



ALD and Me



A KID'S GUIDE TO ALD



GUIDED
ACTIVITIES TO
TAKE CARE
OF YOUR MIND
AND BODY!



Hi Friend, Welcome to “ALD and Me: A Kid’s Guide to ALD!”

We’re so glad you’re here. We know that going to the doctor can be scary, but it’s important to take care of our body and our mind. Ask a grown-up to help you with these pages if needed!



Introduce Yourself!

Write your name with your favorite color.
Draw a picture of yourself if you’d like!



HELLO
MY NAME IS

A large, empty white rectangular box with rounded corners, intended for a child to write their name and draw a picture of themselves. The box is framed by a thick purple border.

Help Us Get To Know You!

What are your favorite things?
Write or draw your answers!



Large empty circle for writing or drawing answers related to food.

FOOD



Large empty circle for writing or drawing answers related to animals.

ANIMAL



Large empty circle for writing or drawing answers related to books.

BOOK



Large empty circle for writing or drawing answers related to activities.

ACTIVITY



Large empty circle for writing or drawing answers related to games.

GAME



Large empty circle for writing or drawing answers related to places.

PLACE

Would You Rather...

Circle which answer you like better!

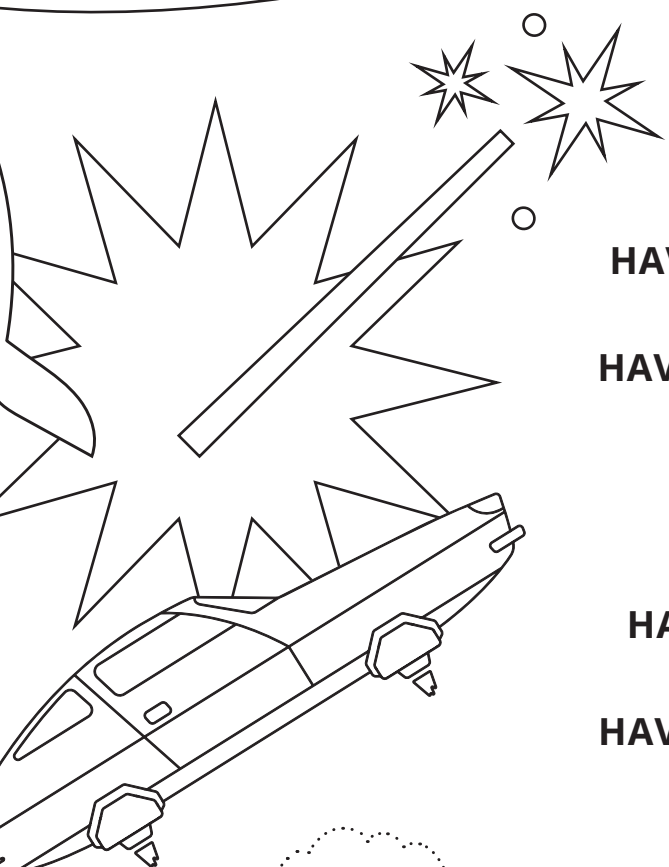
**FLY LIKE A BIRD
OR
SWIM LIKE A DOLPHIN**

