ALL ABOUT ME

Written and illustrated by Helen Fitzgerald and

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All About me:

My name is ________________________________________
I am ___________ years old.
I was born on _________________________________
My address is ___________________________________

My telephone number is __________________________
I was diagnosed on _____________________________
My cancer is called _____________________________
My best friend is _______________________________

Other people in my family are: _____________________
________________________
________________________
________________________
________________________
________________________
Write a story about you by using the words on the next page.

Cut the words out of your book. Put them on a pile on the table. Take a word and if it gives you a thought, write that thought down. If it doesn’t give you a thought, put it back into the pile and take another. Continue this way until you feel your story is done. Add the title after you have written your story.
Cut out the following words. Put them face down on the table. Mix them up and then take one word and write a sentence using it. Take another word and write another sentence. Continue until you have a poem or a story.

worry sick help ambulance
sunshine sad flowers happy scared
love tears mad hospital doctor
scream grandparents presents
mom dad brother sister relatives
sun rain school run hide
cancer hard bugs trees clouds
virus radiation medicine tease secret
moving hope sorry hope cry
upset alone fight pills I-V
dread changes dream nightmare awful
guilt no why silly end
911 angel nurse live God
get well cards school flowing snow
appointments missing jealous
vacation wish bed throw-up
hair silent questions pets
pictures footsteps machines plane
future animals wind hope
heaven angels singing books
TV shots buttons help
love smiles tears frowns
clowns shimmering games
Here are some pictures of me.
Write a short story about each picture
My favorites are: 😊

COLOR ______________________________________

SONG ______________________________________

MOVIE ______________________________________

FOOD ______________________________________

GAME ______________________________________

TV SHOW ____________________________________

TEACHER ____________________________________

DAY OF YEAR __________________________________

HOLIDAY _____________________________________

ARTICLE OF CLOTHING _________________________

PERSON OR RELATIVE __________________________

SEASON ______________________________________

ANIMAL ______________________________________

VACATION ____________________________________

BOOK _______________________________________

TIME OF DAY __________________________________

MUSIC GROUP _________________________________

WHAT I LIKE MOST ABOUT MY LIFE

_____________________________________________

_____________________________________________
If I could have three wishes, this is what they would be:

1. 

2. 

3. 

When I found out I had cancer, my first thought was ...............
My life before and after cancer.
Draw a picture or write a story about it:

Before cancer

Life as it is now
Here are some feelings I had when I found out I had cancer:

(After you list the feelings, pick one and draw a picture or write a story about it)

1. ______________________
2. ______________________
3. ______________________
4. ______________________
5. ______________________
6. ______________________
WORD FINDS
(There are two of them. The first one is easier for the younger person and the second is harder. You may want to do both of them. As you do the word find, if there are words you don’t know the meaning of, write them down in the space below and find someone who can tell you what they mean)

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These are some words I don’t know the meaning of:

1.____________________
2.____________________
3.____________________
4.____________________
5.____________________
6.____________________
WORD FIND FOR OLDER PEOPLE:
(These are the words, the puzzle is on the next page)

PHYSICIAN
NURSE
SCAN
CELLS
DIAGNOSIS
NEEDLES
SHOT
CONFUSED

REMISSION
RADIATION
BLOOD
SURGERY
HOSPITAL
IV
LONELY

CHEMOTHERAPY
DOCTOR
WIG
SCARED
OPERATION
PILLS
MAD

These are some words I don’t know the meaning of:

1. __________________________
2. __________________________
3. __________________________
4. __________________________
5. __________________________
6. __________________________

How fast are you?
Time yourself!
Here are some questions I would like to ask:

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 

I worry most about:

________________________________________________________________________

________________________________________________________________________

What helps me the most is:

________________________________________________________________________

________________________________________________________________________
The best part of having to be in the hospital is:

My idea of a perfect nurse is:

Draw a picture of the perfect nurse.
This is what scares me the most:
(You have a choice to write or draw)

Sometimes I get mad and this is what makes me most mad:
(You have a choice to write or draw. Some suggestions on what to do when you are mad to release your anger are on the next page)
Things to do when you are feeling angry:

1. Rip up an old magazine and throw it about. Then play "basketball" as you clean up.
2. Pound a pillow or mattress.
3. Run around the outside of your house 4 times.
4. Go into your closet, close the door and yell as loud as you can. (However warn your family first)
5. Yell your anger into a tape recorder.
6. Do a "mad" dance.
7. Draw a "mad" picture and share it with an adult.
8. Make a "mad" face in the mirror.
9. Count to 10, slowly and loudly.
10. Talk to someone about your mad feelings.
11. Write the things you are mad about on a balloon and then break the balloon creatively.
12. Throw a nerf ball against the wall.
13. Clean your room.
14. Do something funny.
15. Play some soothing music.
16. Cuddle up with a soft blanket or favorite toy.
17. Ask for a hug.
Write a letter to your mom or dad and ask for a letter back.
Draw a picture of what you think your cancer looks like and the chemotherapy fighting it:
What advice would you have for other kids who have cancer?