

# Teeny tiny superheroes



Hello my friend!

I am Maya.  
I am so happy to  
meet you!

I am a teeny  
tiny superhero  
just like you!

My superpowers,  
along with some  
help from my  
good friends,  
(doctor aunties  
and doctor  
uncles) made  
me win against  
a little monster  
inside me. And  
now, I am  
stronger than  
ever!



I can not wait for you to meet all my other friends,  
who are also, just like you and me, small sized heroes.

Hop along as we teach you some important things with  
a lot of fun and games!

Why do I feel so crummy?

You must be wondering why you are in this hospital so often and why you can not go back home.

Your doctors and parents are here to help you! Let's try and learn a little about the body to understand why you are here.

Take a look at this building



Think of your **body** as a big **building**.

Think of each **floor** as a **body part**- your hands, your legs, your fingers your toes, your face

Each floor has many **rooms** inside- your heart, your lungs, your stomach

Each room is made up of many **bricks**- These bricks are called **cells**.

Your body is made up many teeny tiny cells, they are so small you can not see them!

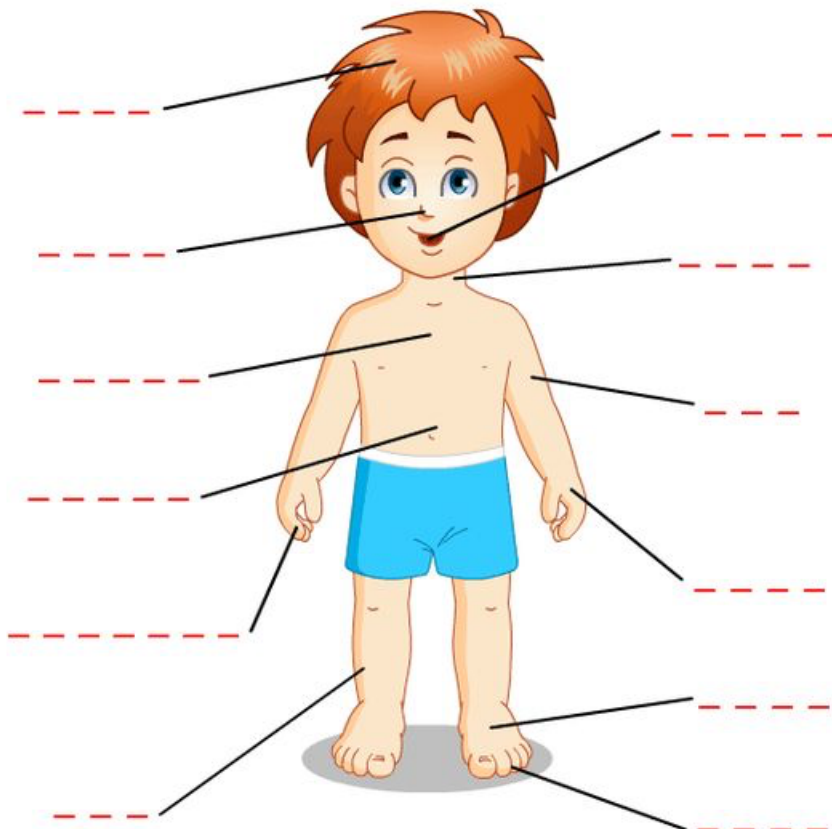
Your entire body is made up of **37,000,000,000,00** cells!!

Do you know your body?

Hi! Im Ben. I am superhero #2. Can you name all the parts of my body?

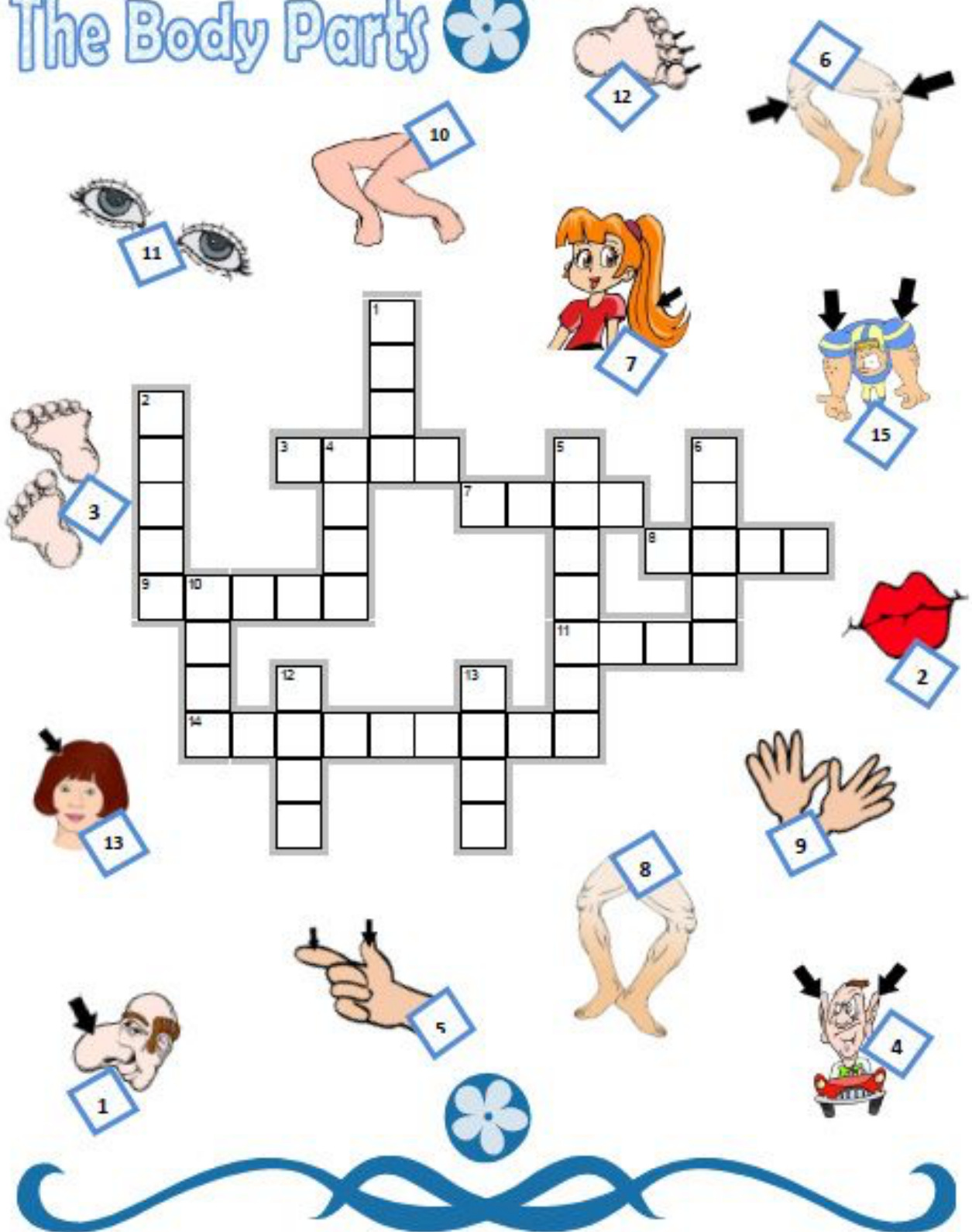
Label the different parts of our body using the words in the box.

head	mouth	chest	fingers	arm	foot
nose	neck	tummy	leg	hand	toes






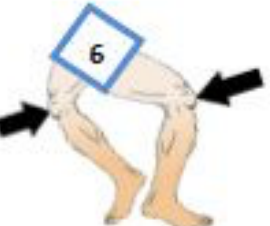











Can you name these body parts to complete the crossword?