**HAVE A PET DRAGON
OR
HAVE A PET UNICORN**

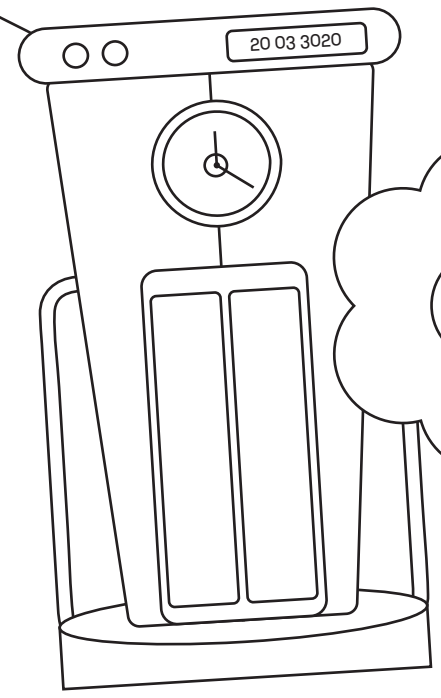
**HAVE CHOCOLATE ICE CREAM
OR
HAVE VANILLA ICE CREAM**

**EXPLORE OUTER SPACE
OR
EXPLORE THE OCEAN**

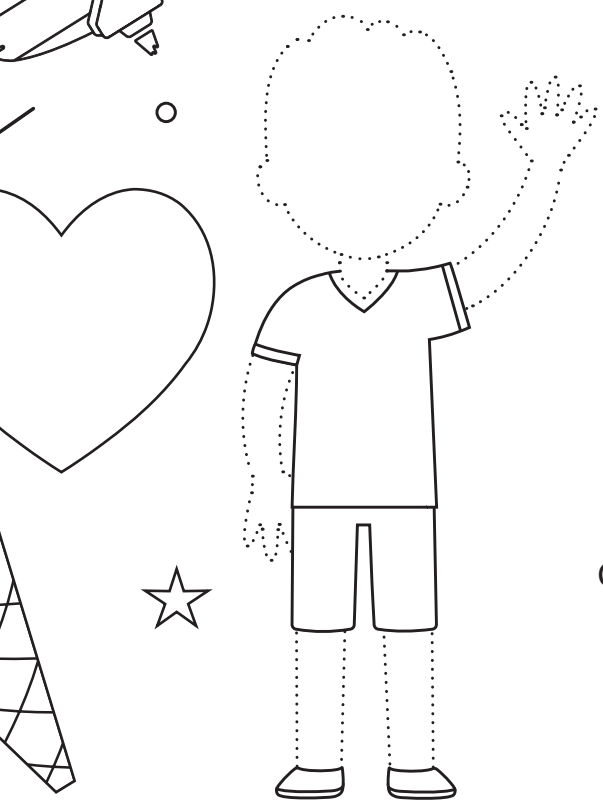
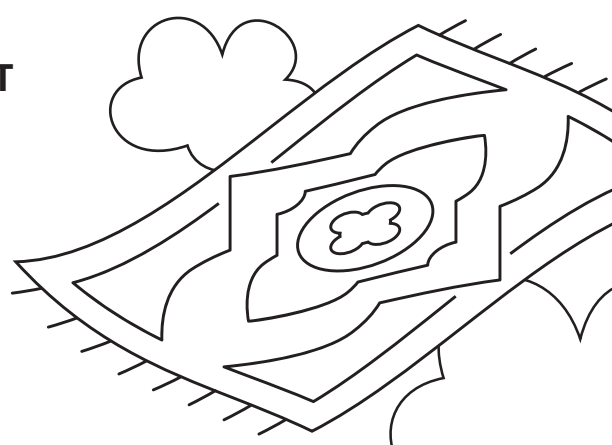




**HAVE A MAGIC WAND
OR
HAVE A TIME MACHINE**



**HAVE A FLYING CAR
OR
HAVE A MAGIC CARPET**



**BE INVISIBLE
OR
READ MINDS**

Now Ask Your Doctor!

Circle which answer they like better in a different color.
Are their answers different or the same as yours?



Who Is on Your Support Team?

Draw your support team in the jerseys below!
It can include family, friends, teachers, doctors and more.



A Winning Play!

Draw or write about a time when someone
on your team helped you feel better.

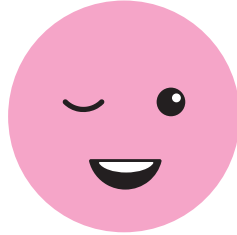


Your Feelings

How are you feeling right now? Circle your answers!



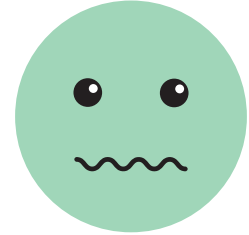
HAPPY



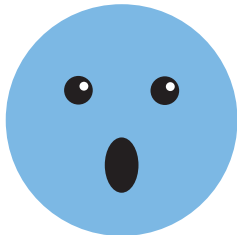
SILLY



EXCITED



NERVOUS



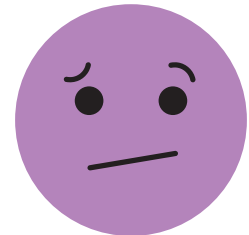
SCARED



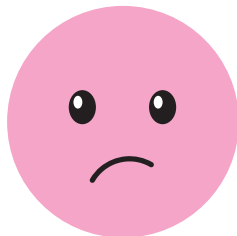
SAD



WORRIED



CONFUSED



SHY



ANGRY



CALM



SICK

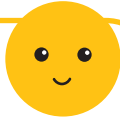
**FEELINGS
CHANGE ALL
THE TIME!**

Sometimes we feel scared or frustrated.
Sometimes we feel sad or angry.
Sometimes we feel a lot of feelings all at once.
It's important to tell a grown-up how you are feeling.

LET'S PRACTICE...

Write or draw something that makes you feel the emotion shown.

I FEEL HAPPY WHEN...



I FEEL EXCITED WHEN...



I FEEL SAD WHEN...



I FEEL CONFUSED WHEN...



I FEEL ANGRY WHEN...



I FEEL CALM WHEN...



I FEEL SCARED WHEN...



I FEEL NERVOUS WHEN...



