



Noah's
Star



SIBLING Support

Activity Book



Welcome to the Neonatal Unit (NICU)

The Neonatal Unit is a special place in a hospital where doctors and nurses will help to look after your baby brother or sister. Your baby brother or sister may have been born early (premature) or may need a little help from the Doctors and Nurses.

At first the Neonatal Unit may seem like a scary place and you might be worried about the noises and machines.

At Noah's Star we have made this special activity book to help you. As a new big brother or sister, you are very important but its ok to feel worried, sad, happy, excited or angry.

We all have worries from time to time and this book has been designed to get you thinking about the things that have made you feel worried. It will help you to understand your feelings and be able to talk to others about how you are feeling.

If you do not want to talk to people that you know you can speak to Childline. They have helped thousands of children with every imaginable problem and will know how to help you.

Congratulations on being a big brother or sister and have fun with your new activity book.



Childline

Help and advice about a wide range of issues. They are available 24 hours a day and they offer free confidential counselling by helpline or an online chat

0800 1111
www.childline.org.uk

All About Me...

My name is:

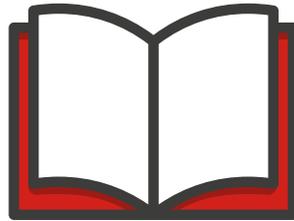


My new brother/
sisters name is:

My birthday is:



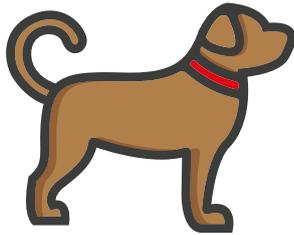
My favourite colour is:



My favourite book is:



My favourite fruit is:



My favourite animal is:



My favourite song is:



My favourite movie is:



What makes me happy:



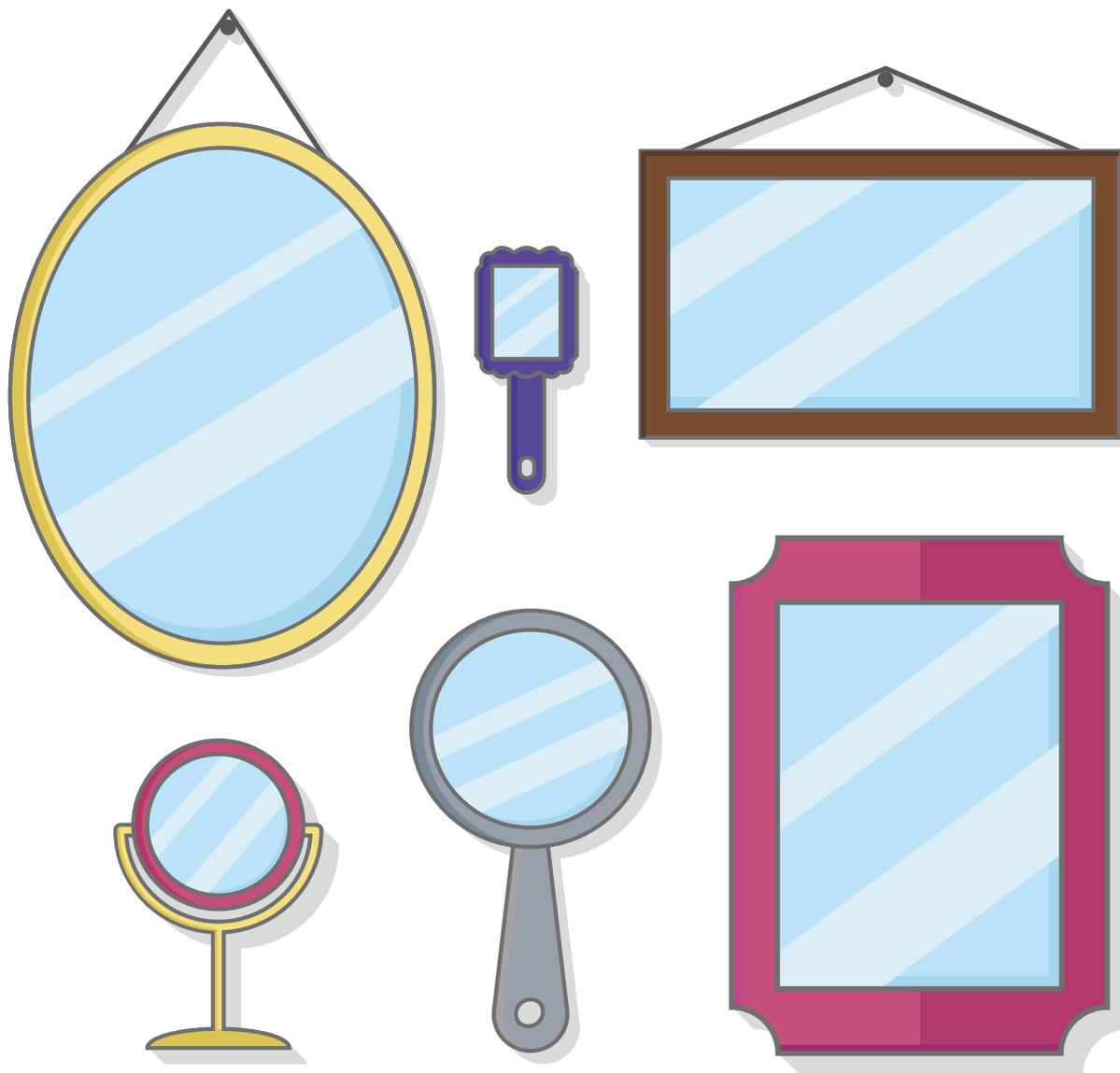
The best thing
about having a new
brother or sister is:



What I'm
worried about:

Mirror, Mirror

Next time you look in the mirror, notice something you like about yourself and write a list below.



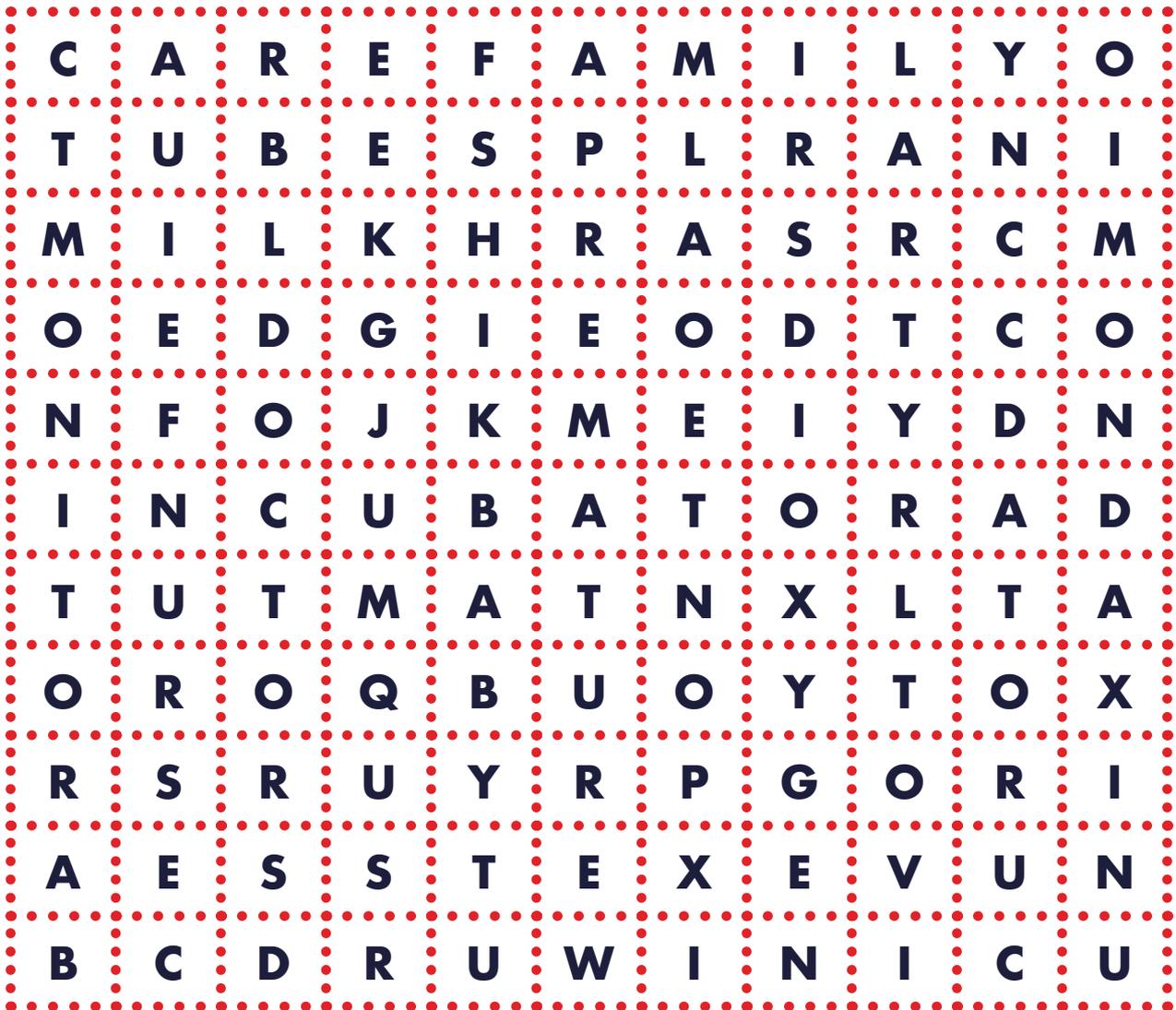
Things I Am Good At

It is important to celebrate all your achievements. Fill this page with positive things about yourself and reminders that you are doing a good job.



