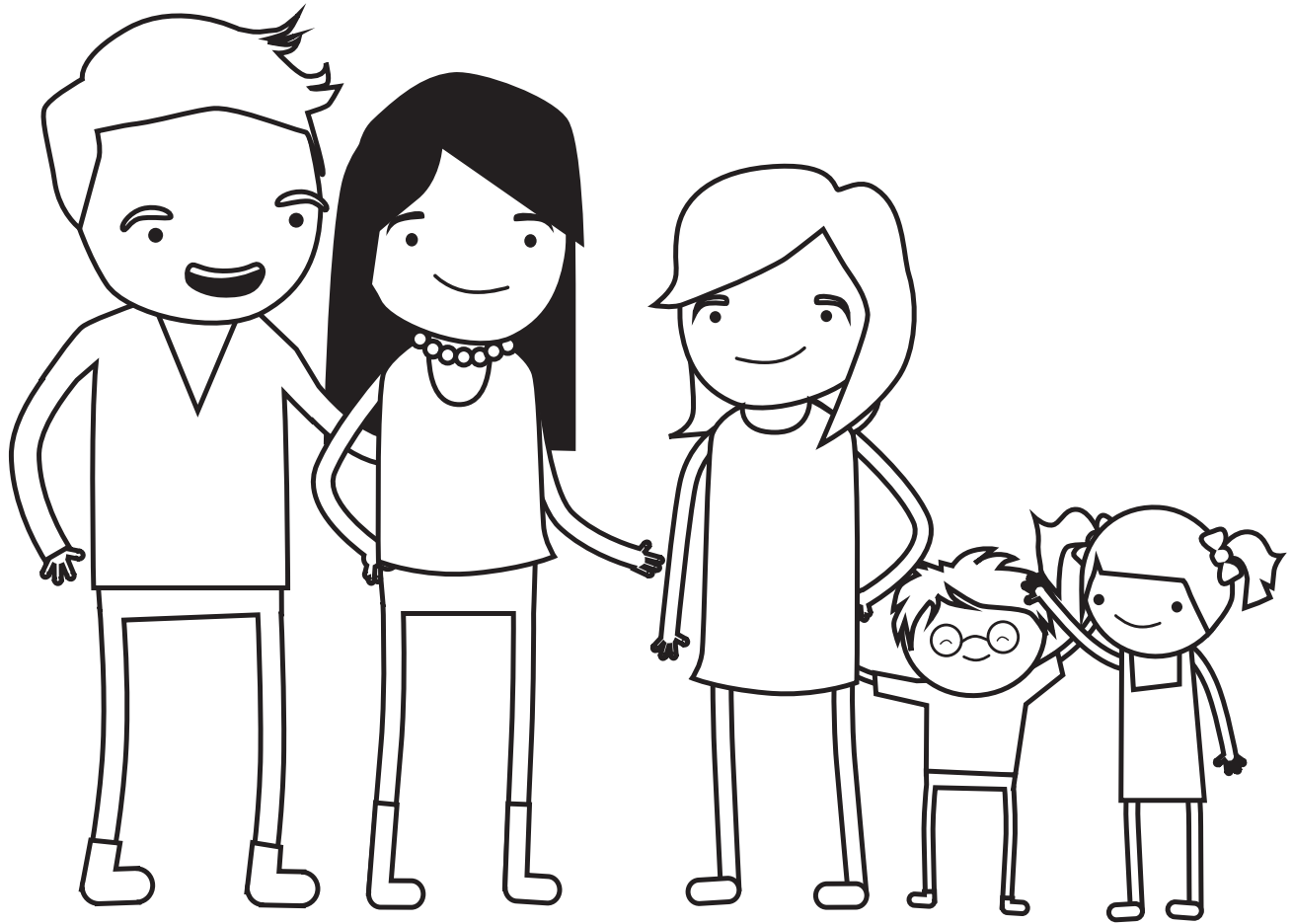


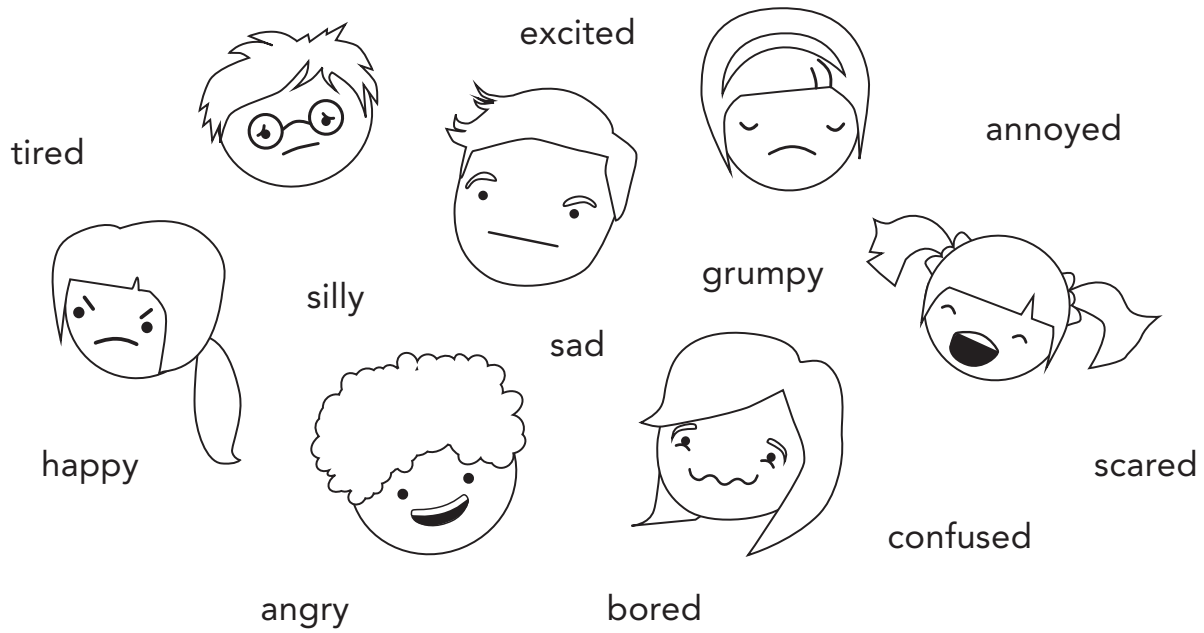


# HEALTHY KIDNEYS

FAMILY COPING ACTIVITY SHEET



Can you draw a line to connect each person with how you think they are feeling? It doesn't have to be just one. Circle how you are feeling today.



Unscramble the tiles to reveal a message!

GROU	ORT	P	SUPP

**FILL IN THE BLANKS!**

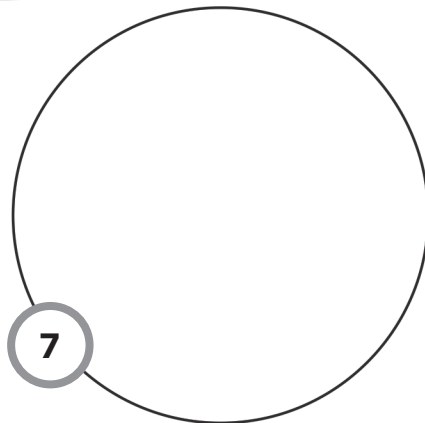
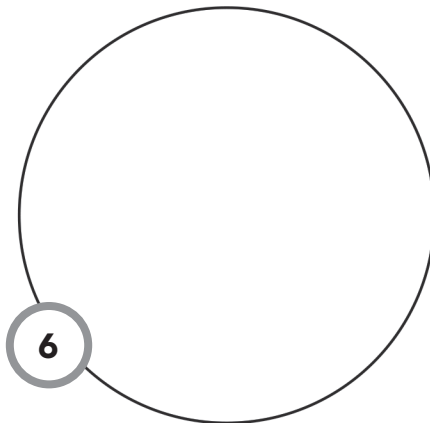
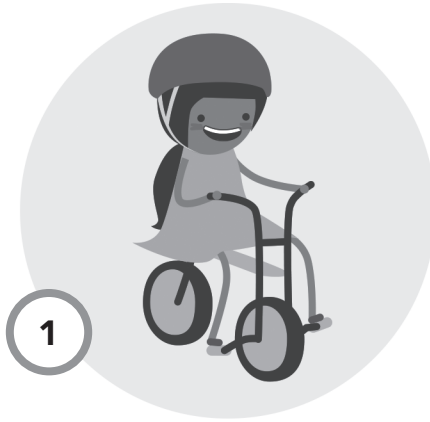
The Kidney Health Team wants you to share how you are \_\_\_\_\_.

Lots of people do different things to stay \_\_\_\_\_.

Something that helps us feel strong is keeping our daily \_\_\_\_\_.

When you feel sick, tell your \_\_\_\_\_ or an adult you trust.

What are some of the things **you** do every day? Can you draw two more?



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## IMPORTANT THINGS I LEARNED:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ACTIVITY ANSWER KEY:

.....

What are some of the things **you** do every day? Can you draw two more?

Can you draw a line to connect each person with how you think they are feeling? It doesn't have to be just one. Circle how you are feeling today.

Unscramble the tiles to reveal a message!

SUPP	ORT	GRU	P
GRU	ORT	P	SUPP

The Kidney Health Team wants you to share how you are feeling \_\_\_\_\_

Lots of people do different things to stay healthy \_\_\_\_\_

Something that helps us feel strong is keeping our daily routines \_\_\_\_\_

When you feel sick, tell your \_\_\_\_\_ parents \_\_\_\_\_ or an adult you trust.