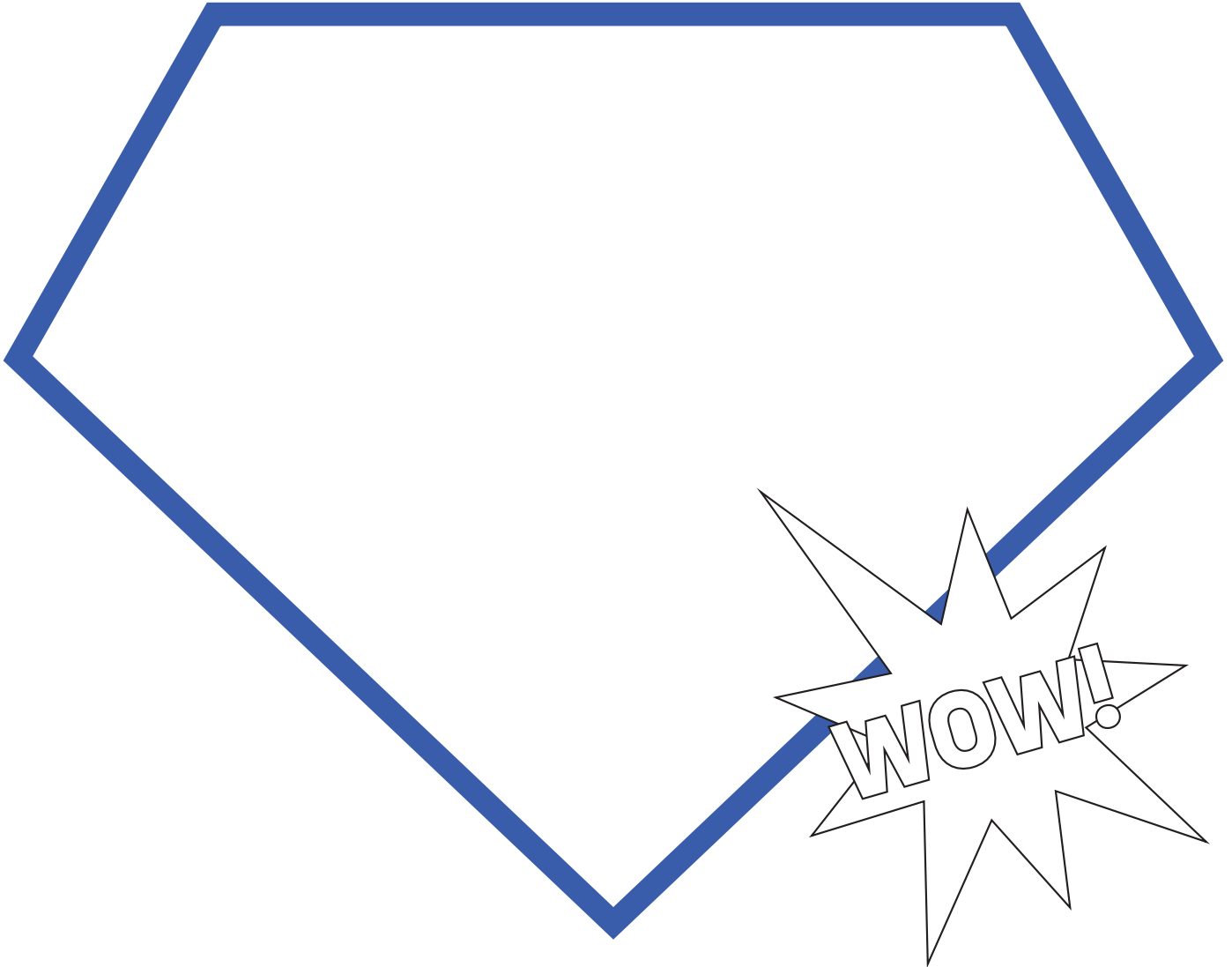
Your Worry Jar

It's normal to worry about things!
Have a grown-up help you put away your worries in this jar.
Write or draw a picture of some things you worry about.



Superpowers!

Everyone has superpowers!
Write or draw 1 superpower you have.



What would your superhero name be?

What's In Your Backpack?

What's in your backpack when you go to the clinic or hospital to see the doctor? Write or draw a picture of two or three things you would like to bring with you.



Earn this Brave Badge!

Color in a letter each time you do something brave!

