



RCPCH &Us activity pack

big
thanks!
from 

 **RCPCH &Us**

We know it might feel a bit different at the moment, having to stay at home more than you usually do, but you are playing your part in helping the NHS.

#StayHomeSaveLives

RCPCH &Us have made this pack to help our children and young people to have something fun to do including ideas of how you can help the NHS and others while staying home.

 **RCPCH**
Royal College of
Paediatrics and Child Health
Leading the way in Children's Health

RCPCH &Us has created this pack for our young volunteers to help with fun things to do or ways to get involved and help others over the coming weeks.



There are three different sections to choose something that you are interested in. These are:

- Things to do for you
- Things to do to help others
- Fun things about RCPCH and paediatrics

For those of you who manage to do some from each section, we'll send you an RCPCH &Us badge and once a month will pick a winner out of the hat for an RCPCH &Us teddy!

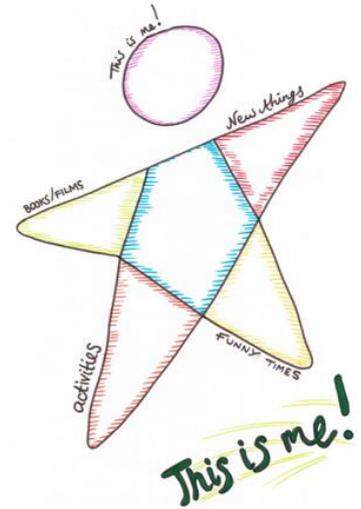
- If you are in primary school and do 3 from each section and email us what you have done, we will send you a certificate and badge
- If you are in secondary school or college and do 4 from each section and email us what you have done, we will send you a certificate and badge.

Just send us a photo of the different things you have done in each section and your name and address to and_us@rcpch.ac.uk so we can get in touch! We might also share some of your ideas and things you have done with others but will check with you first.

1. Things to do for you

Idea one: Write about all the different things you have been doing recently:

- About you
- Activities
- Books/films/music
- New things you have tried
- Funny times you have had



Idea two: Make a plan of 5 things you want to do every day:

- Do something fun
- Connect with friends
- Use relaxation apps/techniques
- Get some fresh air
- Find a routine that works



Idea three: Try the hand washing challenge! You need washing up gloves and a little bit of paint – watch the [video](#) by Bedford College and see if you can wash your hands with the paint to cover all your gloves in 20 seconds! Please ask the adult you live with first too...we don't want paint everywhere 😊



Idea four: Think about how to keep track of your feelings each day. Make a feelings chart, decide on a colour for each feeling then add in a shape with that colour. Then colour it in every day. Remember to write down what each colour means! Here is our one using a flower and ideas of feelings:



Idea five: Make a stress relief glitter jar! It is great to shake up and look at all the sparkles move around when you are feeling worried or stressed. Bedford College made a video to show us how to do it which you can watch [here](#).



Idea six: Colouring in is a great mindfulness task. We've got some colouring in sheets that link to children's rights that you can download and print at www.rcpch.ac.uk/rightsmatter and colour in. Don't forget to send in your pictures so we can see them!



Idea seven: Have a go at making your own 5 steps to wellbeing chatterbox to play with people in your house. It could have waving your arms in the air till you count to 5, pick somewhere in the world you want to travel to and other ideas you might have. You can see one made by an RCPCH &Us young person [here](#).



Idea eight: Why don't you make your own zen garden? It helps to keep people feeling calm and to concentrate on the movement of the sand rather than the news or things we are worrying about. Bedford College have kindly shared their video on how to make one with us, you can watch it [here](#).



Contact RCPCH &Us Email and_us@rcpch.ac.uk Twitter @RCPCH_and_Us
Instagram @rcpch_and_us

2. Things to do to help others

Idea one: We are always looking for information to share by children and young people to help improve understanding about health conditions. If you have a health condition, why don't you create a poster for us that tells people:

- The name of the condition
- An explanation of the condition in less than 75 words
- What you have to do to look after yourself and manage your condition
- A top tip for people to help you
- A top tip for people just diagnosed with the condition



Idea two: Write to your MP and ask them a question about improving services for children and young people's health, or to raise awareness of health conditions, or the need for children and young people to be involved in decision making. You can find your MP's details here – don't forget to tell them where you live so they know you are from their area!