# The Body Parts



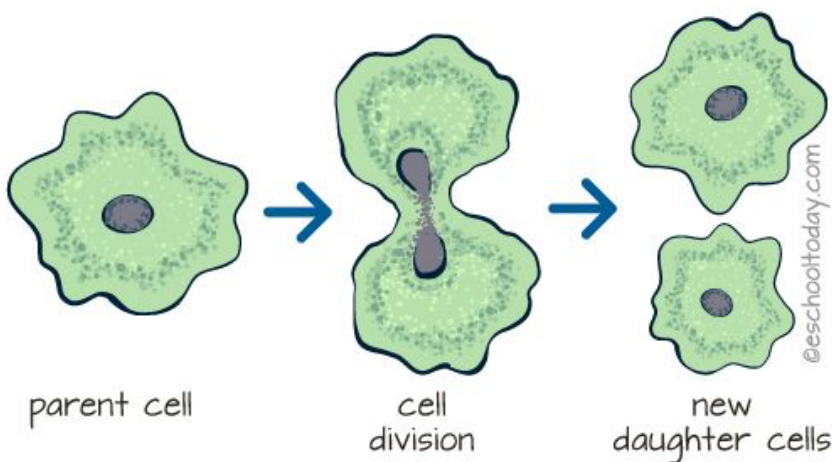
The crossword puzzle consists of 15 numbered clues, each with a corresponding illustration of a body part:

- 1:  Nose
- 2:  Lips
- 3:  Foot
- 4:  Arm
- 5:  Hand
- 6:  Knee
- 7:  Hair
- 8:  Elbow
- 9:  Hand
- 10:  Leg
- 11:  Eye
- 12:  Foot
- 13:  Head
- 14:  Face
- 15:  Head

Coming back to cells! The cells in your body come in different shapes and sizes!



Some make up your brain, some make up your blood and some make up your skin



These cells can divide to form new cells in your body

Everyday, new cells are added to your body and old cells are removed from your body!

Sometimes, these cells get so excited about making new cells for your body, they forget to stop dividing!

That's when you begin to feel a little bit crummy ☹️

Not only do they divide, they also travel all over your body to call their friends and get them really excited too!

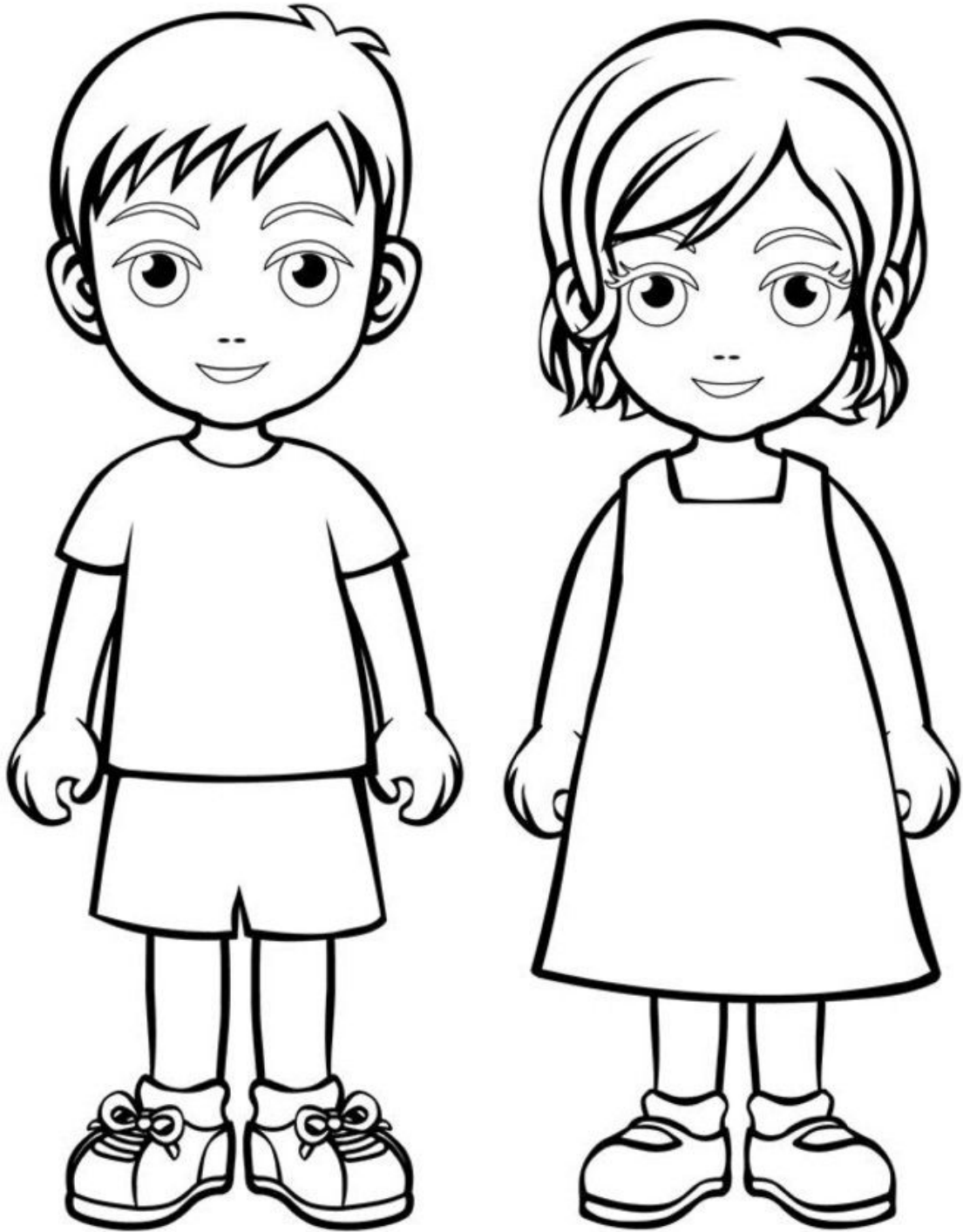
Now there are sooo many cells in your body that do not want to stop dividing

This is called a Cancer.

Let's take a break! Colour me in! 😊



Colour us in!



Hello ! I am Mehul. This is my sister Meghana. I was in the hospital for 1 year to get treated for cancer. I listened to the doctor and always took my medicines, now I am as healthy as ever!



Hey superhero!  
I am Riya. Let's learn some  
more about why you are  
here



*Janele*

## Leukaemia

(What a tough word right?!)  
Let's just call it Loo-Kee-Mee-Aaa)

Loo-Kee-Mee-Aaa is a cancer in the blood cells.

This is what your blood cells look like!



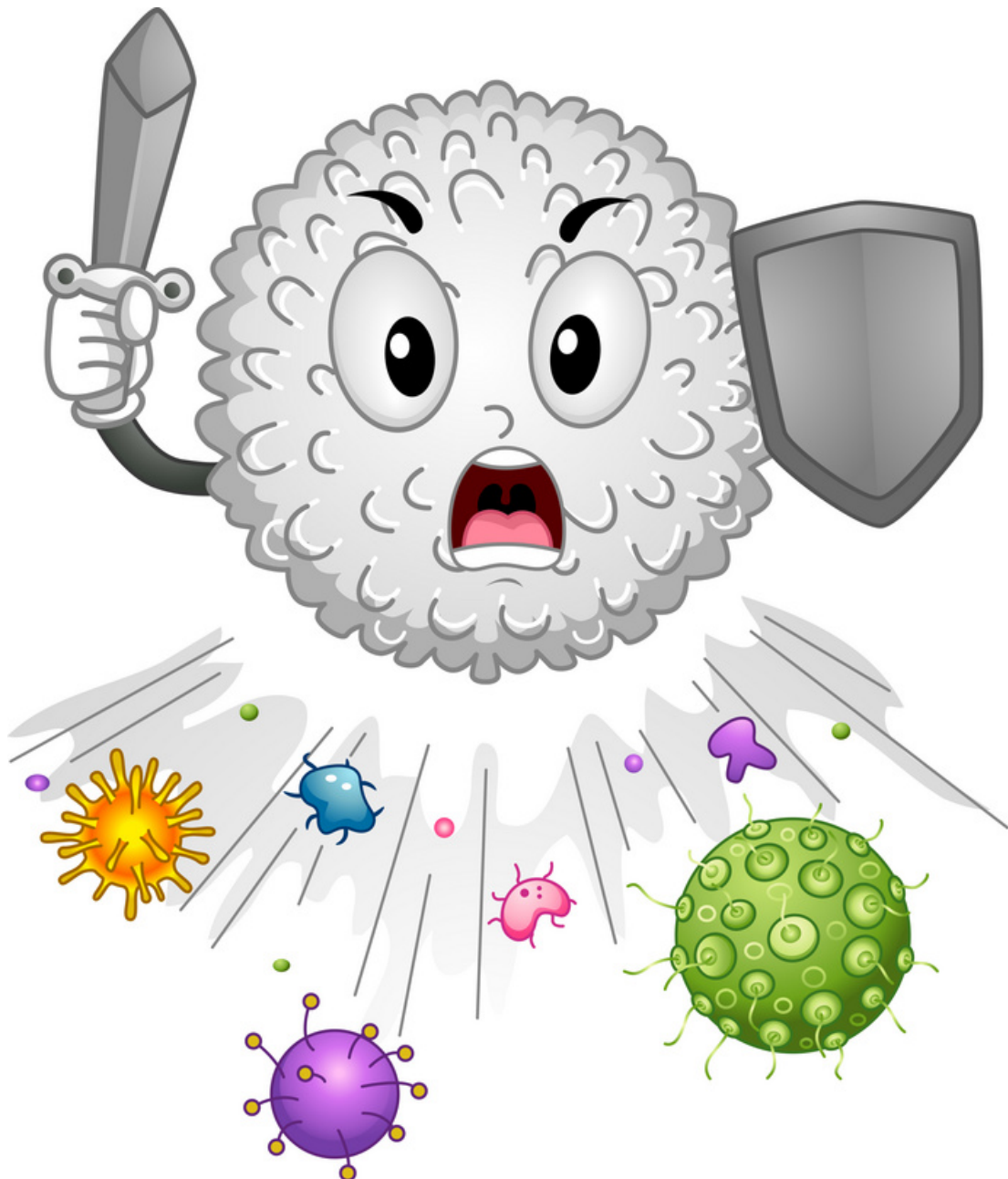
How many red cells can you see?