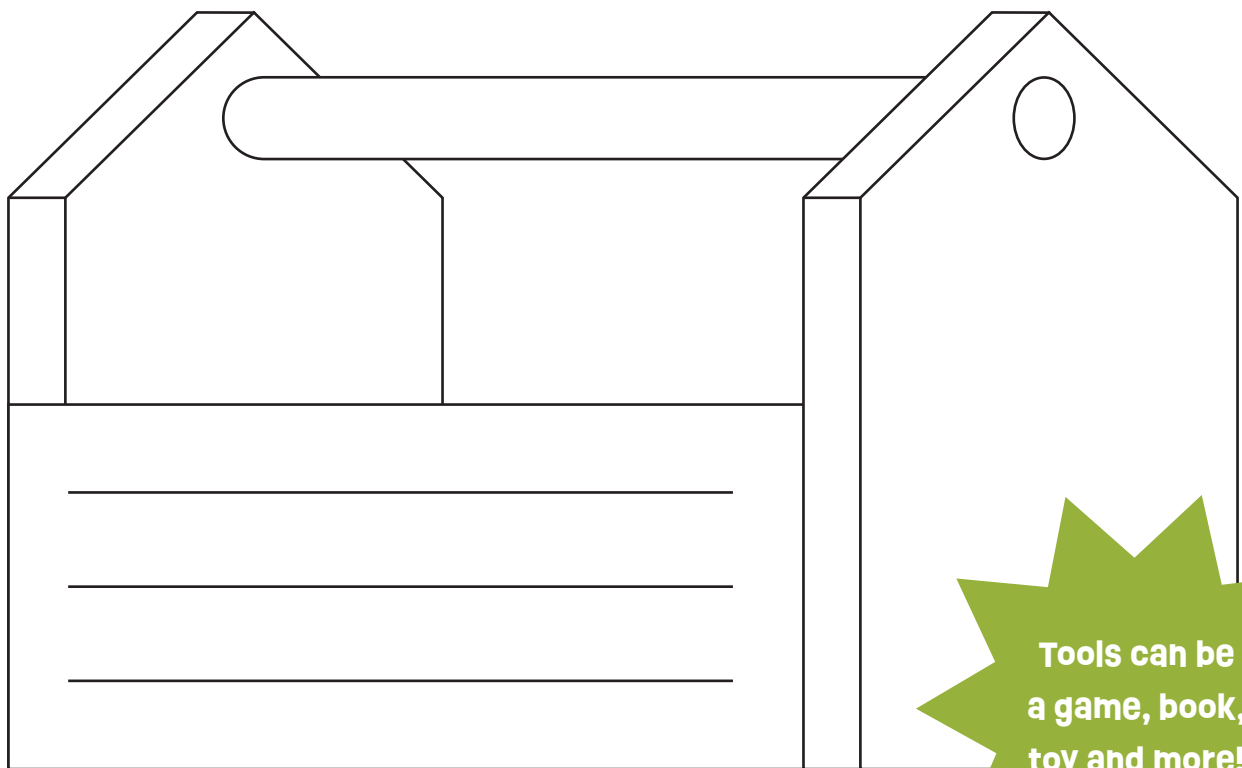


What
are some
brave things
you did?

Write or draw your answers!

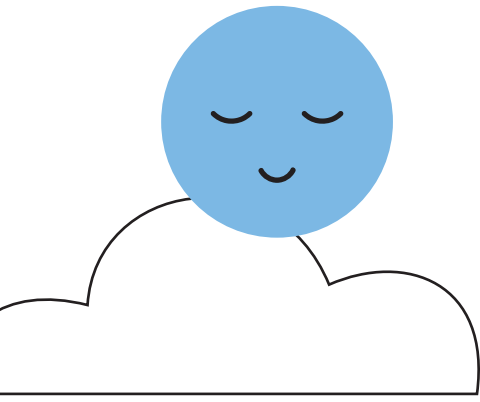
Your Feel-Better Toolbox

Fill your toolbox with tools that help you feel better when you're having a hard day.