<https://members.parliament.uk/members/Commons>

Idea three: Help us to design services for 2040! We have a project called "Paediatrics 2040" which is thinking about what we need in 20 years' time. You could design a new hospital, do a comic strip about what you think it should be like from when you arrive to when you leave, tell us how and when you want to be able to get advice from your Doctors or what you what the tech to be like – send us your ideas!

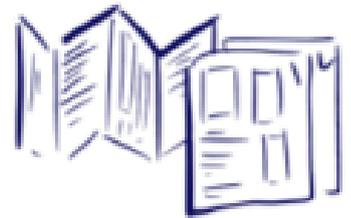
HOW
—————
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Idea four: There are lots of people now who are struggling because their family and friends can't see them either because they live in a different house or because they are key workers and staying at work. Have a look locally if you have a children's hospital or doctors surgery and write them a letter/card/picture or email for the young patients or the staff.



Idea five: We are always looking for young writers to help with our work. We've got a few ideas for you to choose from!

- Write about your health condition or experience for us to share with people to help while they are learning to be a paediatrician
- Think about what you have done that is new while you have been staying home, what you want to do when you are back with friends and your top tip to stay healthy, happy and well when staying home
- Make a top tips poster to help people who are learning to be a paediatrician know how to talk to children or young people
- Write a letter to your younger self thinking about your first visit to the children's hospital or your doctor that would explain what to expect. We might even make these into a little book!



Idea six: Help us to help others to know about children's rights! Children's rights are at the centre of everything that we do at RCPCH. You can have a look at all the different [rights as pictures](#) by the Scottish Children's Commissioner. What rights do you think are important to keep children and young people healthy, happy and well? Design a poster or write a letter to the [Secretary of State for Health and Social Care](#) about rights and health.



Idea seven: It can be hard to find out about all the different jobs in paediatrics when you are thinking about what you might want to do in the future. We want to make a booklet that explains it all written by children and young people. Please could you research one of the careers and one specialist area and send us a paragraph with a hand drawn/computer made picture of the person doing it to include in our book. (You can research more if you want to!).



Jobs in paediatrics	Specialist areas you can work in Paediatrics
Consultant	Allergy, immunology and infectious diseases
Trainee (junior doctor)	Child mental health
Registrar	Paediatric clinical pharmacology and therapeutics
Staff grade doctor	Community child health
Clinical lead	Diabetes and endocrinology
Medical director	Emergency medicine
Advanced nurse practitioner	Gastroenterology, hepatology and nutrition
Researcher	General paediatrics
Clinical fellow	Inherited metabolic medicine
	Intensive care medicine
	Oncology
	Palliative medicine
	Neonatology
	Nephrology
	Neurodisability
	Neurology
	Rheumatology
Respiratory medicine	

Idea eight: Some young people would like to go into hospital and go to an adult's ward, some would like to stay with young people their own age and some don't mind being with children and young people of all ages. Which do you prefer? Create a top tips list for doctors or a poster that tells services about what you want services to be like, what ages do you want to be there with you? What should it look/sound/smell/feel like to stay there?



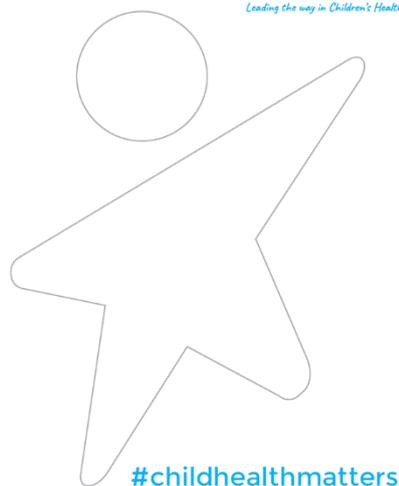
3. Fun things all about RCPCH and paediatrics!

Idea one: Make a collage of the RCPCH mascot the “star child” using magazines, stickers, artwork and send us a picture!