\_\_\_\_\_

How many white cells can you see?

\_\_\_\_\_

The white circles in your blood fight off nasty germs!



These cells protect you till they grow old, and then they retire so that new white cells can start their job.

In cancer, some bad white cells keep making new cells without taking a break!



They are so busy making more and more cells, they fully forget to protect you from those nasty germs!

They also become soooooo many in number that there is no place for the good white cells!

So if you're feeling a little crummy today, it's because of the bad white cells. Don't worry, they can be stopped!

Hello champ, before we learn some more, my friend here needs some help!



**THIS IS PIGGY**

Piggy can't find her purple ice cream cone. Someone seems to have taken it! Can you spot the stealer?

Can you find all the flavours?

### ICE CREAM FLAVORS WORD SEARCH PUZZLE



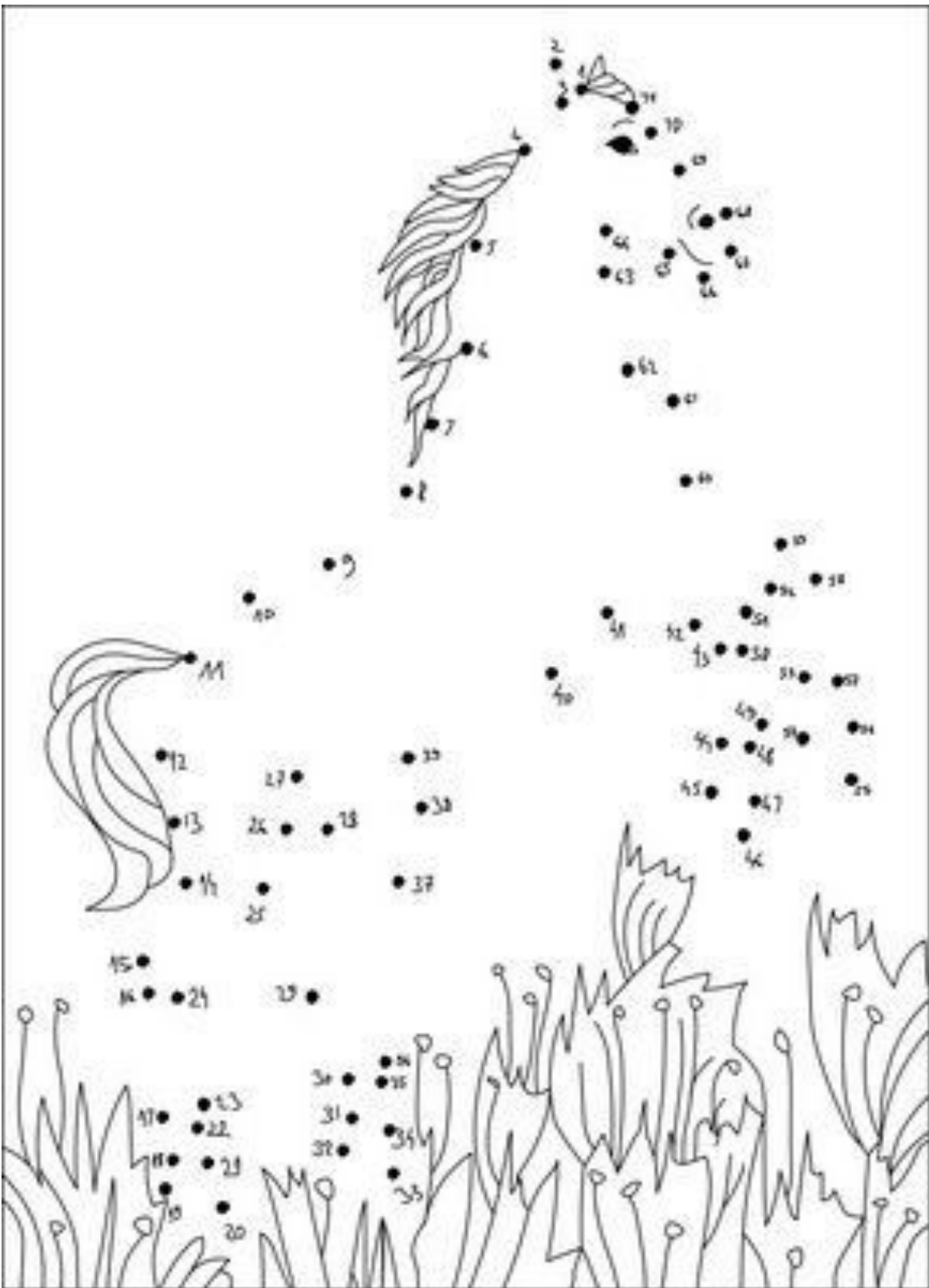
- |                |                    |                   |                 |
|----------------|--------------------|-------------------|-----------------|
| BLACK CHERRY   | COOKIES AND CREAM  | MOOSE TRACKS      | PRALINE PECAN   |
| BUBBLE GUM     | COTTON CANDY       | NEAPOLITAN        | RAINBOW SHERBET |
| BUTTER PECAN   | FRENCH VANILLA     | NUTTY COCONUT     | ROCKY ROAD      |
| CHOCOLATE CHIP | MINT CHIP          | PEANUT BUTTER CUP | STRAWBERRY      |
| COOKIE DOUGH   | MOCHA ALMOND FUDGE | PISTACHIO ALMOND  | VANILLA BEAN    |

[www.WordSearchAddict.com](http://www.WordSearchAddict.com)

Hello! I am Jane. How are you feeling today buddy?



Join the dots with numbers given and see what turns up!





With Mr Loo-Kee-Mee-Aaa in your body, you might be feeling a little sick.