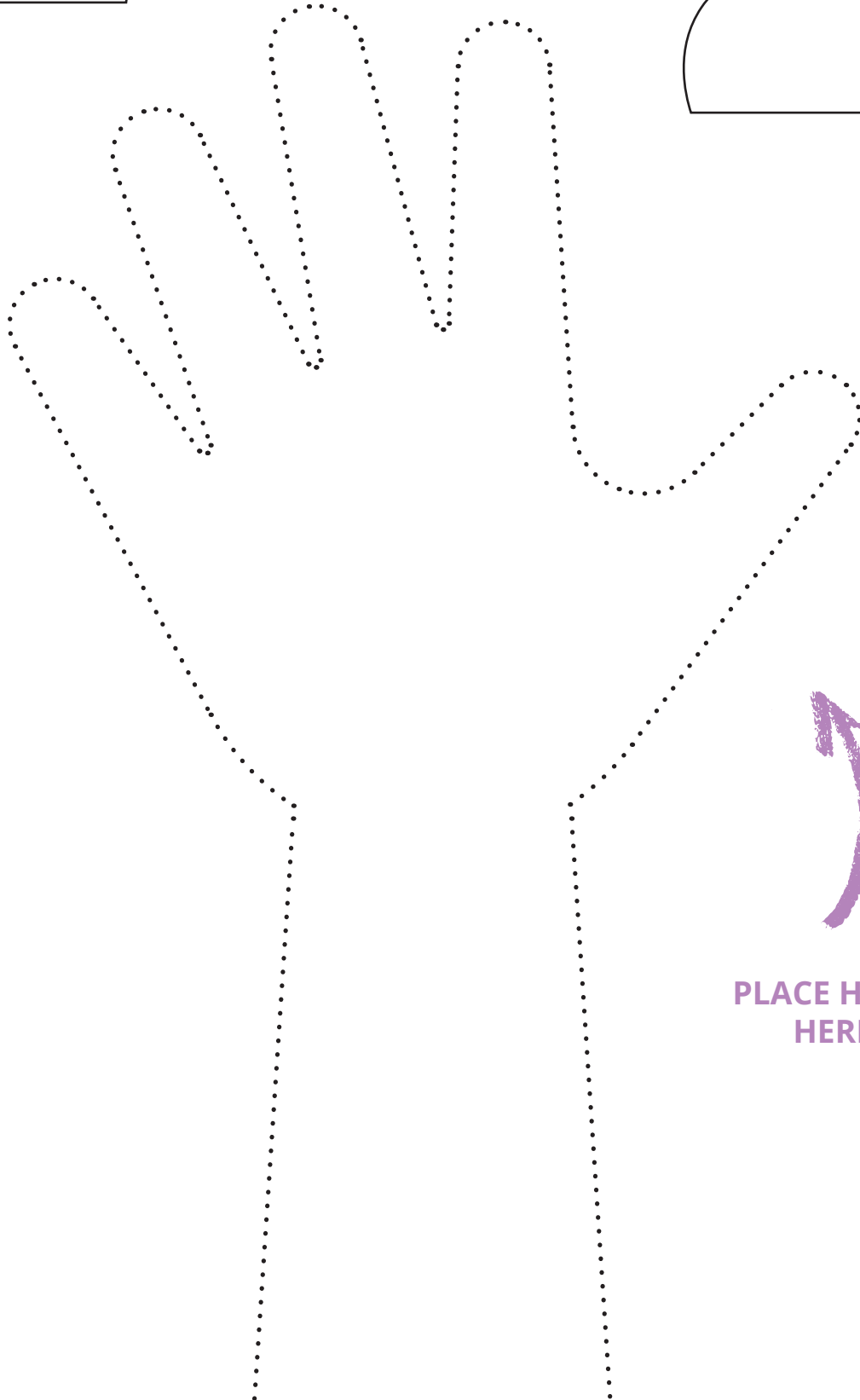
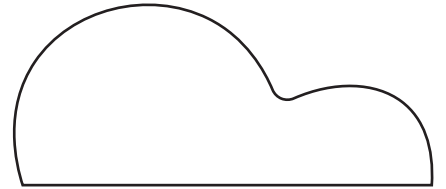
Remember that different tools are for different feelings!

You might need one tool for when you are sad and a different tool for when you are nervous.



Calm Down Hand

Breathe in and out as you trace your hand.
Pay attention to your feelings.
Do you feel calmer?



PLACE HAND
HERE

STOP: A Mindfulness Exercise



STOP what you are doing.



TAKE a deep breath.



OBSERVE what you are feeling in your body.

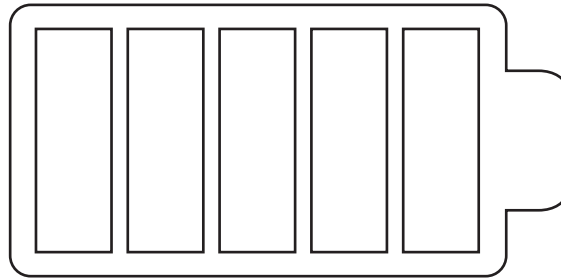


PROCEED with what you are doing.



Check Your Battery

How are you feeling today?
Fill in your battery level below!



