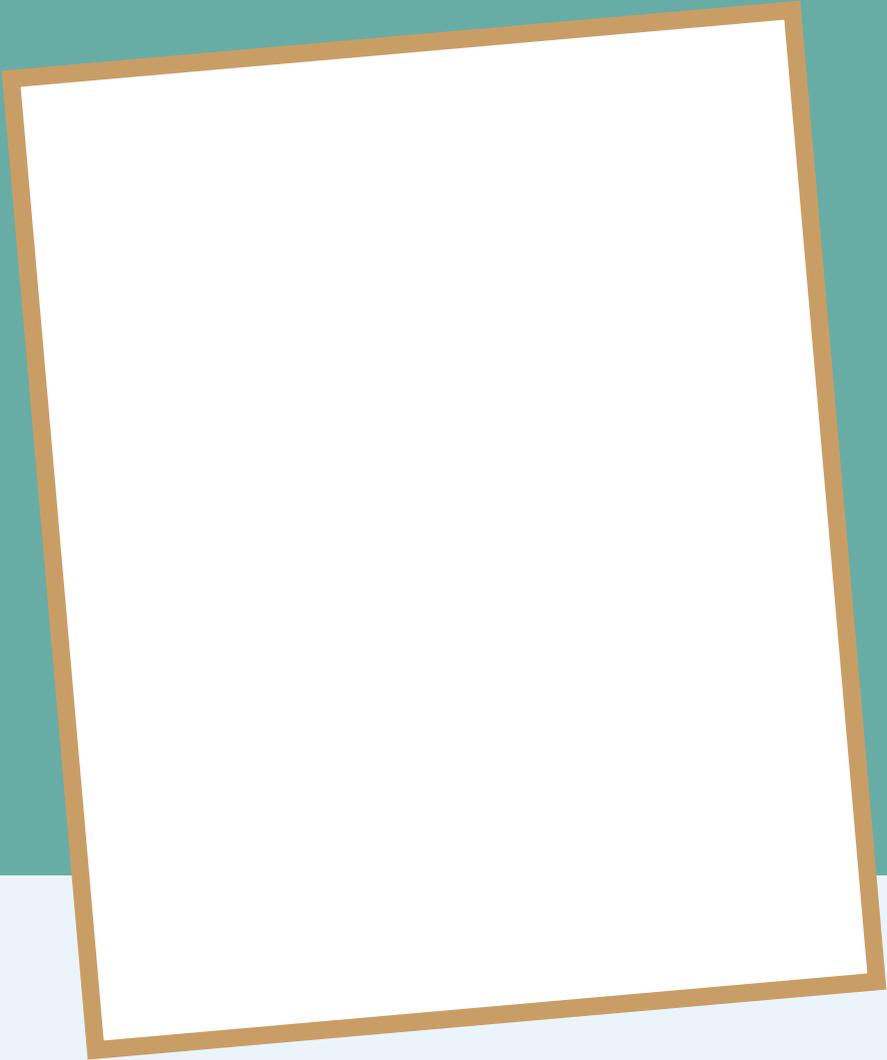




Health and
Social Care



My visit to hospital

My name is:

We have put this booklet together to help you get ready to come to hospital.

We hope you enjoy the activities.

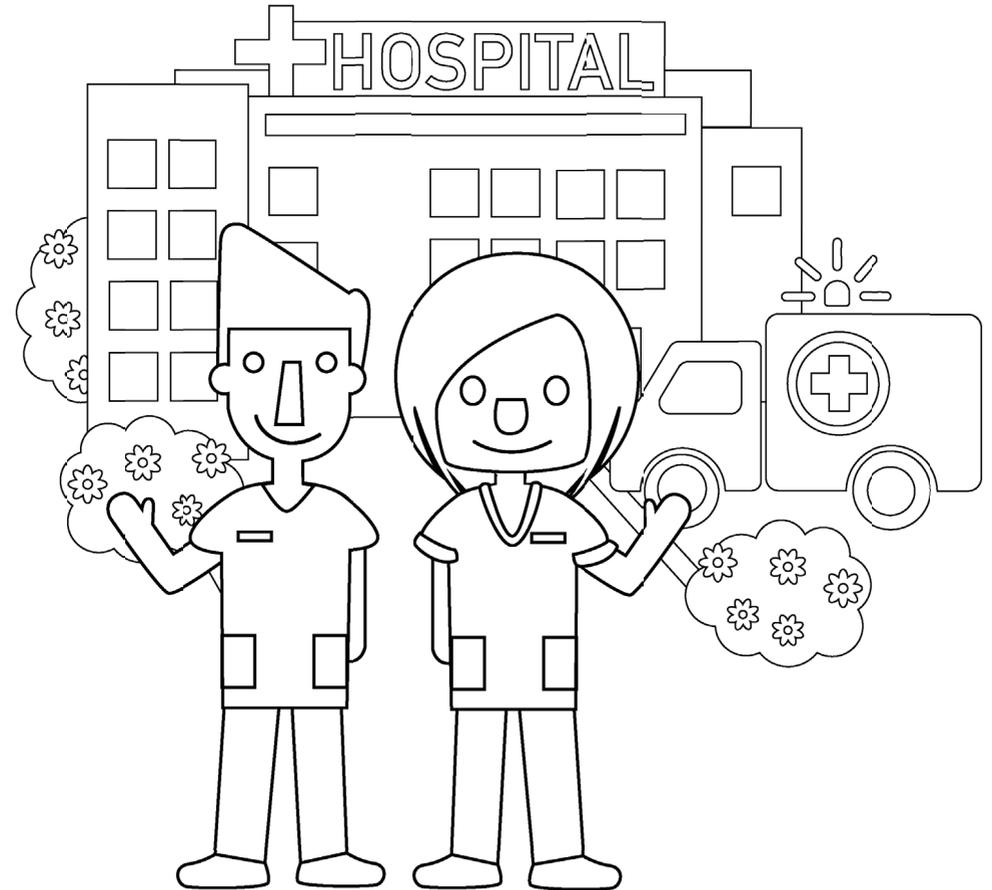
My operation will be on:

(Fill in the day and date)

My operation will be to:

- Make my speech clearer
- Fill the gap in my teeth
- Repair a small hole in my mouth

Colouring Page



On my way to hospital, I will wear:

In my hospital bag I will pack:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

As a special treat, I would like:

Wordsearch puzzle

The WordSearch

Staying in Hospital

S	H	L	A	P	A	H	K	S	H	N	A	GLOVES DOCTOR NURSE MASK PYJAMAS CURTAIN TELEVISION SLIPPERS OPERATION HOSPITAL
L	O	I	C	P	A	P	E	S	U	S	O	
I	S	D	O	V	P	I	S	R	A	L	O	
P	P	L	A	P	I	D	S	S	H	M	H	
P	I	S	N	S	L	E	I	T	L	L	R	
E	T	E	S	A	M	A	J	Y	P	P	A	
R	A	J	T	O	O	L	P	R	R	U	O	
S	L	I	O	R	P	I	T	E	P	O	O	
R	I	G	I	Y	S	G	L	O	V	E	S	
P	P	P	N	I	A	T	R	U	C	I	N	
N	R	S	O	I	I	S	S	I	N	A	S	
D	O	C	T	O	R	S	O	E	U	M	I	
P	A	H	N	O	I	T	A	R	E	P	O	
P	U	T	E	L	E	V	I	S	I	O	N	

[Download / Print Puzzle](#) [Puzzle Settings](#) [Game Theme](#) [Report a bug](#)

Description
Circle the items that you might find at the hospital. There are 10 words to find.

Play this puzzle online at: wordsearch.com/puzzle/2444333/

You might have some questions to ask to the nurses or doctors before your operation. Write them here to help you remember.

- 1 _____
- 2 _____
- 3 _____

Think of something you would like to bring to do/ listen to/play while you are in hospital. There might be a little bit of waiting around.

I would like to bring _____

with me to hospital.

Snail trail puzzle



Which snail will get to gobble up the lettuce? Will it be A, B or C?

Sometimes coming to hospital can make people worried.

If I am feeling worried, I would like:

(tick the boxes you would like?)

- To be told what is happening
- To be distracted by talking
- To hold someone's hand
- Someone to do calm breathing with me
- To watch my favourite show/ video
- To count with someone (forwards or backwards!)

People who work in hospitals like to get to know you. Think of some things you might like to tell the doctors/ nurses/ people who help you.

- Favourite show/ video/ film
- Favourite game
- What I want to be when I am older
- My dream holiday
- If I could be any animal, I would like to be a:

Why?

Here are some useful apps that might help you to breathe deeply, and stay relaxed.

You might like to try them in the weeks before your operation to find your favourite and practise using it.

- Headspace for Kids
- Mindful Powers
- Smiling Mind (free)
- Relax Melodies (free)
- The Calm App
- Stop, Breathe, Think (free)
- Dreamy Kid (free)
- Breathing Bubbles (free)

You might feel a bit sleepy after your operation. It is nice to have someone you know nearby to talk to you.

When I wake up after my operation, I would like _____

(Fill in the name of an adult) to be with me.

After my operation, I will need to eat soft foods for a while.

Some ideas of things I would like to eat are:

- _____
- _____
- _____
- _____
- _____

When I get home, I will need to rest. Some things I might like to do while I rest are:

eg: a favourite film, crafts, games etc.



Use this space to write the nice things people said to you about how well you were doing!

When I was in hospital, people said I was:



Now that I have had my operation, I have noticed:

