

EDDIE & FRIENDS:

A magazine for children with heart conditions in hospital

ACTIVITIES
& PUZZLES

COLOURING

"Hello!
I'm **Eddie**
ECHO and these
are my friends **Remi**,
Sunny and **Koko**. We
have **lots of activities**
for you to do while
you are in
hospital"



Does your child have a heart condition? **ECHO** is here to help. Open your phone's camera and point here to join **ECHO** for **FREE**

24 STICKERS!

HOSPITAL I-SPY

INTERVIEW WITH A SCIENTIST

READ | DRAW | PLAY | DO



'Hello! I'm Sunny and this is my little sibling Koko. Koko has to stay in hospital sometimes too. We're excited to meet you and all of Eddie's friends in hospital!'

All about ME!

My name is...

.....
.....

I am

.....
years old

I live with...

.....
.....

Some of my favourite things are...

.....
.....
.....
.....

Things that make me laugh...

.....
.....

My best toy is

.....
.....

"Tell us about you!" – Eddie

'Hi I'm Remi! I've been in hospital to look after my heart as well!'



Note for grown-ups:

This magazine has been specially designed for children with heart conditions staying in hospital. The magazine has been created by the charity ECHO.

Stickers!

There are 24 fun stickers for you to enjoy. Why not give one to someone who has looked after you today?



'Shall we play a game of **hide and seek**? I have **hidden myself on every page** in this magazine. Can you find me?' -Eddie'

EDDIE ECHO is COMING TO STAY IN HOSPITAL TODAY...

Hi, **EDDIE!**
Nice to meet you, I'm your NURSE.

it's OK TO BE NERVOUS, LET ME SHOW YOU WHERE YOUR BED IS AND WHERE YOU CAN PUT ALL YOUR FAVOURITE THINGS.



CAN TEDDY SIT NEXT TO ME?

OF COURSE, TEDDY IS ALWAYS WELCOME!

I LIKE THIS PLACE!



LET ME TELL YOU AND TEDDY ALL ABOUT STAYING IN HOSPITAL, AND YOU CAN TELL ME ABOUT ALL THE THINGS YOU ENJOY!

I LIKE TO PLAY AND EAT PIZZA!

ME TOO!

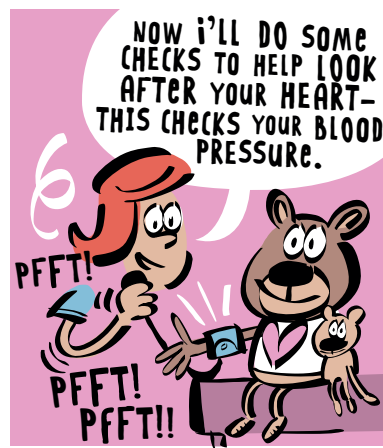


NOW I'LL DO SOME CHECKS TO HELP LOOK AFTER YOUR HEART—THIS CHECKS YOUR BLOOD PRESSURE.

PFFT!

PFFT!

PFFT!!



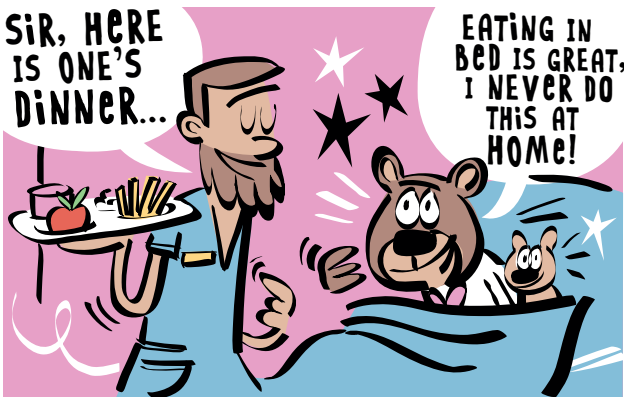
LET ME LISTEN TO YOUR HEART WITH MY SPECIAL HEADPHONES...

THANKS FOR LOOKING AFTER ME AND TEDDY!