FEELING AWESOME



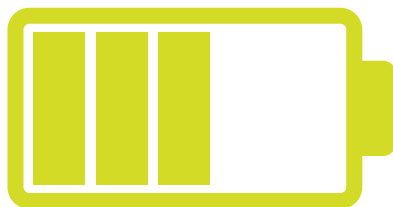
NOT SURE



GOOD



BAD



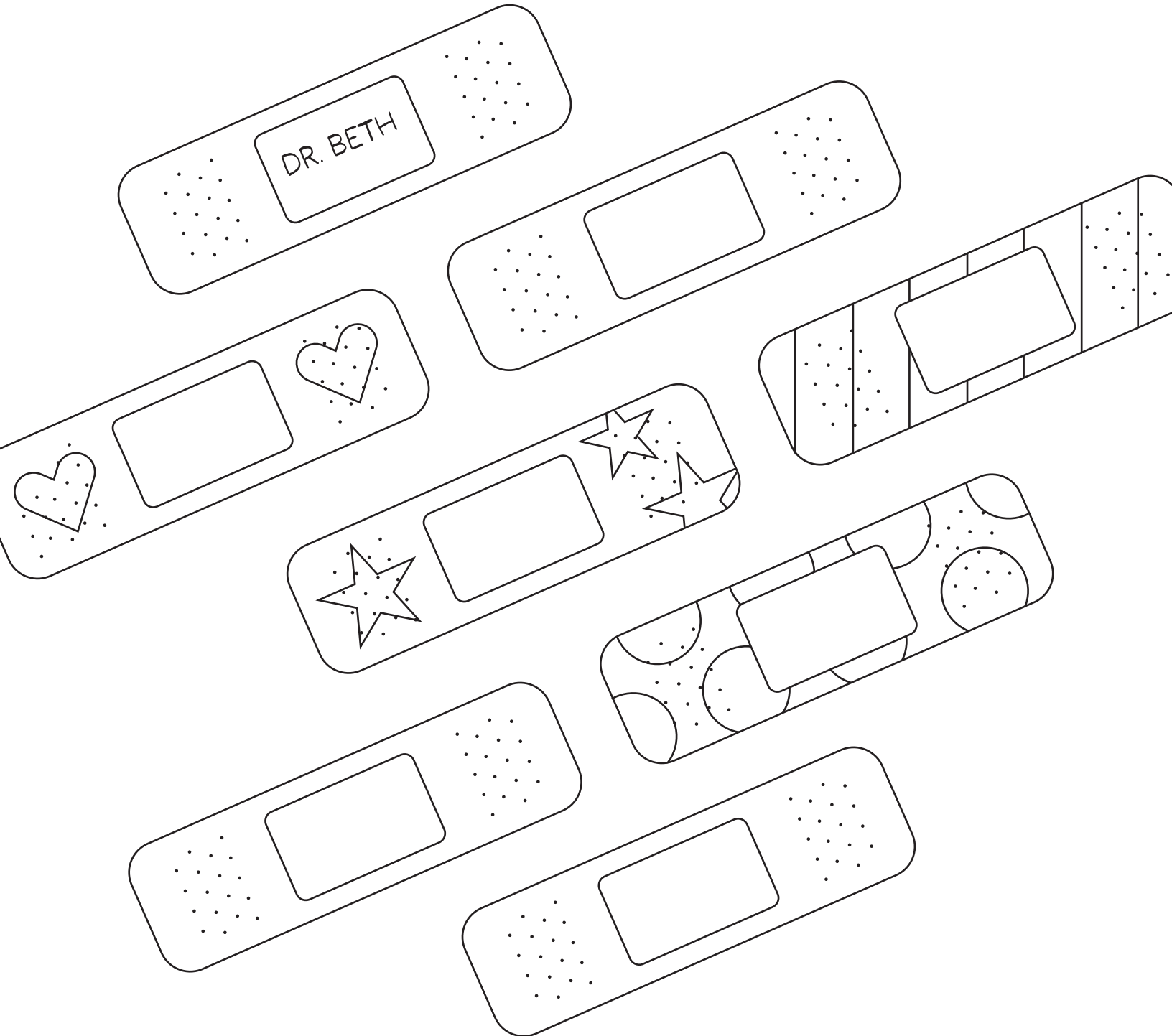
KINDA OKAY



EMPTY

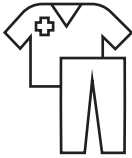






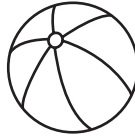



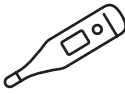







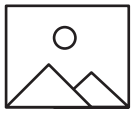

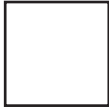

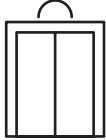
Your Wellness Team

Who are your doctors, nurses, and other helpful people in the clinic or hospital?
Ask them to write their name on a bandage.



Clinic Bingo

Cross off the square when you complete it.