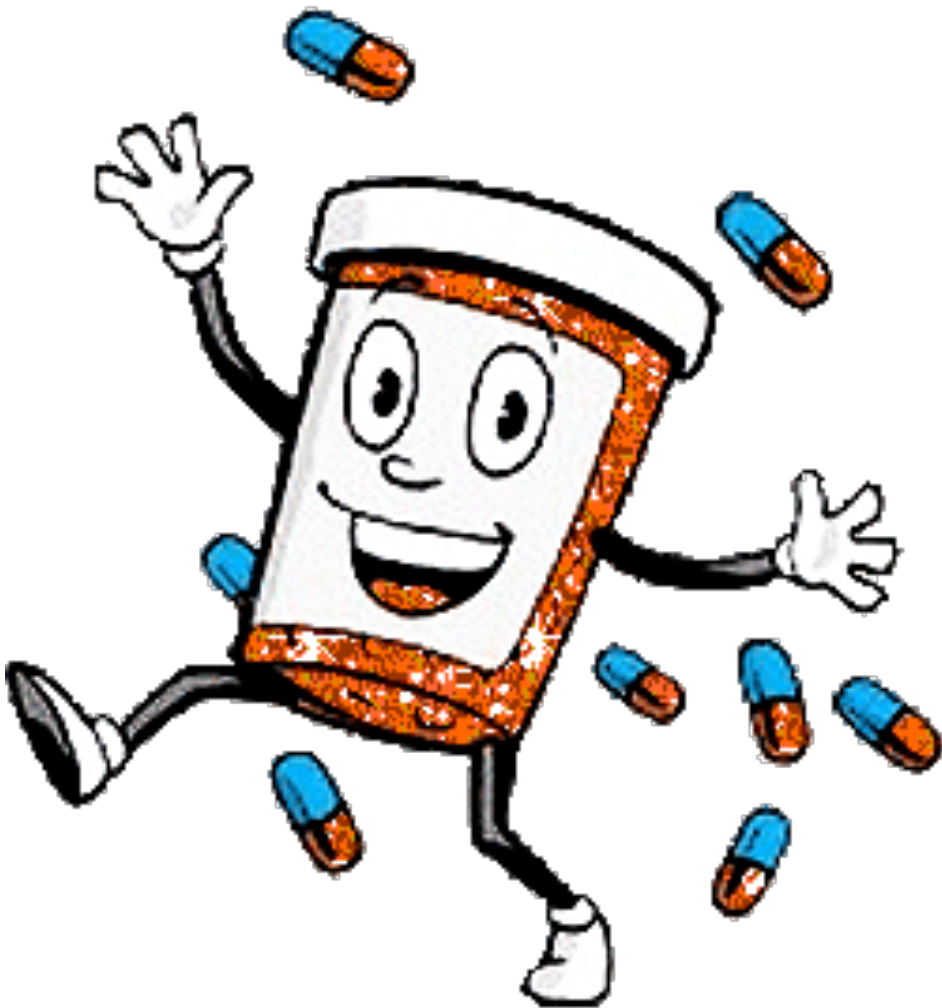
### Feeling

- A little tired
- A little weak
- A little feverish
- Little pain in your joints

Your doctors and parents are here to help you and make you feel MUCH better. Here is how!

## Chemo (Kee-Mo) therapy

Like taking a tablet when you have a fever, taking these medicines will stop the bad cells (remember the bricks from earlier?) from spreading to other parts of your body!



It also helps in destroying the bad cells in your body. The medicine can make you feel very sleepy. So sleep tight! As the medicine is very strong your hair may fall but you can wear a bandana or a hat.



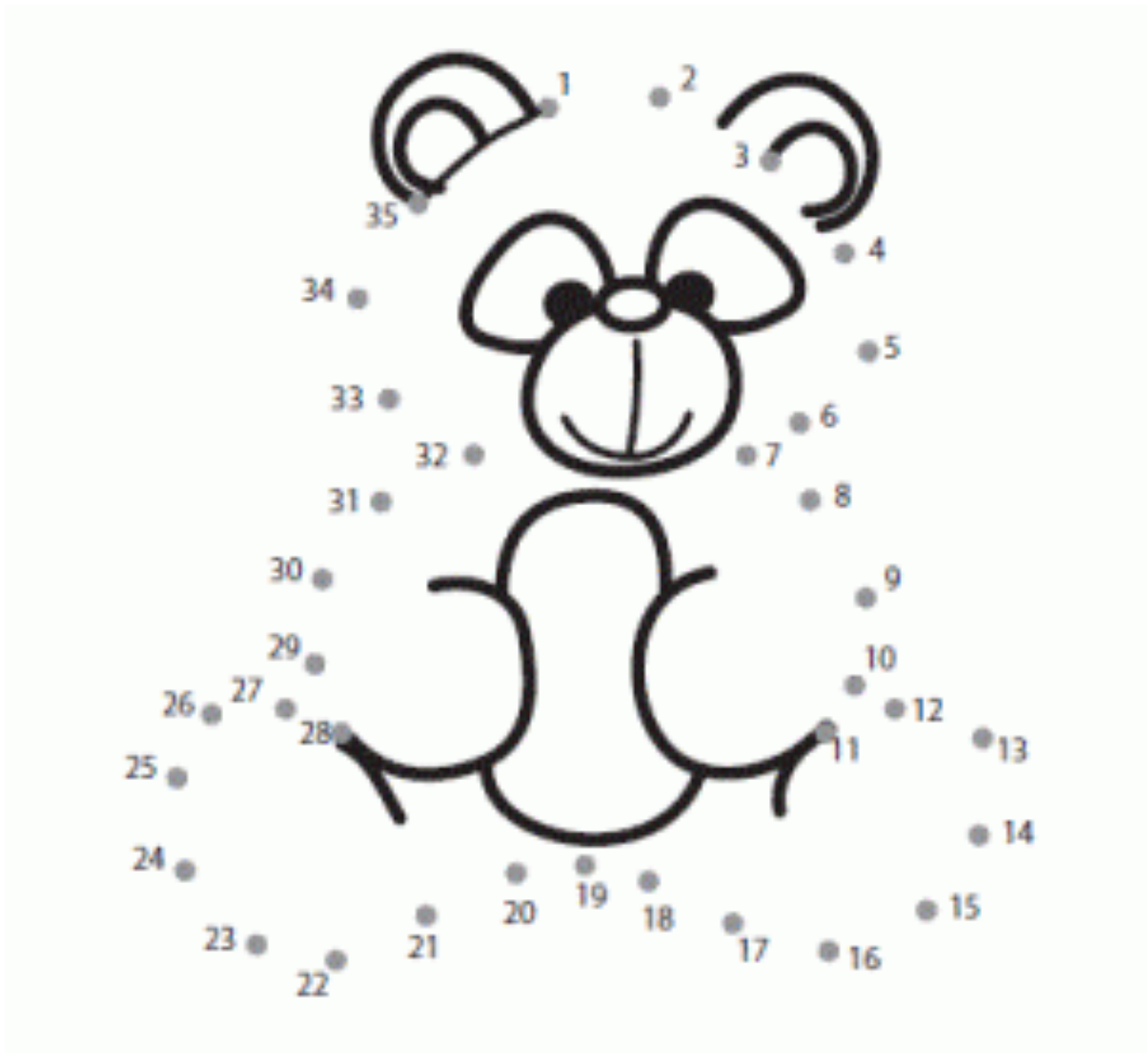
Hey, I'm Anna! I had chemotherapy and it was not bad at all, and my hair grew back!

Don't worry about your hair  
It'll grow back!  
Plus, hats are always cool!