Idea two: Make a Star Child sun catcher! Make the outline out of cardboard or something with firm edges like pipe cleaners. Use tissue paper or other coloured wrappers to stick over the outline and put it up in the window.

Idea three: Can you work out which children’s hospital these mascots are from the description and can you them? Look at **page 18** for the answers!

1. I am a blue elephant facing to the right. My hospital is in the same city as famous docks and where the Beatles came from
2. I am a yellow teddy bear with a blue X on my tummy and my name is Theo. There are two football teams in this town which is also famous for making cutlery
3. I am a red balloon with a white cross on it. Other things that are famous about the place where this children’s hospital is a big shopping centre and being the home of chocolate!
4. I am a flower that has been painted by children, my colours are blue, green, orange, yellow, and red. Our hospital is in the capital city for the UK and famously has a slide in reception!
5. I am a sketch of a child’s face with a tear down my left cheek. We are the first ever children’s hospital in England with Peter Pan as one of our supporters.
6. My home is Sherwood Forest and my costume is green. I have a green hat with a red feather and like being this children’s hospital mascot.



Idea four: Try our paediatrics quiz which is all about the history of children and young people's health and medicine. Can you guess the medical instrument? Do you know when the first children's hospital opened or which animal a paediatrician looked after at the zoo? Look at **page 12 for the quiz** and **page 19 for the answers!**



Idea five: Children's rights are important to RCPCH. Take our children's rights quiz and learn all about it! Look at **page 14 for the quiz** and **page 21 for the answers!**



Idea six: How many jobs do you know in paediatrics? See if you can match up the name to what they do in our paediatrics careers quiz! Look at **page 16 for the quiz** and **page 22 for the answers!**



Idea seven: Who I am? Can you guess who these tv/book doctors are? Answers at the back on **page 23**

1. I am the creator/author of a series of books, including Green Eggs and Ham and The Cat in the Hat
2. I am a young girl who aspires to be a doctor like her mum, I communicate with and heal broken toys and stuffed animals
3. I am the Doctor who helps Pepper Pig and her friends get well again
4. I have enemies throughout time, including the Dalek's and Cyber Men. I have changed throughout the years and I am now female
5. I am a child psychologist, to Didi and Chas and several other parents, who have Rugrats
6. I am doctor who moved from London to the beautiful village of Port Wenn in Cornwall

7. I was first known as the Doctor in Get Well Soon on CBeebies, then on This Morning and even did a turn on Strictly Come Dancing! Plus... I'm an RCPCH Paediatrician!

8. There are three of us in Operation Ouch who explore how incredible the human body is.

Idea eight: Design a set of scrubs for staff at children's hospitals to wear – think about what is on their head, their mask and either trousers/top or a funky apron!





QUIZZES

Contact RCPCH &Us **Email** and_us@rcpch.ac.uk **Twitter** @RCPCH_and_Us
Instagram @rcpch_and_us

Paediatrics & Child Health Quiz (section 3, idea 4)

- 1. What was the first children's hospital in the UK?**
 - a. Great Ormond Street Hospital, London
 - b. Birmingham Children's Hospital
 - c. Alder Hey Children's Hospital, Liverpool
- 2. True or false: During WWII, children were not allowed to eat sweets.**
- 3. What was this used for?**
 - a. To drink from
 - b. To wash with
 - c. To hold things during operations
- 4. Before supermarkets and pharmacies, where would you go to get medicine?**
 - a. Haberdasher
 - b. Draper
 - c. Apothecary
- 5. When was smallpox, a very contagious and common disease throughout history, officially declared extinct in the world?**
 - a. 1920
 - b. 1980
 - c. 2010
- 6. What year did the first woman qualify as a doctor in England?**
 - a. 1765
 - b. 1865
 - c. 1965
- 7. What colour uniform did doctors wear in the medieval times?**
 - a. Blue
 - b. Red
 - c. White





8. Which of these were ingredients for a real medicine in the medieval times?

- a. Snakeskin and oil
- b. Worms and vinegar
- c. Butter, liquorice and honey

9. Which vegetable were there lots of during the war, leading to it being put in curry, puddings and jam?

- a. Peas
- b. Broccoli
- c. Carrots

10. When not looking after human babies, what baby animal did paediatrician Dr Beryl Corner look after at Bristol Zoo in her spare time?