Fun Search

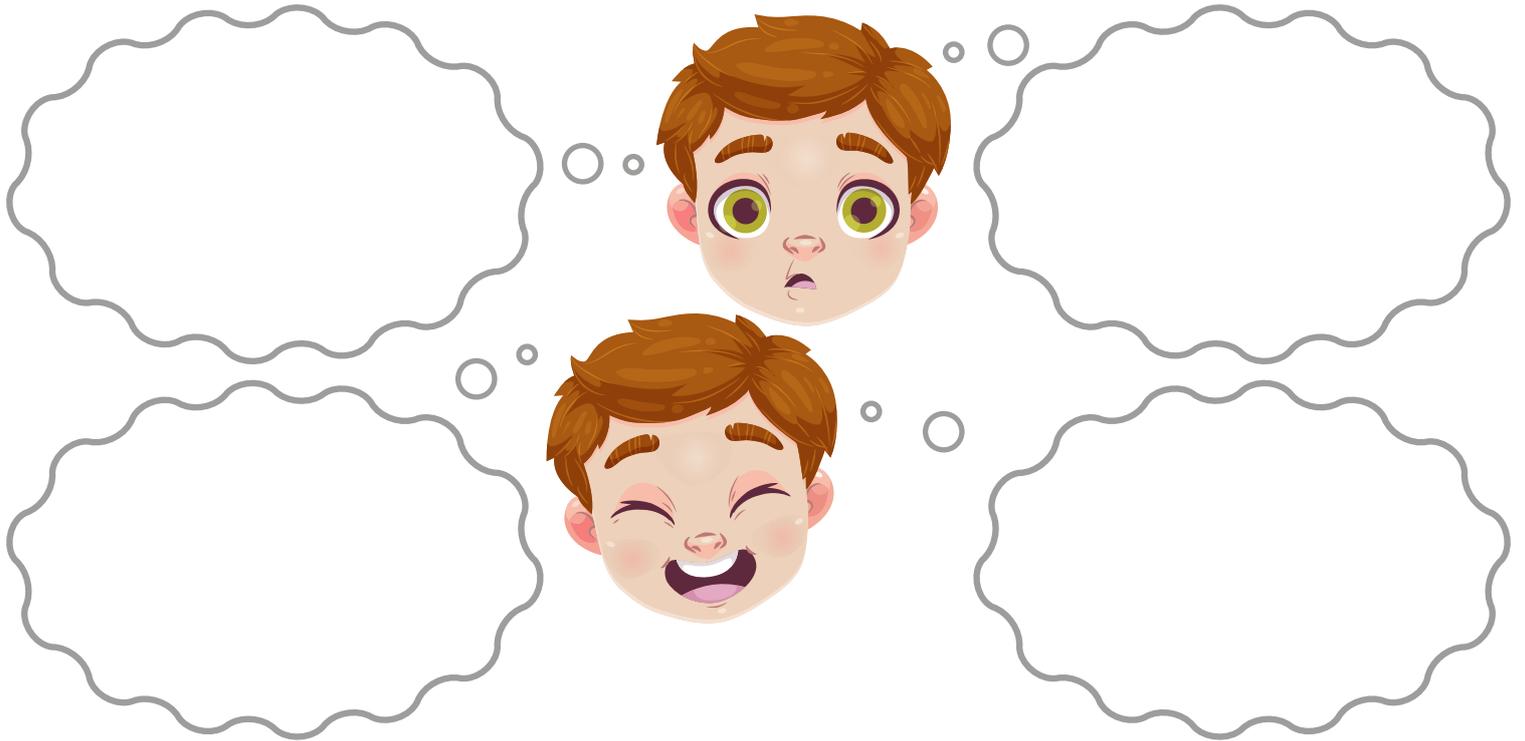
Look through the word search.
When you visit your new brother or sister look out for
these things.



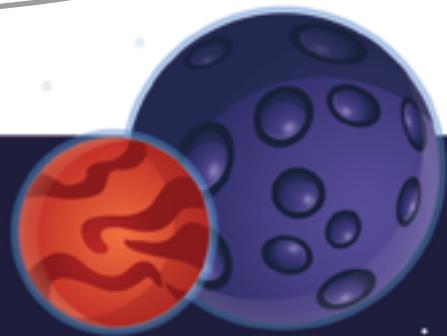
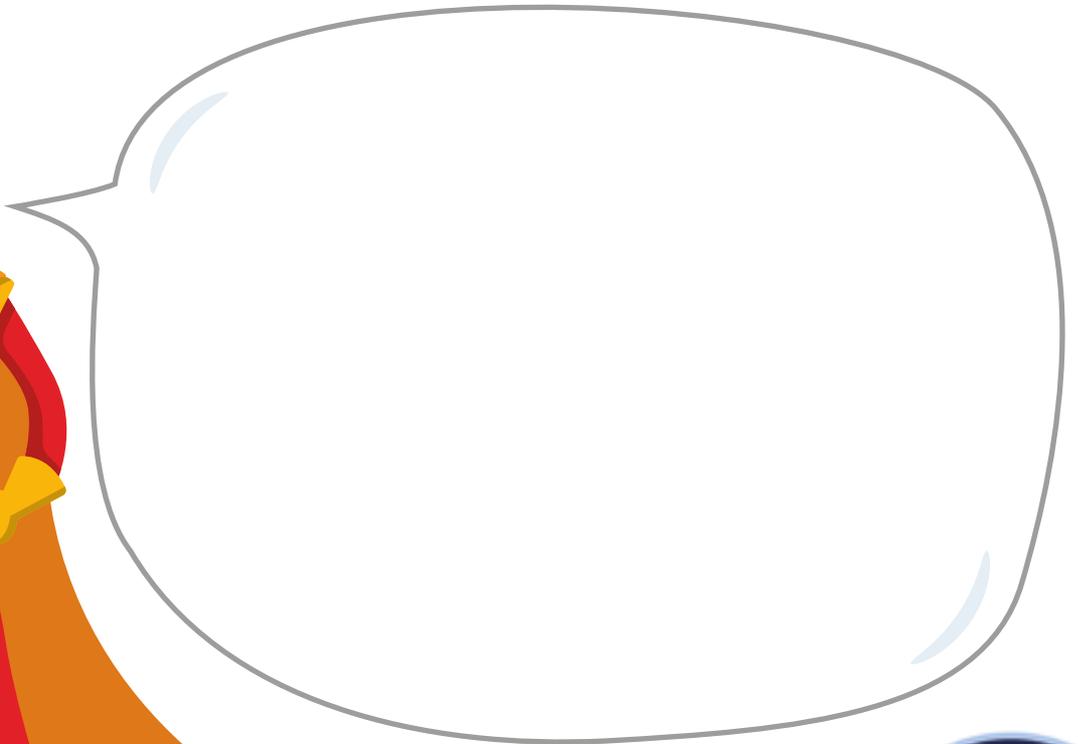
- | | | | |
|------------------------------------|---------------------------------|----------------------------------|------------------------------------|
| <input type="checkbox"/> NICU | <input type="checkbox"/> DOCTOR | <input type="checkbox"/> MILK | <input type="checkbox"/> PREMATURE |
| <input type="checkbox"/> INCUBATOR | <input type="checkbox"/> OXYGEN | <input type="checkbox"/> MONITOR | <input type="checkbox"/> FAMILY |
| <input type="checkbox"/> NURSE | <input type="checkbox"/> BABY | <input type="checkbox"/> TUBES | <input type="checkbox"/> CARE |