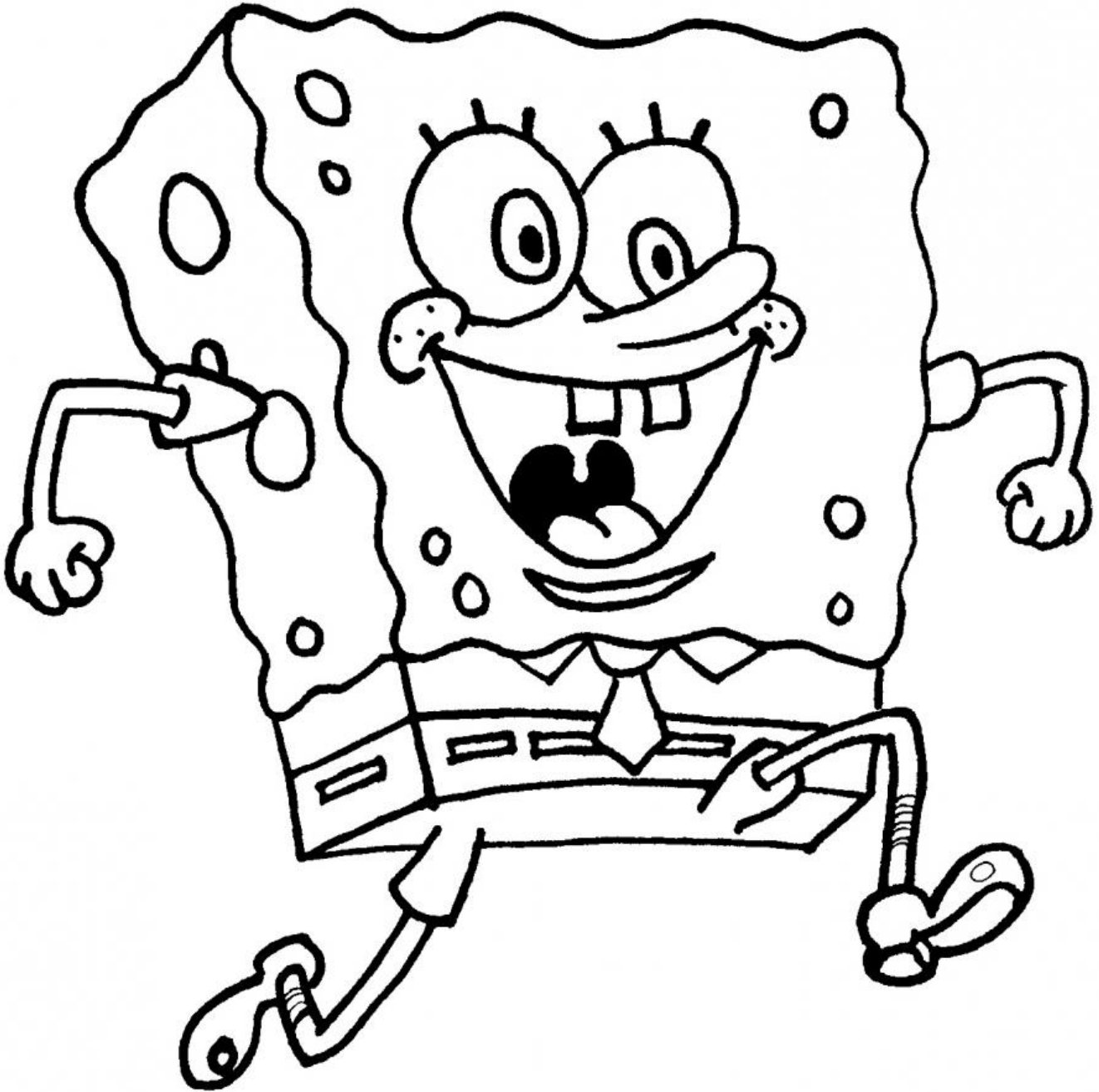


Are the medicines making you quite sleepy? You need to get plenty of rest. Grab your teddy bear and get a good long nap!

Connect the dots and Colour me in !

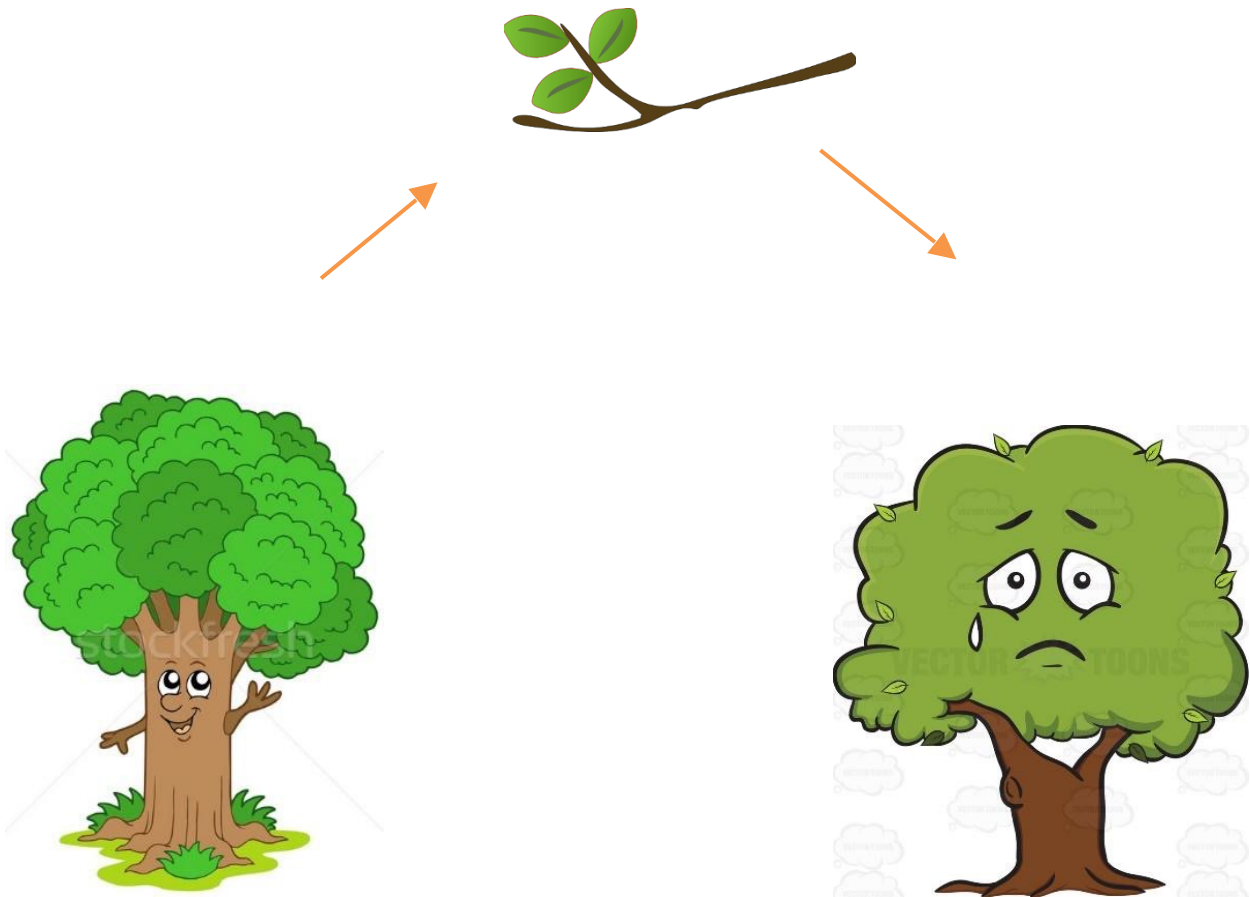


Where is Spongebob running off to? Wherever it is, he sure looks like needs some colour!