- a. Monkeys
- b. Penguins
- c. Pandas

Children's Rights Quiz (section 3, idea 5)

- 1) How many children's rights are there in the UNCRC?
 - a) 60
 - b) 54
 - c) 26

- 2) When was the UNCRC Created?
 - a) 1989
 - b) 1994
 - c) 2009

- 3) The rights cover children up the age of?
 - a) 16
 - b) 18
 - c) 21

- 4) UNCRC stands for?
 - a) United Nations Convention on the Rights of the Child
 - b) United National Convention on the Rights for Children
 - c) United Notes Convention of Rights for Children

- 5) When did the UK make the UNCRC law?
 - a) 1989
 - b) 1990
 - c) 1991

- 6) Which country in the UK was the first to pass children's rights in to law?
 - a) Wales
 - b) Scotland
 - c) Northern Ireland

- 7) Which of these is not a right under the UNCRC?
 - a) A right to be safe
 - b) A right to have your say and be listened to
 - c) A right to join the army even if you're under 15



8) Which is the only country not to have signed up to the UNCRC?

- a) Somalia
- b) USA
- c) Eritrea

9) How much did a loaf of white bread cost when the UNCRC was created?

(Source: ONS)

- a) £1
- b) 28p
- c) 49p

10) Who has a job and an office working to protect children's rights in England, Scotland, Northern Ireland and Wales?

- a) The Children's Officer
- b) The Children's Director
- c) The Children's Commissioner?

Paediatric Careers Quiz (section 3, idea 6)

- 1. WHO AM I?** I specialise in helping you if you have physical reactions to things like food or medicine, if you have hay fever, eczema, or rhinitis.
- 2. WHO AM I?** I specialise in working with a whole team of different professionals to get the best understanding of physical and social aspects affecting a child or young person's wellbeing and I support you as best I can.
- 3. WHO AM I?** I specialise in giving urgent help and making quick decisions when a child or young person is unwell and urgent medical attention is needed. Sometimes I work with surgeons or other sub-specialties who help children.
- 4. WHO AM I?** I specialise in looking after problems in the digestive system for children and young people.
- 5. WHO AM I?** I have wide ranging knowledge and skills to specialise in looking after children and young people's health in a holistic way. I may refer you to a sub-specialist depending on what you need.
- 6. WHO AM I?** I specialise in looking after children if they have cancer and work to find the most effective treatment for them.
- 7. WHO AM I?** I specialise in looking after very sick newborn babies.
- 8. WHO AM I?** I specialise in looking after long-term conditions that might have happened since birth. I often work with other specialists in the community.
- 9. WHO AM I?** I specialise in looking after joints and related inflammation.
- 10. WHO AM I?** I look after the part of your body that helps you breathe.

Paediatric oncologist

Consultant paediatric allergist

Children's community consultant

Neurodisability paediatricians

General paediatrician

Paediatric emergency medicine consultant

Paediatric gastroenterologist

Paediatric respiratory medicine doctor

Paediatric rheumatologist

Paediatric neonatologist



ANSWERS

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Mascot quiz (section 3, idea 3)

1. I am a blue elephant facing to the right. My hospital is in the same city as famous docks and where the Beatles came from. **ANSWER:** [Alder Hey Children's Hospital](#) in Liverpool
2. I am a yellow teddy bear with a blue X on my tummy and my name is Theo. There are two football teams in this town which is also famous for making cutlery. **ANSWER:** [Sheffield Children's Hospital](#)
3. I am a red balloon with a white cross on it. Other things that are famous about the place where this children's hospital is a big shopping centre and the home of chocolate! **ANSWER:** [Birmingham Children's Hospital](#)
4. I am a flower that has been painted by children, my colours are blue, green, orange, yellow and red. Our hospital is in the capital city for the UK and famously has a slide in reception! **ANSWER:** [Evelina Children's Hospital](#) in London
5. I am a sketch of a child's face with a tear down my left cheek. We are the first ever children's hospital in England with Peter Pan as one of our supporters. **ANSWER:** [Great Ormond Street Hospital](#)
6. My home is Sherwood Forest and my costume is green. I have a green hat with a red feather and like being this children's hospital mascot. **ANSWER:** [Nottingham Children's Hospital](#)

