

About This Book

Children will find many hours of enjoyment within this book. The activities can be enjoyed at any time but they are especially good for quiet times such as waiting for appointments, driving in the car, and during times of rest and recuperation.

This book is much more than a coloring book.

Each page reinforces a positive statement. A main idea is suggested, but the pictures are designed to be open-ended. Children can bring their own ideas to the pages. The drawings allow children to develop and express personal interpretations of the positive statements. The goal is to reinforce the messages so your child is able to remember them and use them when needed in other situations. Your child's involvement promotes "learning by doing" which is an effective method for remembering important information.

In addition to the pictures, there are pages for writing about feelings and experiences. Games, mazes, and puzzles are also included. Several of the activities can be enjoyed with a friend. Individual activities are designed for several different levels of difficulty and will appeal to children ranging in age from approximately 4 to 12+ years old. Siblings who are experiencing many of the events in their brother or sister's life also enjoy having their own copy of the Activity Book.

These child-centered activities help reframe medical events so children are better able to cope with potential stress. Many of the pages have therapeutic applications that are described on the pages *For Parents and Therapists*.

The activities help children anchor the meaning of the active imagination stories and positive statements from the book, *Healing Images for Children - Teaching Relaxation and Guided Imagery to Children Facing Cancer and Other Serious Illnesses*. However, the Activity Book can be used independently from *Healing Images for Children*. Information about the *Healing Images for Children* resources can be found in the appendix.