SIR, HERE IS ONE'S DINNER...

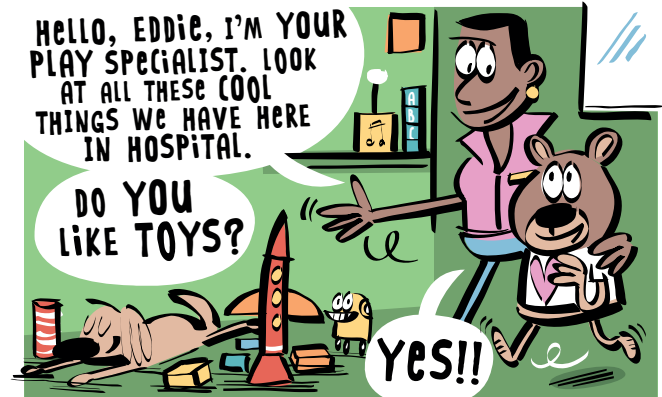
EATING IN BED IS GREAT, I NEVER DO THIS AT HOME!



HELLO, EDDIE, I'M YOUR PLAY SPECIALIST. LOOK AT ALL THESE COOL THINGS WE HAVE HERE IN HOSPITAL.

DO YOU LIKE TOYS?

YES!!



DON'T WORRY ABOUT SLEEPING ON YOUR OWN, EDDIE! THERE'S A SECRET BED FOR YOUR GROWN UP, RIGHT NEXT TO WHERE YOU SLEEP!

TA-
DAAA!



How to play: There are **14 mini Eddie ECHOs** hidden all over the book. Each time you find one, circle him and see if you find them all!



Feelings

We might have lots of different feelings when we come to hospital. These feelings are all really normal. There is no right or wrong way to feel about being in hospital.



“When I come to hospital I sometimes feel a bit worried. Telling people how I feel can help me to feel calm.”-
Remi



“If I could have one superpower, it would be to make people laugh. What would yours be?”
Eddie



Today I am feeling:



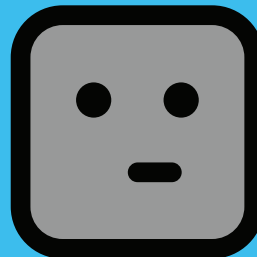
Happy



Brave



Sleepy



Shy



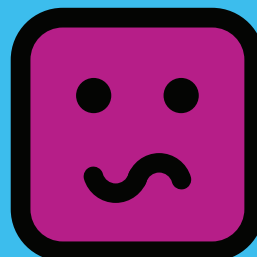
Proud



Calm



Excited



Confused



Sick



Worried



Lonely



Nervous

Things that make this feeling bigger

What makes me feel like this?

.....
.....
.....

Who can help me?

This might be your grown-up, your nurse or play specialist, someone you feel comfortable speaking to.

.....
.....

What makes me feel better?

Are there things you like to do to feel better? It might be a cuddle with your grown-up, watching your favourite programme or reading your favourite book

.....
.....
.....

Questions I want to ask

Do you have any questions you would like to ask a grown-up who is looking after you in hospital?

.....
.....
.....

Other ways to make us feel better



FLOWER BREATHING:

Imagine smelling a beautiful flower, breathe in slowly and gently through your nose for 3 or 4 seconds. Notice your tummy rising as you breathe in.

Hold the lovely smelling air in your tummy for 3 or 4 seconds. Then slowly and gently breathe out through your mouth, letting your body relax.

Try this ten times.

Play with a toy, game or computer game

Draw a picture or use stickers

Count how many colours you can see in the room. What's your favourite colour?



Say the alphabet out loud. Can you say it backwards as well?

