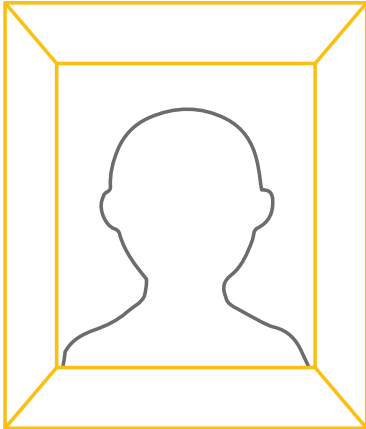


A LETTER TO MYSELF



SUPPORTING FAMILIES
WITH A SERIOUSLY ILL CHILD



My name is _____

I'm _____ years old.

My favourite food is _____

My best friends are _____

This is me!



___ / ___ / ___

INTERVIEW WITH MY PARENTS

Video interview your parent, like they are on the news! Ask your parent to set up a camera to record the interview, ask the questions listed below, and share your interview with us on our social media channels. For those feeling really creative, we have also added a step-by-step guide for how to design your own home microphone to give a real interview effect.



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1. What is your full name? _____
2. Do you have any nicknames? _____
3. How old are you? _____
4. What is your favourite childhood memory? _____

5. What was your dream job as a child? _____

6. What is your favourite food? _____

7. Where is your favourite holiday destination? _____

8. What is your favourite family memory? _____

9. What piece of advice would you give me for the future? _____

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INTERVIEW WITH MY PARENTS

DESIGN YOUR OWN MICROPHONE!

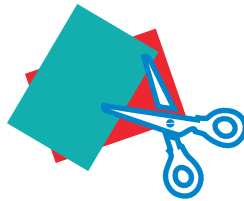
You will need:



Paper towel or toilet paper tube



Ball



Coloured paper and Scissors



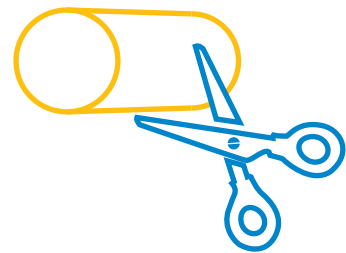
Glue



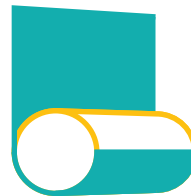
Tin foil

1. Cut the paper tube to the length of your preference.
2. Cover the tube with paper and attach it with glue. That's your handle.
3. You can decorate the handle by creating buttons to make it look more realistic.
4. Cover the ball of your microphone with the tin foil.
5. Attach the ball to the handle. Apply glue around the rim of the tube, lay the ball on top and hold until secure.

1.



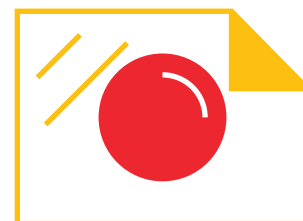
2.



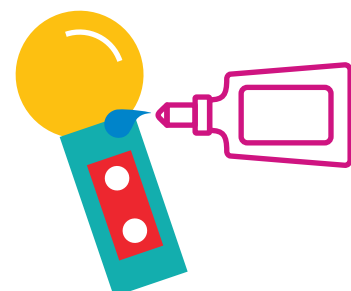
3.



4.

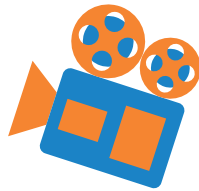


5.



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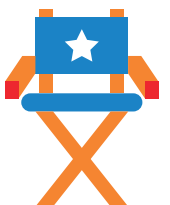
VIDEO SHOW AND TELL



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A chance for you to present and write about a certain topic of your choice! This could be something you've learned or enjoyed doing the most during your lockdown experience. Use the space allocated below to jot down your ideas, then ask your parent to film your show and tell!



Note to parents: We would love to see your child's show and tell! Please share your video with us on social media by tagging our social media handles.