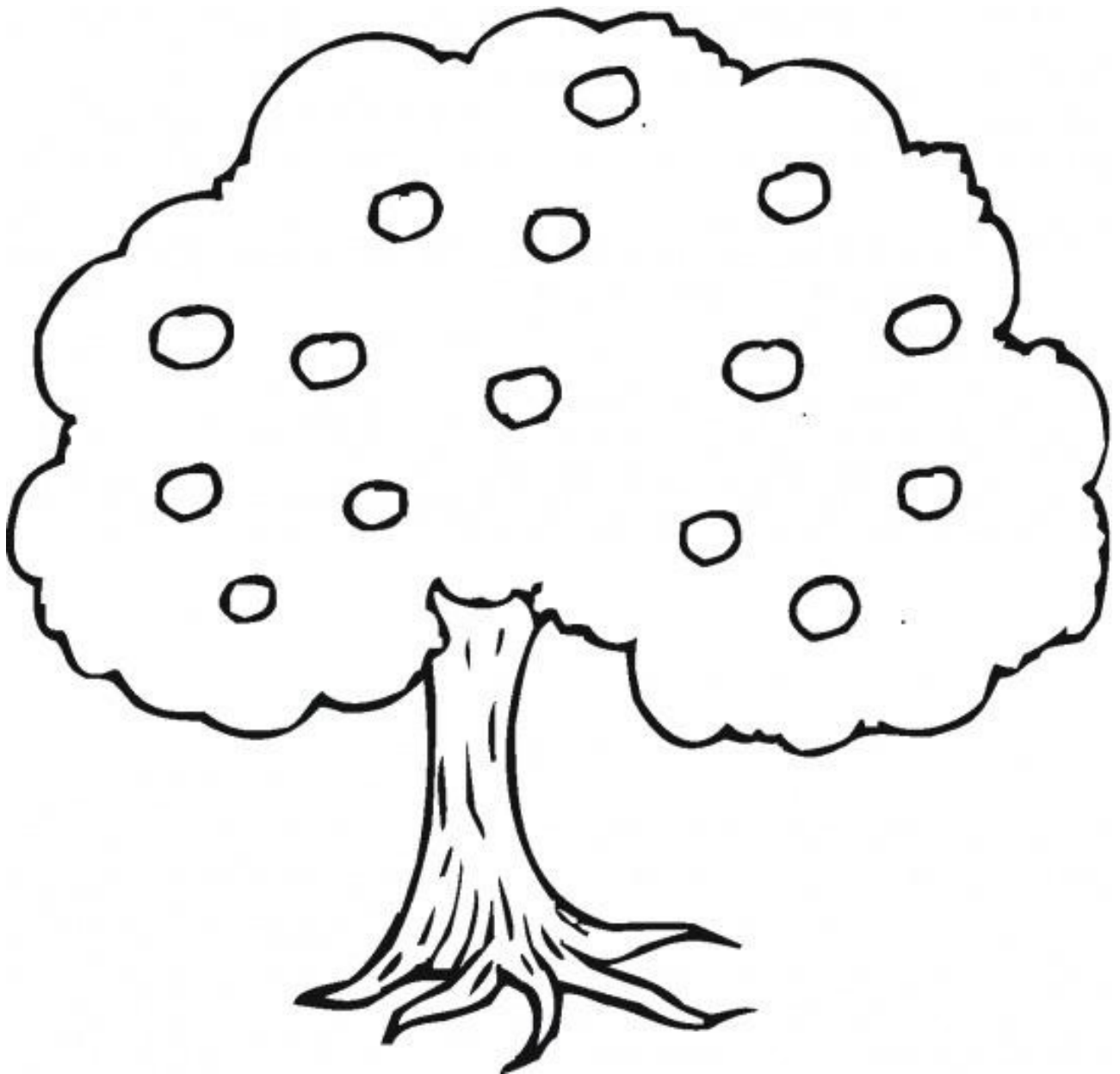
## Stem Cells


We have learnt about so many cells today, Now what are these stem cells?



Sometimes when you feel very sick or bad, your brother or sister helps you out by giving you some of their own stems to make you feel stronger. Stem cells are like seeds, when they are planted in your body, they grow by spreading their branches (many) far and wide which help the tree become bigger and healthier.

Why don't you give this tree some colours and make it look nice and colourful?

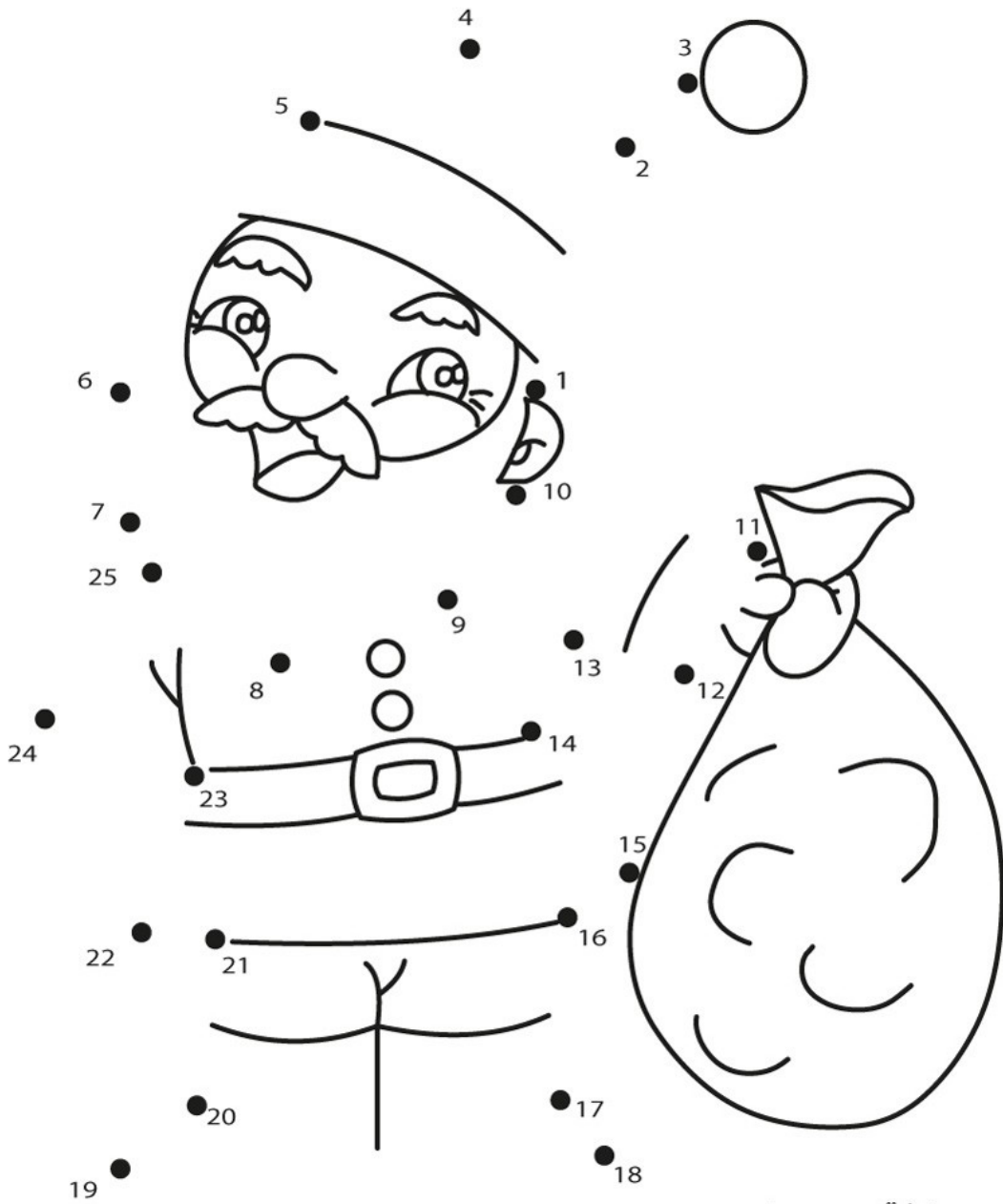




Hi there, my name is Lily, I had my stem cell treatment few months ago, now I feel so much healthier.



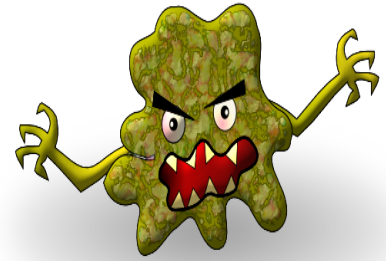
Looks like someone has got you some presents! Join the dots to know who it is!



## Targeted therapy



Remember those over-excited cells that wander around the body disturbing their other friends too? Certain tablets can help you stop those!



Your body is now safe from any attack by these bad guys. Why don't you join in and sing along with your happy cells:

Every single cell in my body is happy,  
Every single cell in my body is good,  
I thank you God for making me feel good  
For every single cell in my body is well!



Don't forget to eat lots of fruits and vegetables! This will give you super strength!



Colour the rest of the fruits and vegetables!



Help my friends be colourful Colour me in!



Winnie the Pooh needs some colouring too!



*What is*  
**SURGERY?**

By: Katie Mense



Sounds scary? Not at all!

You will have to lie still and let the doctor put in the injection to flood the bad guys away by killing them slowly. Ha! They would've never saw it coming ....




See

Super easy,  
super happy!

All you have  
to do is lie  
down and  
take a nap,  
before you  
know it, it's  
complete!