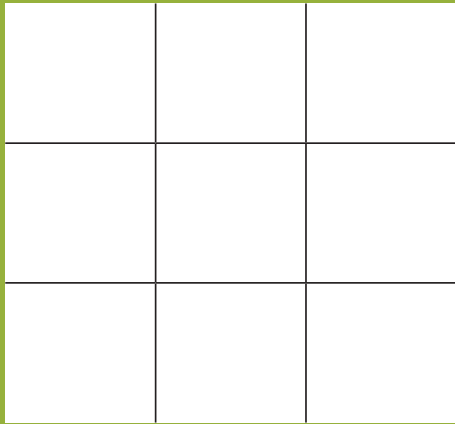
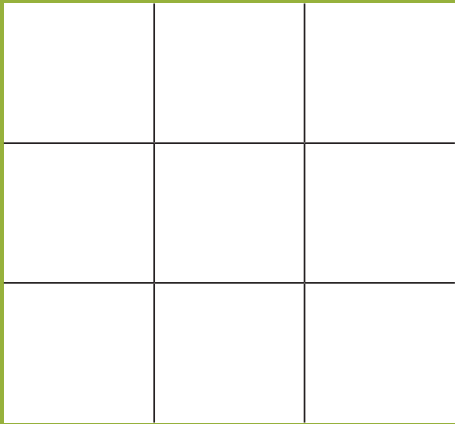
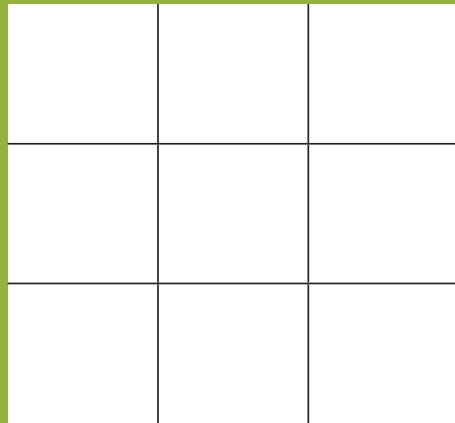
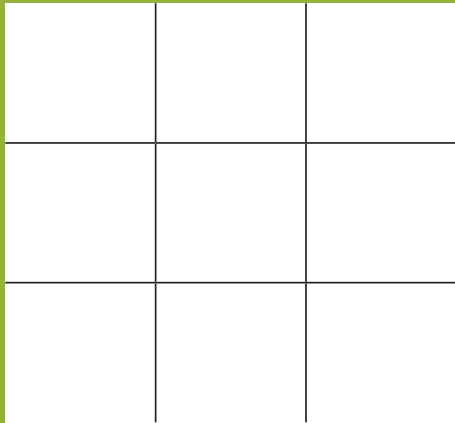
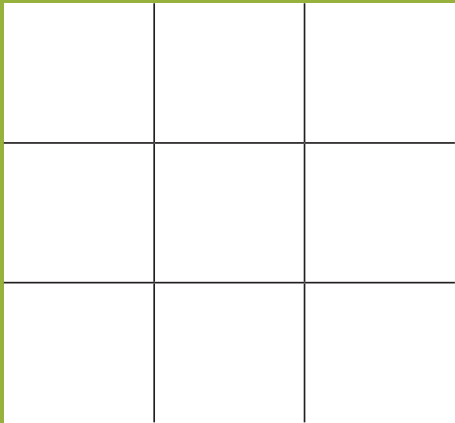
 <p>See Someone in Scrubs</p>	 <p>See Hand Sanitizer</p>	 <p>Say Hello to a Stranger</p>	 <p>Spot a Wheelchair</p>	 <p>Get a Sticker</p>
 <p>Find Something Yellow</p>	 <p>Find a Water Bottle</p>	 <p>See a Toy</p>	 <p>Tell Someone a Joke</p>	 <p>See a Mask</p>
 <p>See a Nurse</p>	 <p>Have Your Temperature Taken</p>	<p>FREE SPACE</p>	 <p>See a White coat</p>	 <p>Spot a Stethoscope</p>
 <p>See a Badge</p>	 <p>See Someone Wearing a Tie</p>	 <p>Find a Book</p>	 <p>See the Gift Shop</p>	 <p>See a Computer</p>
 <p>Spot Colorful Art</p>	 <p>Give Someone a High-Five or Fist Bump</p>	 <p>Find Something Square</p>	 <p>See a Stuffed Animal</p>	 <p>Go in the Elevator</p>

WIN A PRIZE!

Let ALD Connect know when you complete the card, and we will send you a prize!
 Have a grown-up email info@aldconnect.org.

Can You Beat Your Doctor at Tic-Tac-Toe?

Challenge your doctor to a game of tic-tac-toe.



Word Search

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

HOSPITAL

FAMILY

NURSE

DOCTOR

FRIEND

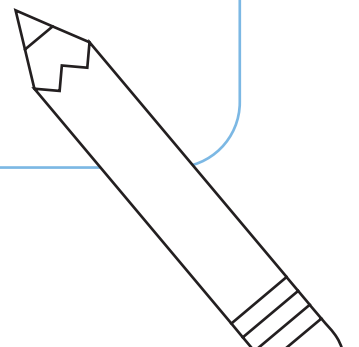
ALD

CLINIC

BRAIN

MRI

BLUE





Like a Light Switch

Grab your parents and read along to better understand why its important to visit your doctor!