Other ideas to feel better:

Tell jokes or watch a funny video

Talk about something you like - maybe friends, family or a hobby

Do some colouring

Think about something nice that you could do after being in hospital

Use your imagination to think about a peaceful place where you feel calm and relaxed

REMI'S RAINFOREST RAMBLE



WORDSEARCH

J	U	E	T	S	B	D	I	S	C	G	A
M	T	O	U	C	A	N	S	A	R	G	N
G	O	R	I	L	L	A	J	F	H	G	N
R	O	N	H	O	R	P	A	R	R	O	T
M	C	A	R	R	L	O	G	F	G	R	S
O	R	I	V	E	T	Y	U	K	I	D	E
N	F	R	O	G	F	R	A	L	E	G	R
K	R	B	U	T	T	E	R	F	L	Y	O
E	S	A	R	G	K	G	H	E	E	M	F
Y	C	A	R	A	M	U	C	S	M	C	R
S	I	A	N	T	U	G	D	S	U	T	I
C	R	S	P	I	D	E	R	M	R	F	R

"I LOVE the forest. Close your eyes and imagine you are in your favourite place. Can you describe it out loud?" - Remi

The rainforest is full of **different smells, sights, tastes, textures and sounds**. Take yourself on a sense safari right now here in the hospital. **What can you see, smell, touch, hear and taste?**" - Eddie

PARROT

LEMUR

FOREST

JAGUAR

BUTTERFLY

TOUCAN

MONKEY

SNAKE

GORILLA

FROG

SPIDER

ANT





JOKES

"Why not ask the person looking after you if they know any jokes?" - Sunny

Q. Why are tigers terrible storytellers?

A. Because they only have one tail.

Q. Why are snakes difficult to fool?

A. You can't pull their leg.



ANIMAL ANAGRAMS

fearfig

raptor

prides

shampooitpup

paroled

giraffe

parrot

spider

hippopotamus

leopard

TONGUE TWISTERS

Ask your grown-up or your play specialist if they can say these without making a mistake!

A skunk sat on a stump.

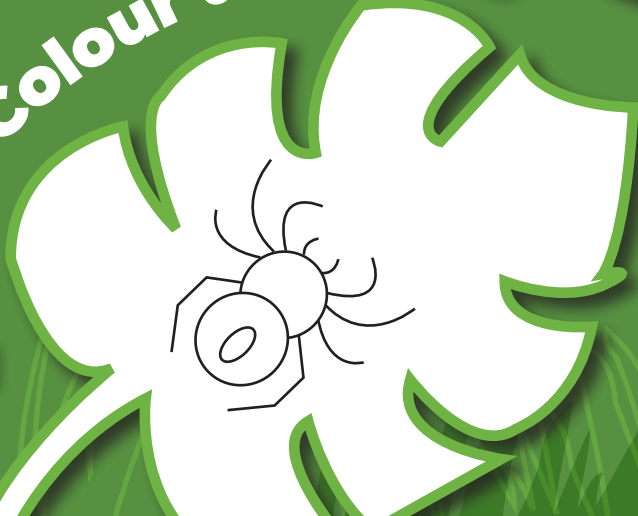
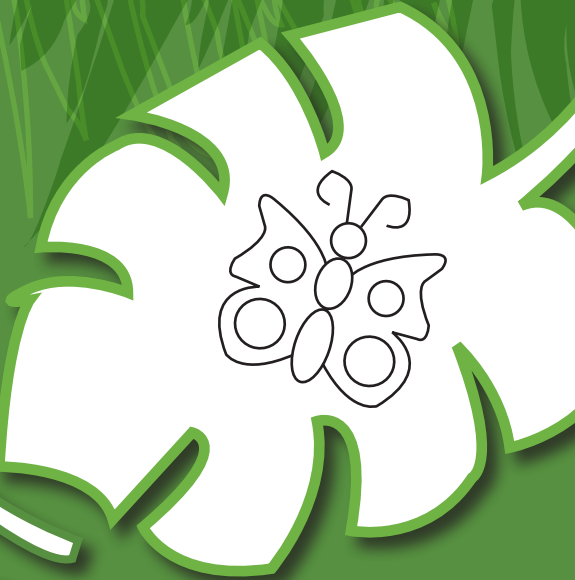
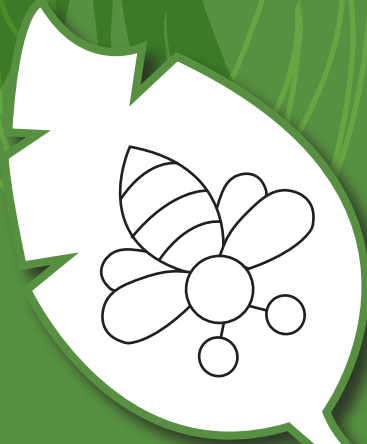
The stump thought the skunk stunk.