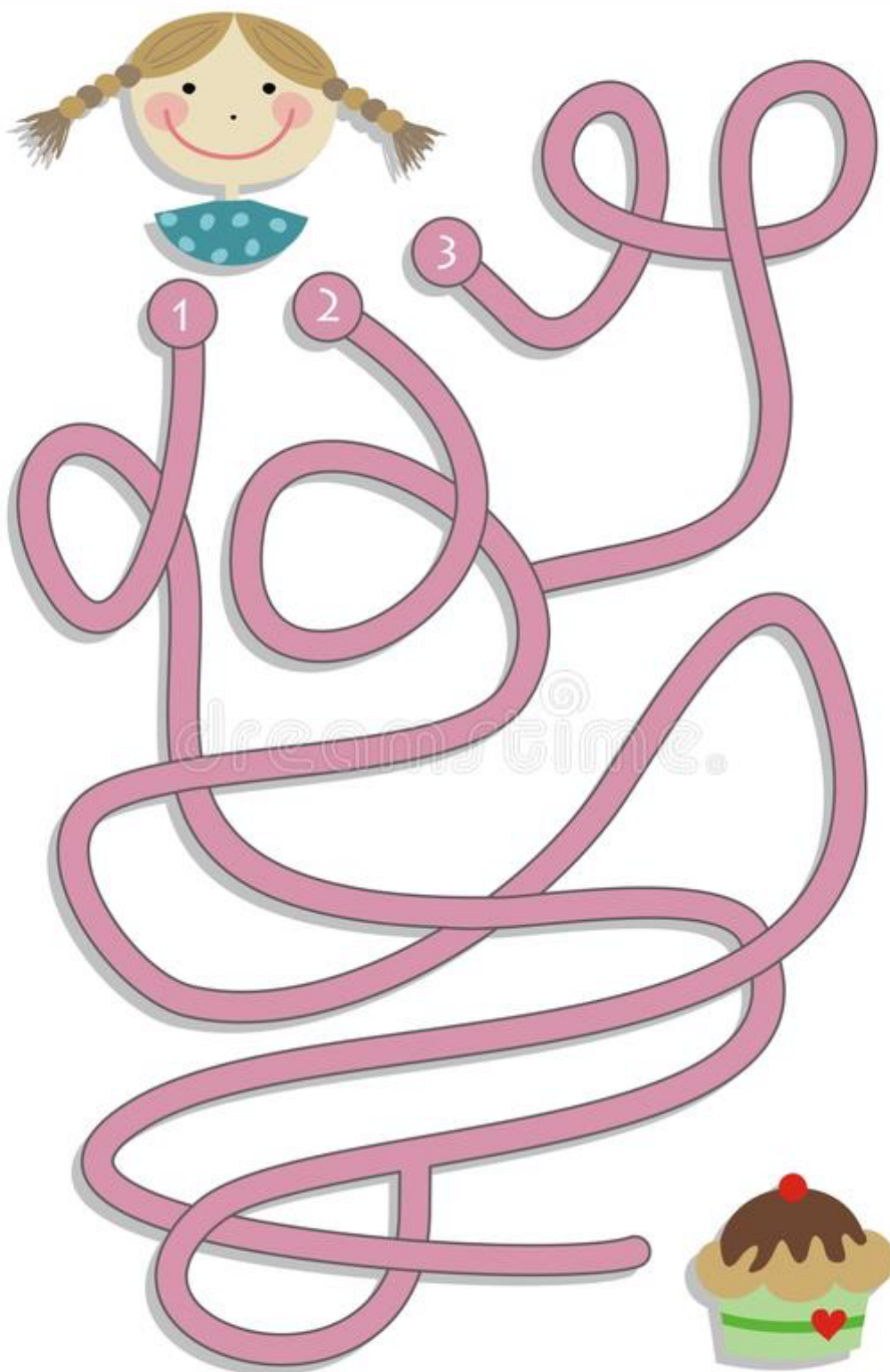




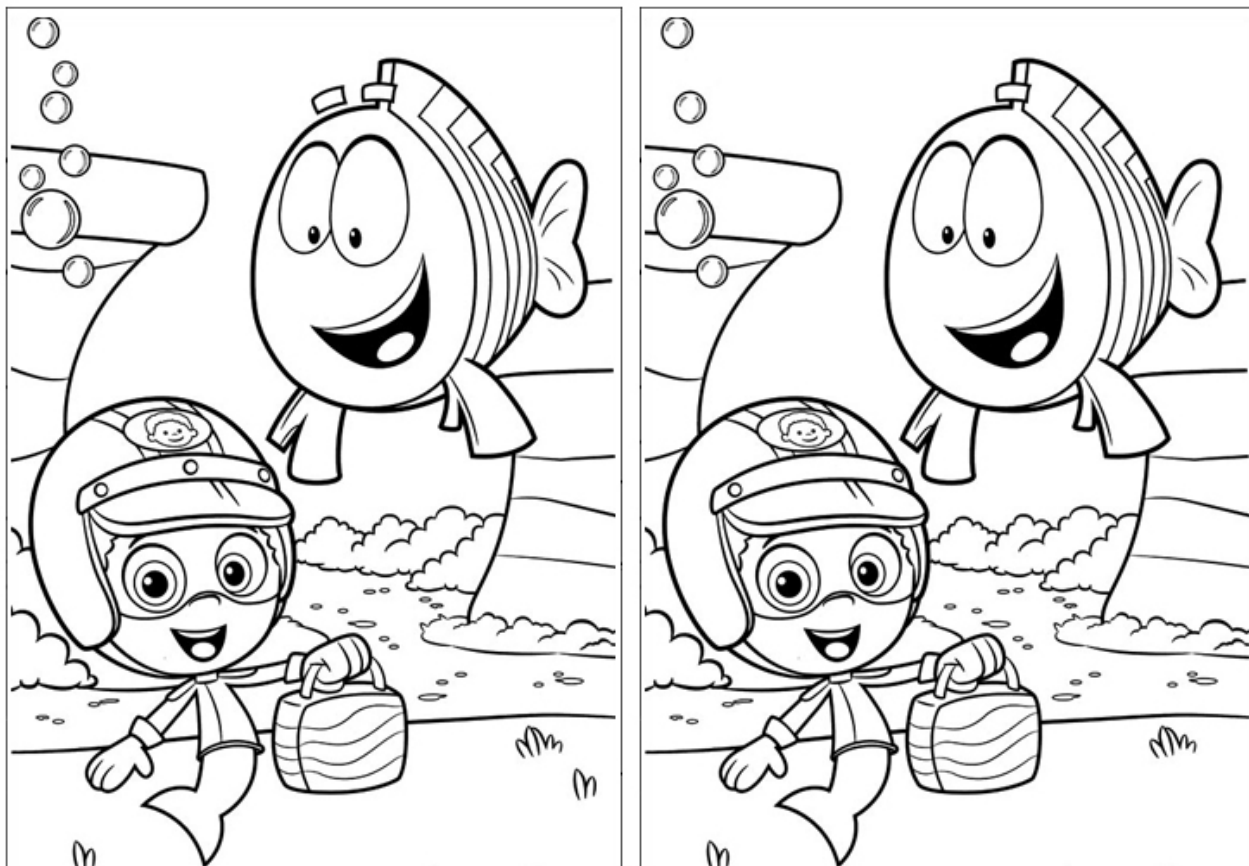


Hi all, I am Rita, I had many surgeries in the past few years. It was little tiring. But I am happy now, Stay positive!

Help Rita reach the cupcake!



Stop stop stop! Are these 2 pictures exactly the same?  
Wrong! Can you spot any differences?



Find the 5 differences

Write them down here:

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## Radiation therapy

Remember when your favourite cartoon  zapped the bad guys away?  
the bad guys away?



The doctor will use an x-rays or a laser beam to destroy the bad cells.