ALD is a lot like a light switch. A teeny-tiny little light switch that lives somewhere secret in your head. Pretty cool, eh?

Not everyone has this particular switch, but your doctors and nurses and the grown-ups who love you have discovered YOU have this light switch. Right now the switch is OFF. You'll have appointments and blood work and MRIs (that take special pictures of your brain)—all of this to check to make sure the switch is still OFF.

Over time, you'll get used to the appointments and come to be friendly with the doctors and nurses and the entire team who make sure the switch stays OFF. The longer the switch stays OFF, the better (for reasons only the grown-ups really understand).

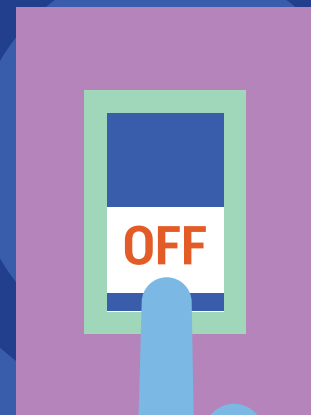
Now, the switch might stay OFF forever (HOORAY!)... BUT there might come a day when your team discovers that the switch has turned ON. What does this mean? It means that you are LUCKY to have such a smart team of doctors and nurses and grown-ups who love you and they will get to work to turn that switch back OFF.

You are still the same kid: Brave, funny, smart, handsome, sometimes smelly? All the cool things that make you, you—it just means you need to be patient and get ready to play your part to turn that switch back OFF.

Turning the switch OFF might mean you have more appointments and more blood work and more MRIs—it might also mean that you have to sleepover at the hospital for a while so that the Team can work with your body to turn that pesky switch back OFF.

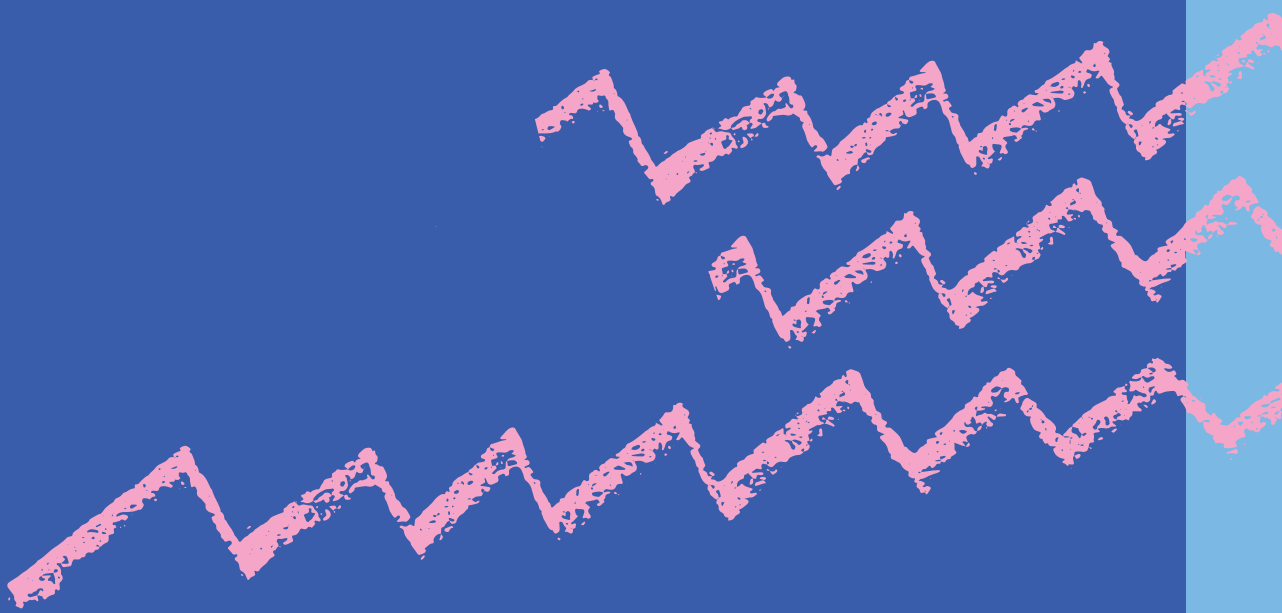
Imagine the celebration that will happen when YOU and your Team and grown-ups who love you (and even your whole family and all of your friends) will have when you have turned that ALD switch back OFF!

You've got this!



Doodle Page

Doodle Page



ALDConnect

ALDCONNECT.ORG