The skunk thought the stump stunk.

What stunk the skunk or the stump?

A big bug bit the little beetle but the little beetle bit the big bug back.

Colour us in



"My little sibling Koko has a heart condition so we've been **learning about hearts**. Did you know that **some animals** have really **different hearts**? Here are some of our favourite facts" - Sunny & Koko



"Your heart does a **very important job**. It pumps your blood all around your body. Can you colour in this picture of the heart?" - Remi



Animal heart facts:

A **blue whale** is the **biggest** animal in the world, its heart is the size of a **motorbike!**



Tips for looking after yourself:

Colour me in

Exercising is good fun and keeps you **healthy** - but always check with your doctor about what activities are **best for you**



Make sure you **brush your teeth** and gums **regularly**

Eat lots of **fruit** and **vegetables**, ask your doctor what **other foods** are **good** for you to munch on



The **smallest heart** in the world belongs to a **fairy fly**

Octopuses have **3 hearts**, one on each side of its body and one in the middle

After eating, a **python's heart** can **double in size** to help digest its food!

A **Zebra fish** can **regrow** some of its heart

Hospital I-SPY

"Play detectives with us! Tick when you see one of these in hospital"
Eddie



Stethoscope



Hospital bed space



Observations monitor



Ward ceiling



Portable X-ray machine



Hospital gloves



Blood pressure cuff



ECG machine



Nurse's fob watch



Echo machine



Hospital bed TV

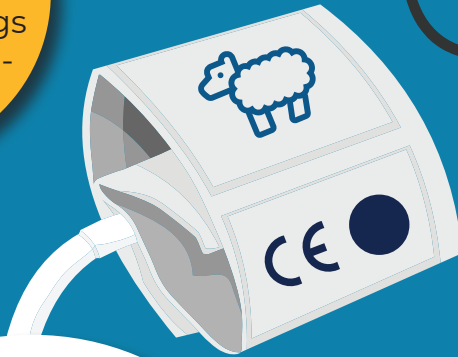


Bedside patient board



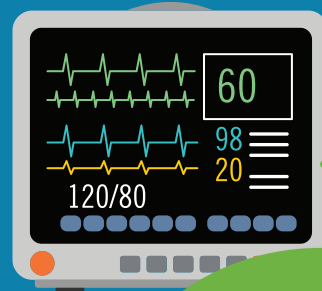
Medical equipment:

"Hospitals are full of lots of **amazing machines**. Here are some of the things **you might see**." - Remi

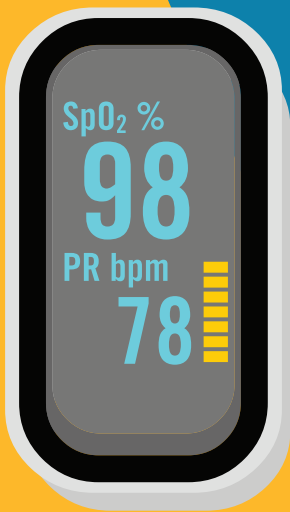


Stethoscope: "The doctors and nurses will use this to listen to your heartbeat through your chest - just like a pair of headphones!"