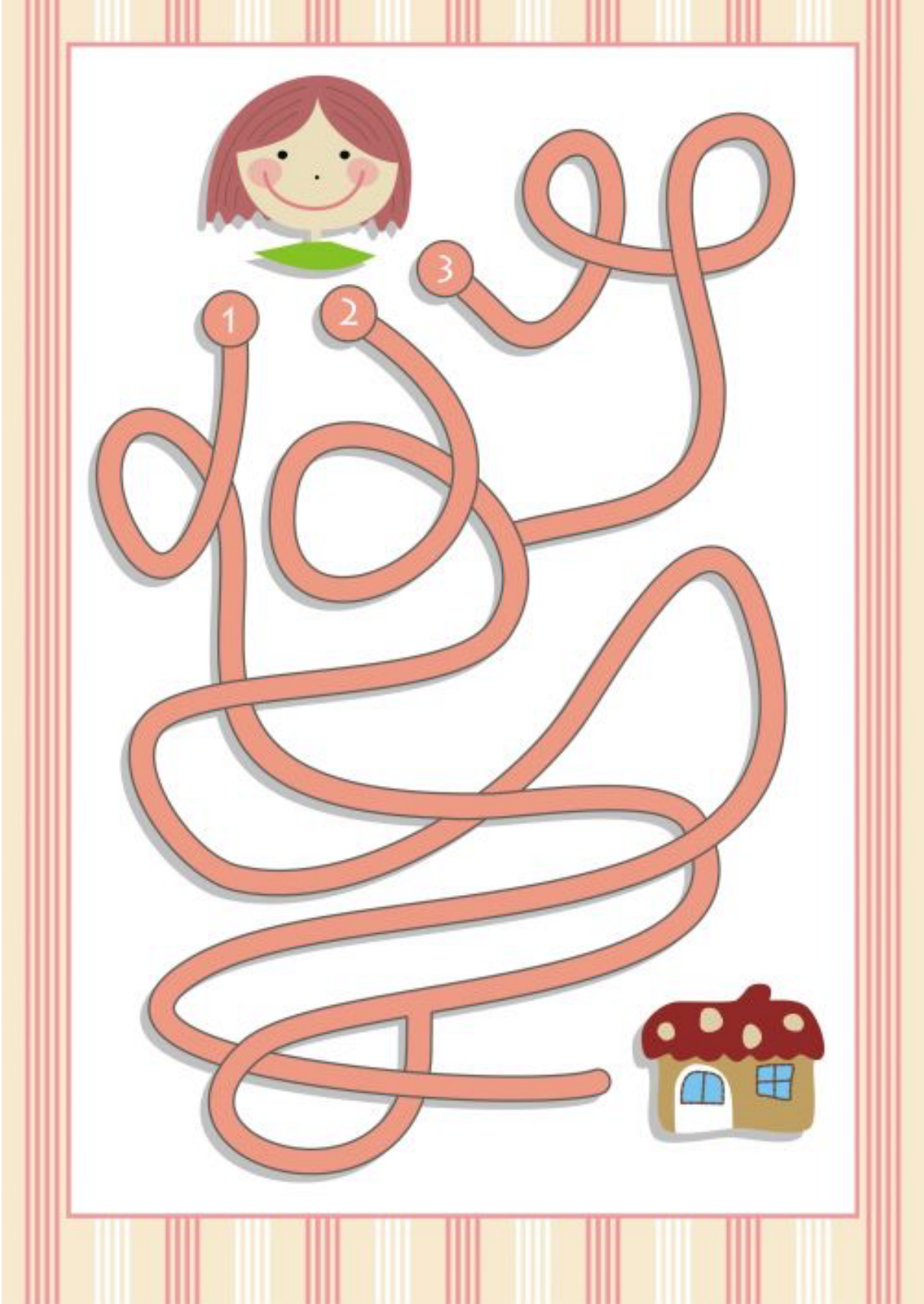
If the doctors give you this treatment, it can make the skin in the area being treated a bit red and sore. It makes you feel very tired, even after it's finished, so you'll need to rest a lot. (Snuggle up to your favourite toy and have a good sleep)



Hello, I'm Sara, I had to go through radiation therapy and even though I was scared then, I feel so much better now!



Help Sara get home!



Finally, meet Zuzia! She's always asking a lot of questions.

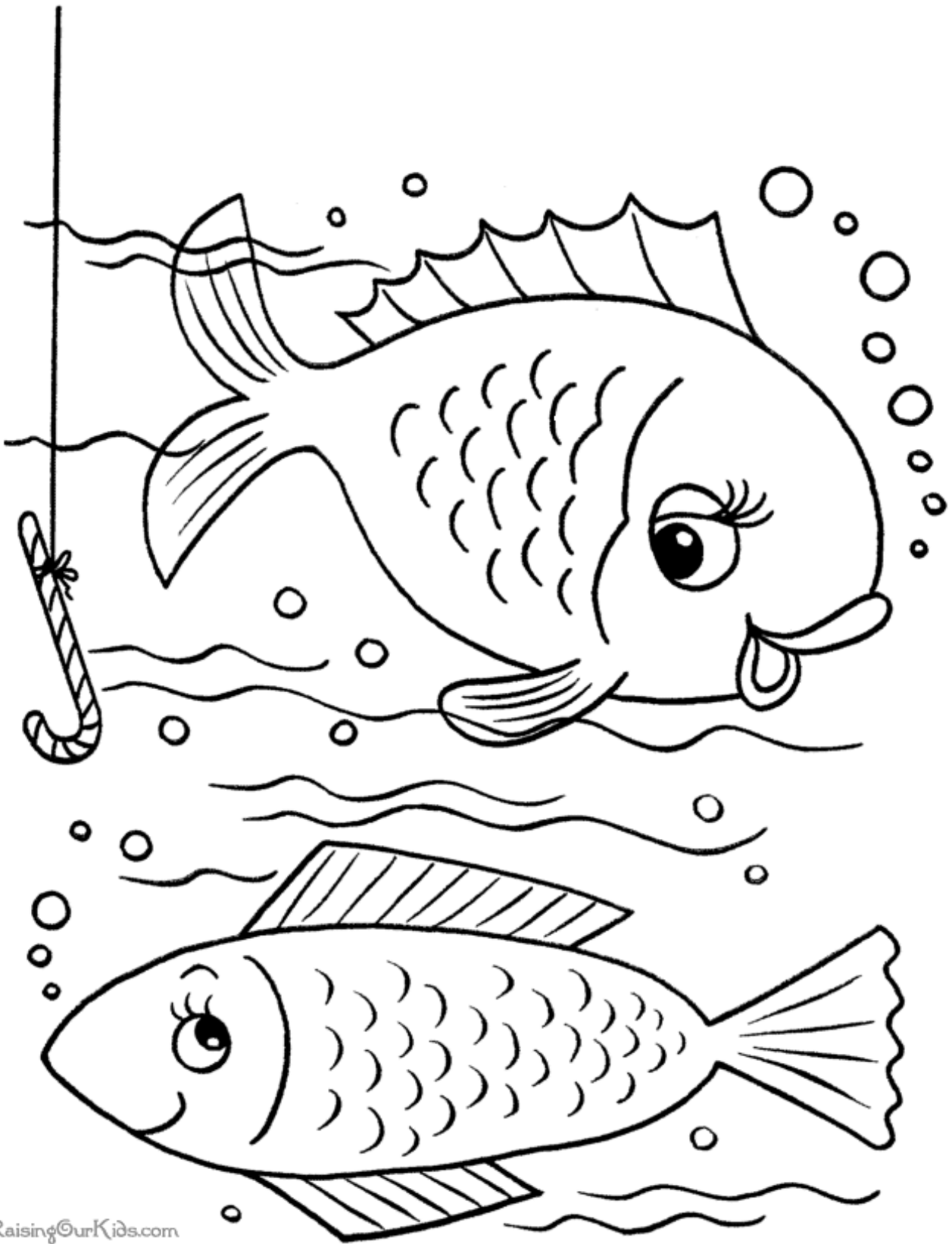
But WHY do I have this Loo-Kee-Mee-Aaa?

[artur-gorczyński.blogspot.com](http://artur-gorczyński.blogspot.com)



ZUZIA

We'll tell you the answer, Can you add some colour to these happy fish first?





Remember I told you that some cells get really excited and forget to stop dividing? But, why do they do so?

Well each cell has a manager called DNA inside it. These managers are supposed to tell them when to stop, but for some reason they are just not doing their job!

Who stopped Mr Manager DNA from doing its job?:

# Monster 1



Chemicals (K-Mi-Kals)

Certain chemicals in the air around can be bad for you!

#Monster 2

Who doesn't love sunshine? Very rarely, being out in the sun for too long can be a bad thing.

But sometimes....



And very rarely, you might get it from your family, maybe your mommy and daddy have hidden monsters that they don't know about and it might come to you.

But worry not, for all children are secretly...



## Superhero Collection

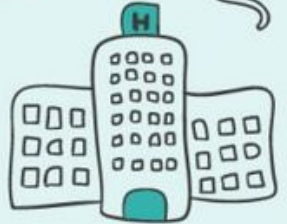
designed by  freepik.com



Yes, SUPER HEROS, there is no battle big enough for our little superheroes to win. And this starts with you ... so are you ready to win?



DOCTOR



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