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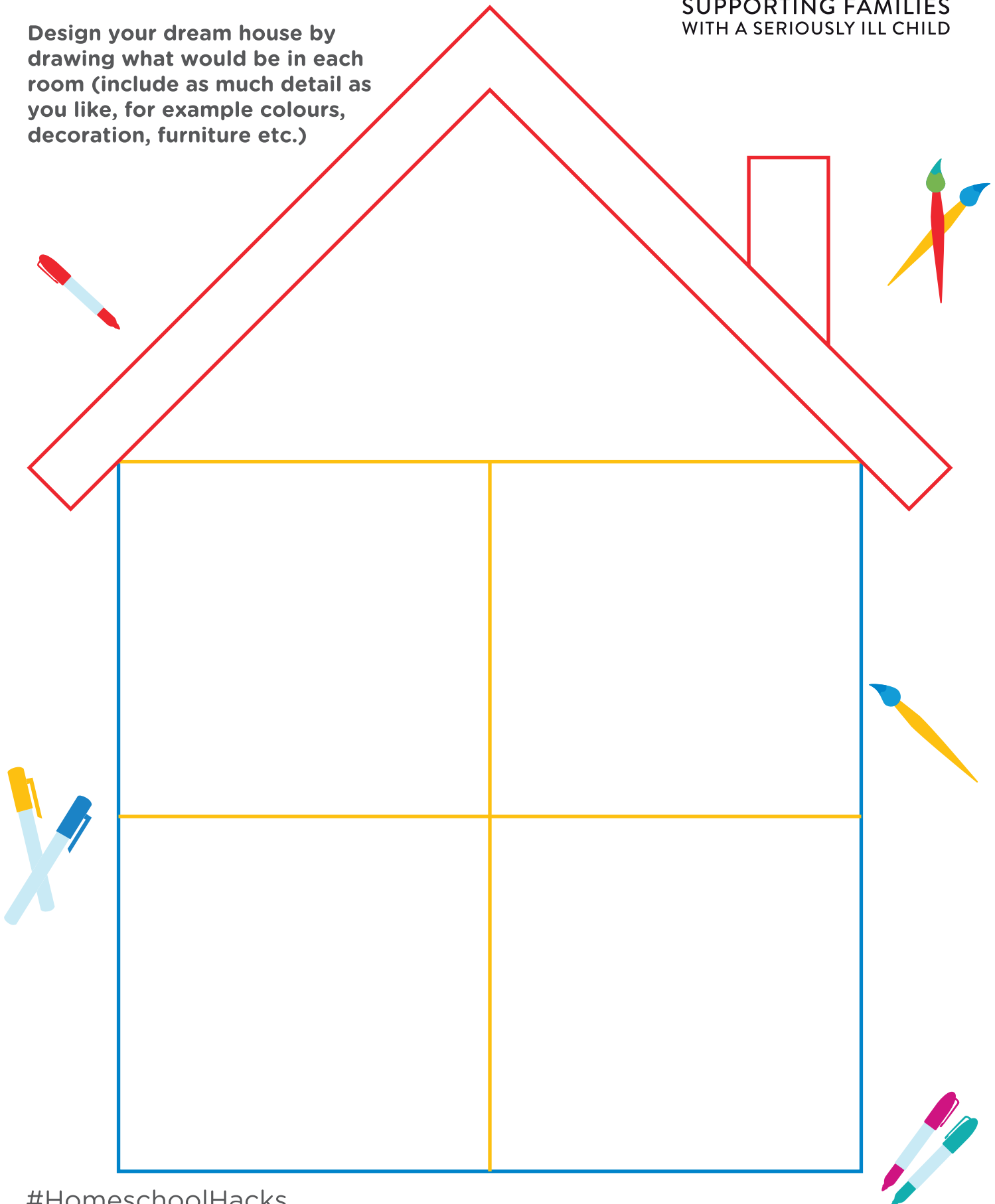
 @RainbowTrust
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LET'S GET DRAWING

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TRUST**

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WITH A SERIOUSLY ILL CHILD

Design your dream house by drawing what would be in each room (include as much detail as you like, for example colours, decoration, furniture etc.)



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LOCAL HEROES

Use this space to write about who your heroes are and why. This could be a member of your family, a friend, a character from a book, a nurse or a doctor.

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HERO #1

HERO #2

WHY
THIS HERO
INSPIRES ME

WHY THIS HERO
INSPIRES ME

WOW!

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LOCAL HEROES

Use this space to write about who your heroes are and why. This could be a member of your family, a friend, a character from a book, a nurse or a doctor.

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WITH A SERIOUSLY ILL CHILD

HERO #3

HERO #4

WHY
THIS HERO
INSPIRES ME

WHY
THIS HERO
INSPIRES ME

OMG!

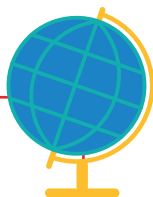
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HOMESCHOOLING VS SCHOOL

List 5 things you like about homeschooling and 5 things you like about school.

RAINBOW TRUST

SUPPORTING FAMILIES
WITH A SERIOUSLY ILL CHILD



HOMESCHOOLING

1. _____

2. _____

3. _____

4. _____

5. _____



SCHOOL

1. _____

2. _____

3. _____

4. _____

5. _____



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CCM Activity pack created by CCM Group

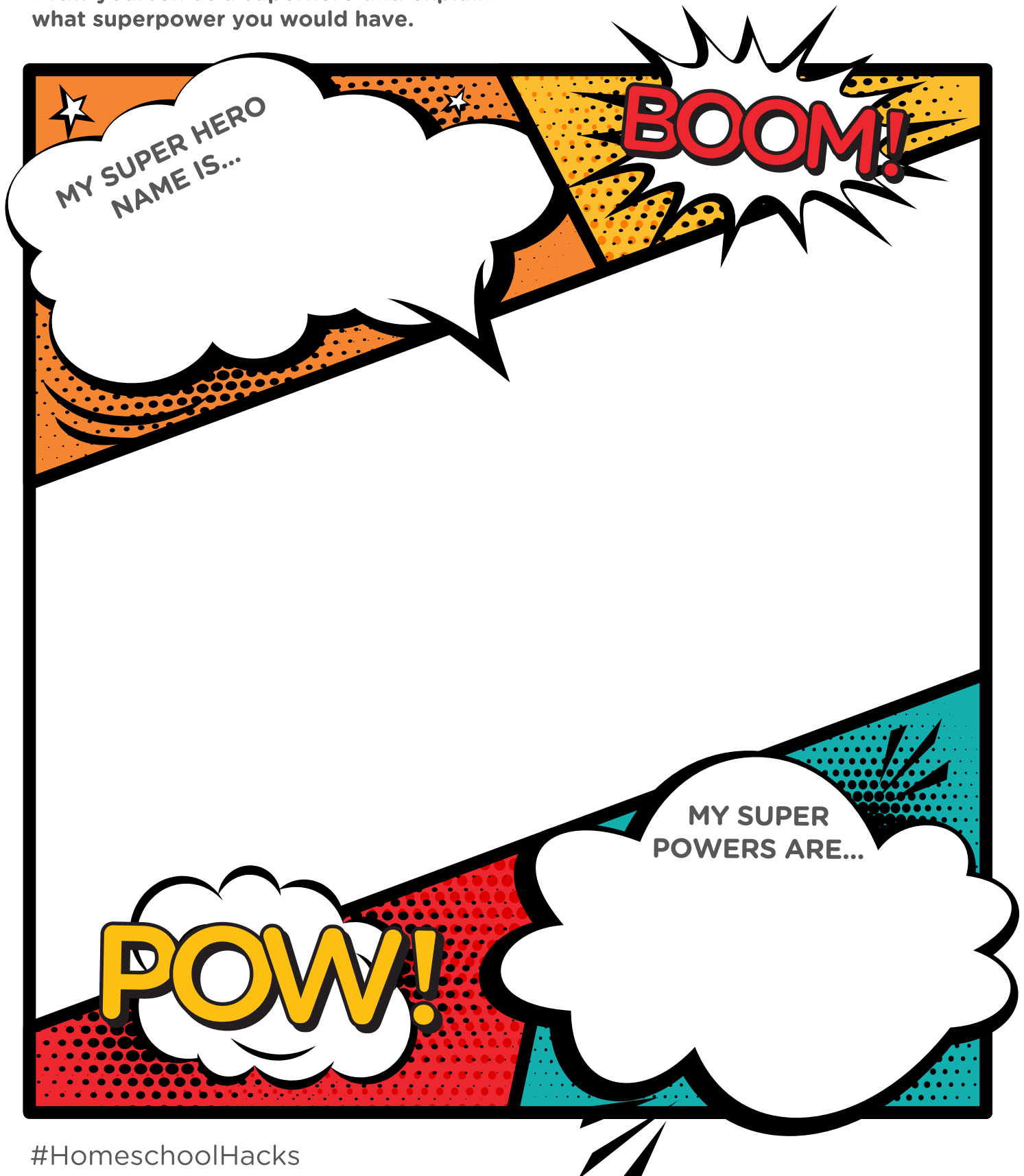
Registered Charity No. 1070532

LET'S GET WRITING, DRAWING AND COLOURING

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Draw yourself as a superhero and explain
what superpower you would have.



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