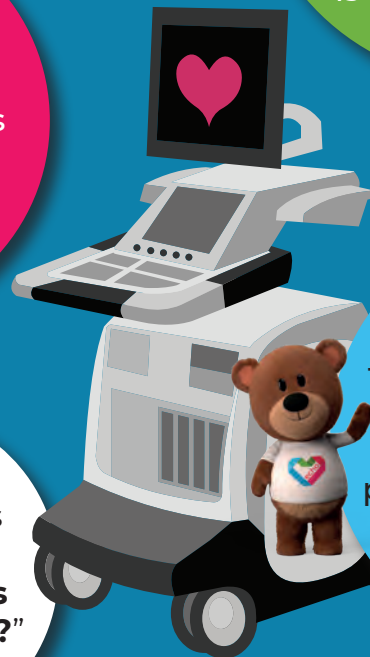
Blood pressure cuff: "This is used to measure something called your blood pressure. The cuff is wrapped around your arm and when the machine is turned on, it will get tighter just like someone squeezing your arm, but it will soon get loose again."



Observations monitor: "This measures lots of things happening in your body, like how fast your heart is beating, how much oxygen your blood is carrying, and how quickly blood is pumping around your body."



SATs monitor: "A little clip goes on your finger so that the nurses and doctors can measure how much oxygen is flowing in your blood."



Echo Machine: "This machine takes pictures of your heart so doctors can see it. The doctor will put some jelly on your chest - which might feel a bit cold at first."

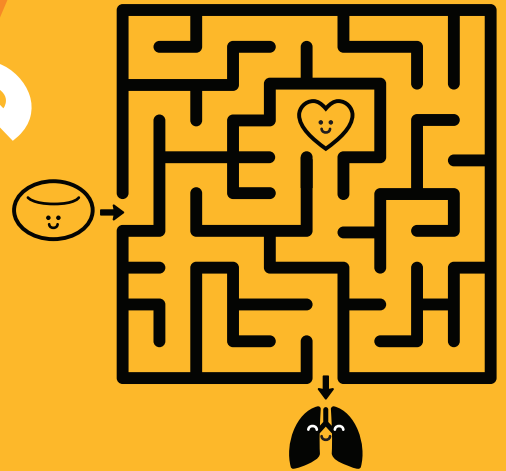
"I love choosing toys from the play room. **What is your favourite?**" - Sunny



Activity page

We have lots of activities for you to do.
What is your favourite?

MAZE



"Can you help the **blood cell** find its way to the **lungs**, passing by the **heart**? It needs to get some **oxygen!**"
- Sunny

"Can you **spot the difference** between these **two pictures** of my friends and I? **There are 10 in total!** Each time you find one, circle it so you don't forget!"
- Eddie



SPOT THE DIFFERENCE



RIDDLES

Q: What has hands and a face, but can't smile?

A: A clock.

Q: It belongs to you, but your friends use it more. What is it?

A: Your name.

Q: I have a tail and a head, but no body. What am I?

A: A coin.

Q: What bow can't be tied?

A: A rainbow.

Q: What goes up and down but never moves?

A: The stairs.

"I'm always testing Koko with riddles, **why not test your grown-up?**"
- Sunny



JOKES

Q. What type of tree fits in your hand?

A. A palm tree!

Q. What do you call a bear with no ears?

A. B!

Q. What fish only swims at night?

A. A star fish!

Q. What did the little tree say to the big tree?

A. Leaf me alone!



"I love making people laugh! **What makes you giggle?**"
- Remi

Q. What's the best time to see gorillas in the wild?

A. Ape-rill!

WORDSEARCH

- HEART
- VEIN
- ARTERY
- BEAT
- BLOOD
- ATRIUM
- VENTRICLE
- VALVE
- ECHO
- RHYTHM
- SCAN
- PUMP
- EDDIE
- SUNNY
- KOKO
- REMI

H	E	A	R	T	B	D	I	S	C	V	A
M	S	A	U	D	A	E	D	D	I	E	R
P	U	M	P	O	O	L	J	F	H	N	T
R	O	N	H	K	R	P	J	Y	R	T	E
H	B	L	O	O	D	D	N	F	G	R	R
Y	R	K	V	E	I	N	U	T	I	I	Y
T	F	R	A	G	U	R	A	L	E	C	R
H	R	B	L	S	T	E	R	F	L	L	O
M	S	A	V	G	B	G	H	E	E	E	F
Y	C	A	E	A	T	R	I	U	M	C	R
S	C	A	N	T	U	G	D	S	U	T	I
E	C	H	O	F	O	L	E	R	E	M	I