Paediatrics & Child Health Quiz (section 3, idea 4)

- 1. Answer:** A - Great Ormond Street Hospital (formerly the Hospital for Sick Children) opened in 1852 with just ten beds
- 2. Answer:** False! Although there were shortages, rations still allowed people to buy sweets (around 200g a month).
- 3. Answer:** A - pap boats were used to give milk or baby food to infants between the 1500s-1800s.
- 4. Answer:** C – An apothecary sold medicines and ingredients while drapers and haberdashers sold fabrics and clothes.
- 5. Answer:** B - Smallpox was declared eradicated across the world in 1980 after worldwide vaccinations.
- 6. Answer:** B - Elizabeth Garrett Anderson gained her certificate allowing her to be a doctor in 1865, although rules in England meant she was unable to get a job for a number of years after qualifying.
- 7. Answer:** B - Doctors used to wear red robes to treat patients – the white coat didn't arrive until much later!
- 8. Answer:** All of them! Snakeskin and oil were used to treat earache; worms and vinegar were used to treat chickenpox; and butter, liquorice and honey were used to soothe toothache.
- 9. Answer:** C – Carrots! There were so many carrots during the war, they became a mealtime staple. Children would even eat them off sticks like lollies!

Thanks to the Imperial War Museum for the photo! ©IWM (Art.IWM PST 8105).



10. Answer: A - She was the zoo's paediatrician for baby monkeys! She even took very sick monkeys to the hospital to be treated with the human babies.

Thanks to the RCPCH Archives for the photo!



Children's Rights Quiz (section 3, idea 5)

- 1) How many children's rights are there in the UNCRC? **Answer:** B 54
- 2) When was the UNCRC created? **Answer:** A 1989
- 3) The rights cover children up the age of? **Answer:** B 18
- 4) UNCRC stands for? **Answer:** A United Nations Convention on the Rights of the Child
- 5) When did the UK ratify the UNCRC? **Answer:** C 1991
- 6) Which country in the UK was the first to pass children's rights in to law? **Answer:** A Wales
- 7) Which of these is not a right under the UNCRC? **Answer:** C A right to join the army even if you're under 15
- 8) Which is the only nation not to have signed up to the UNCRC? **Answer:** B USA
- 9) How much did a loaf of white bread cost when the UNCRC was created? **Answer:** C 49p
- 10) Who has a job and an office working to protect children's rights in England, Scotland, Northern Ireland and Wales? **Answer:** C The Children's Commissioner



Paediatric Careers Quiz (section 3, idea 6)

1. Consultant paediatric allergist
2. Children's community consultant
3. Paediatric emergency medicine consultant
4. Paediatric gastroenterologist
5. General paediatrician
6. Paediatric oncologist
7. Paediatric neonatologist
8. Neurodisability paediatricians
9. Paediatric rheumatologist
10. Paediatric respiratory medicine doctor



Guess Who Quiz (section 3, idea 7)

1. Dr Suess
2. Doc McStuffins
3. Doctor Brown Bear (Pepper Pig)
4. Doctor Who
5. Doctor Lipschitz (Rugrats)
6. Doc Martin
7. Doctor Ranj
8. Doctor Chris, Doctor Xand and Doctor Ronx (Operation Ouch)

FINISHED?

Don't forget if you have managed to do some from each section, we'll send you an RCPCH &Us badge and once a month will pick a winner out of the hat for an RCPCH &Us teddy!

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#StayHomeSaveLives

Thank you from RCPCH &Us

Thanks to RCPCH &Us young member Archie who inspired the idea for this pack, to all the staff who helped make it happen from RCPCH (Kirsten, Megan, Rachael, Caitlin, Kate, Bella, Alison, Emma H, Alli, Emma S), Bedford College for kindly sharing their videos with us and the artists for their work; Louise Hinman, Merlin Strangeway, Will Sparrow.

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