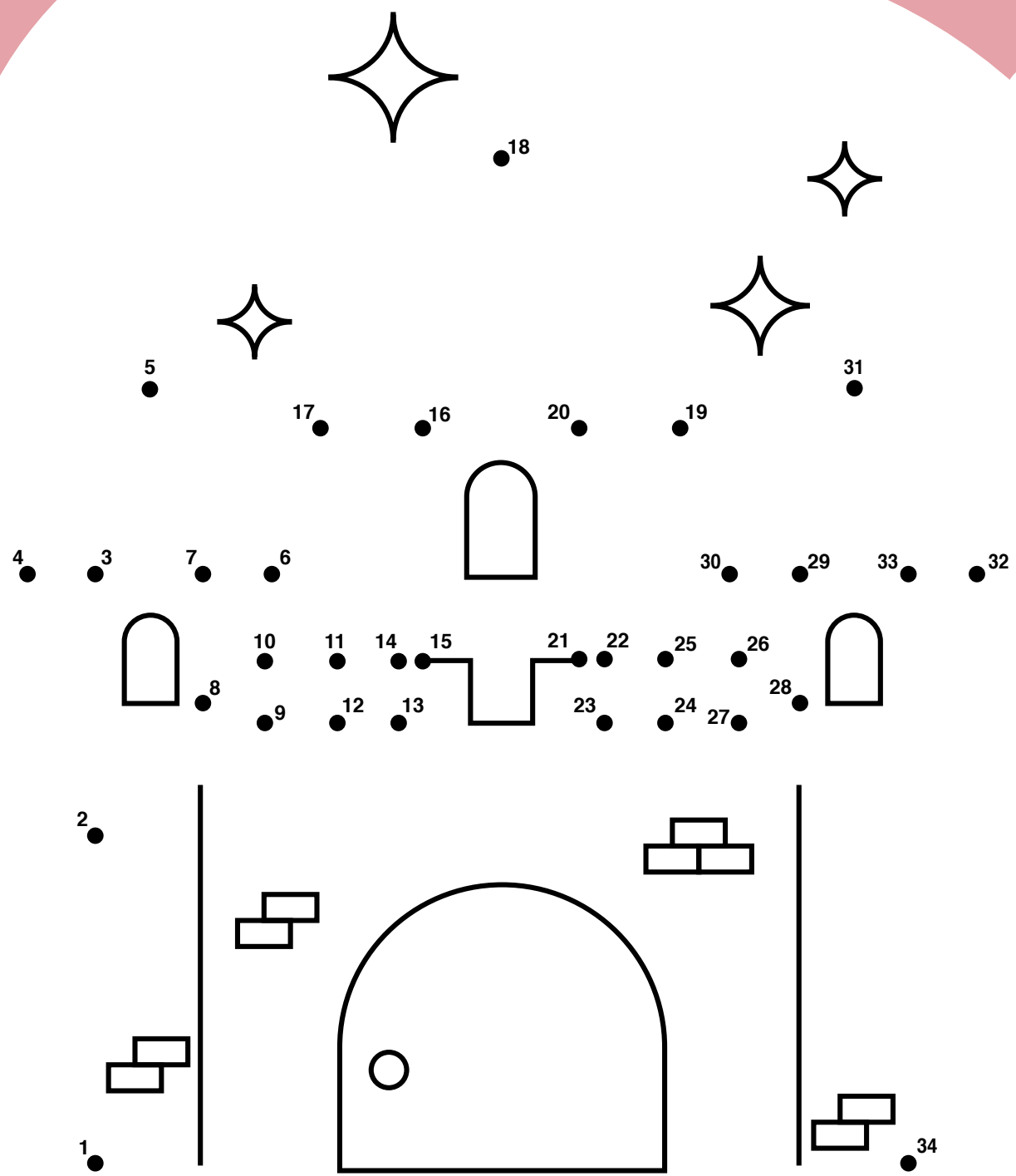
Circle each of the nine differences between the two images.



How many differences did you find?



Dot to dot



I Spy



See if you can find the ...

- Cauldron
- Castle
- Spaceman
- Planet
- Princess

How to make a fruity smoothie

You will need:

- 1 cup of cherries
- 1 cup of pineapple chunks
- 1 cup of orange juice
- 1/2 a banana
- 1/2 cup of plain Greek yogurt
- Blender
- Glass

1



Gather all the ingredients that you need to make this delicious smoothie. Don't forget to ask a grown-up for help.

2



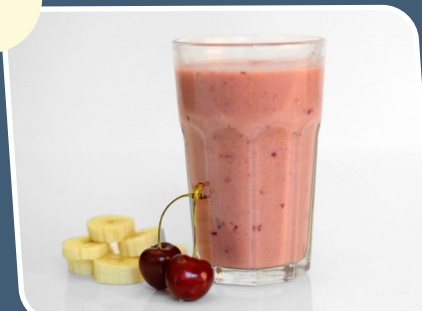
Add orange juice to the blender first.

3



Add the cherries, pineapple chunks, banana, plain Greek yogurt and blend together until it's super smooth.

4



Pour into a glass and enjoy! It's full of vitamins and healthy goodness.

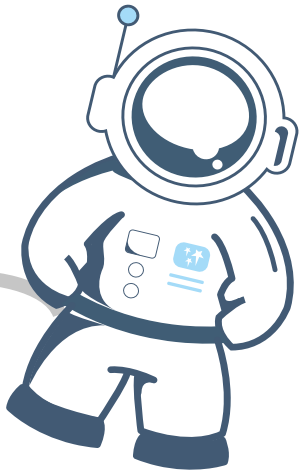
Top Tip

You can try different fruit to make other tasty smoothies!

Smoothies are great as a snack after or before school



Draw your own alien



I found an alien on a far away planet. Draw your own alien here...



Alien Identity Card

Name:

Age:

Hobbies:

Did you know...?

Giraffes only spend between 10 minutes and 2 hours asleep per day.



Just like snowflakes and human fingerprints, no 2 giraffes have the same spot pattern.

The average height of a giraffe is 5 metres making it the tallest land animal in the world.

Giraffes have four stomachs.



Popsicle stick puppets

You will need:

- Scissors
- Glue
- Popsicle sticks

Plus extras to decorate:

- Googly eyes
- Colouring pencils
- Sequins

Step 1

Colour and decorate the characters using googly eyes and pencils.

Step 2

Ask a grown-up for help. Carefully cut around the dotted line with scissors.

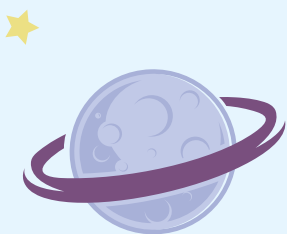
Step 3

Put glue on the popsicle stick.

Step 3

Place the cut out character on the sticky popsicle stick and press down. Wait until dry then you're ready to play!





Let's have fun...

At Pelican, we believe we can help children live with their stoma, not only through quality products but also with support. This activity book has been written especially for you, with an original bedtime story to help you understand what a stoma is to help reassure you about everyday life living with a stoma.

We hope that you will enjoy reading this exciting, fun activity book.

Pelican Healthcare is a leading manufacturer of disposable medical products for the UK and Ireland healthcare markets.

For complimentary samples
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