Space facts

"Sometimes I like to imagine I'm an astronaut in space! **Have fun colouring** in my space adventure." -

Eddie



"Be a rocket - **Take a breath in** and **reach your hands to the stars** to make the point of your rocket. **Slowly breathe out** and let your hands float back down to earth. **Can you make some rocket sound effects?**" - *Remi*

Colour me in

The word "**astronaut**" comes from the **Greek** words "**star sailor**"

Scientists believe our **solar system** is over **4.6 billion** years old

The first **animal to orbit the earth** was a Russian **dog** named **Laika**

The **sun** is **150 million km** away from **Earth**



INTERVIEW WITH SCIENTIST



Aish, Research Scientist at Kings College London

What is your favourite activity?

Hiking in the summer and walking in the snow in special snow shoes!

What is your favourite animal?

Pandas, because they are cuddly and so chilled out.

What 3 things make you happy?

Watching and playing football, travelling and making working models of science stuff!

If you were going to the moon, what 3 things would you take?

Mangoes, my bike and my pillow.

If you could name a planet, what would you call it and why?

Rosa, in honour of the great researcher Rosalind Franklin, she found the structure of DNA.

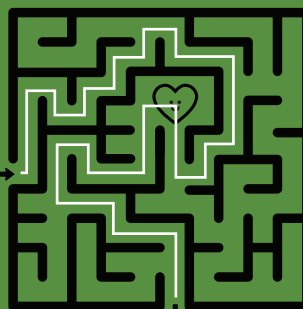
What is the funniest science fact you know?

Rolling your tongue is genetic. Some people can roll and play with their tongue only because their mum and dad can. Sadly I can't!

"We know how **important science** is to **help make people better** when they aren't well. That's why I love learning about science!" - Sunny



Page 12 & 13



Page 6 & 7

J	U	E	T	S	B	D	I	S	C	G	A
M	T	O	U	C	A	N	S	A	R	G	N
G	O	R	I	L	L	A	J	F	H	G	T
R	O	N	H	O	R	P	A	R	R	O	T
M	C	A	R	R	L	O	G	F	G	R	S
O	R	I	V	E	T	Y	U	K	I	D	E
N	F	R	O	G	F	R	A	L	E	G	R
K	R	B	U	T	T	E	R	F	L	Y	O
E	S	A	R	G	K	G	H	E	E	M	F
Y	C	A	R	A	M	U	C	S	M	C	R
S	I	A	N	T	U	G	D	S	U	T	I
C	R	S	P	I	D	E	R	M	R	F	R

H	E	A	R	T	B	D	I	S	C	V	A
M	S	A	U	D	A	E	D	D	I	E	R
P	U	M	P	O	O	L	J	F	H	N	T
R	O	N	H	K	R	P	J	Y	R	T	E
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Y	R	K	Y	E	I	N	U	T	I	I	Y
T	F	R	A	G	U	R	A	L	E	C	R
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M	S	A	V	G	B	G	H	E	E	E	F
Y	C	A	E	A	T	R	I	U	M	C	R
S	C	A	N	T	U	G	D	S	U	T	I
E	C	H	O	F	O	L	E	R	E	M	I

ANSWERS

EDDIE & FRIENDS:

Hello I'm
Eddie ECHO!

I love spending
time with my friends
and making new
ones here in
hospital!

My name
is Sunny
and I love
learning about
science!

Hi I'm
Remi, I
love drawing,
painting and
creating!



Hi I'm
Koko, Sunny's
little sibling. I
love making
people
laugh!

About ECHO

Does your child have a
heart condition? ECHO
is here to help.

Join ECHO today (it's free!)
– www.echo-uk.org/join

ECHO is a charity supporting
children and young people
with heart conditions and
their families.

hello@echo-uk.org
www.echo-uk.org

   [@echocharity](https://www.instagram.com/echocharity)

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Connecting the
Children's Heart
Community

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