How did it feel when my brother or sister was born?

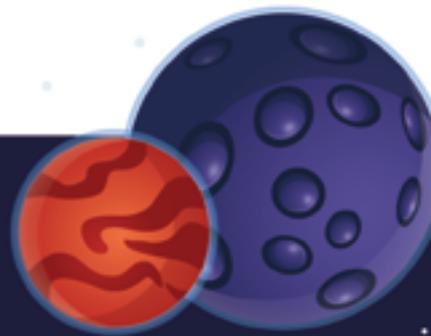


**What questions would i like to ask a nurse,
doctor or my parents?**



My Worry Shelf

Write or draw your worries on the shelves. By writing down your worry you can leave it on the shelf or talk to someone about your worry. If you're not ready to share your worries you can leave them on the shelf.



Worry Responder

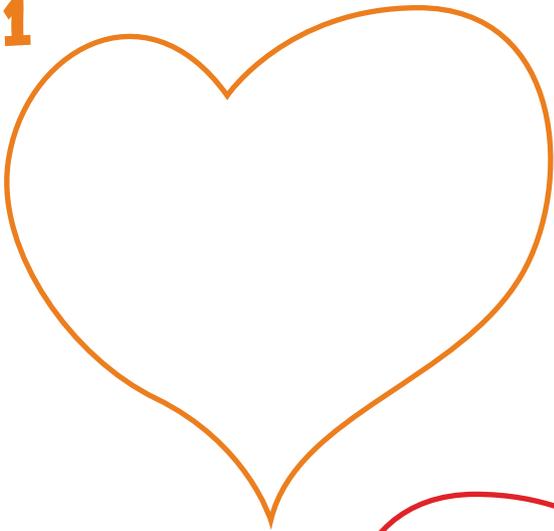
If there was a person who could respond perfectly whenever you're feeling anxious, what would they say or do to help you calm down?

The page features a central illustration of a superhero character with brown hair, a red mask, and a yellow cape. The character is wearing a red suit with a white star on the chest and yellow gloves. Surrounding the character are eight empty, cloud-shaped thought bubbles arranged in two columns of four, intended for the user to write their responses to the question above.

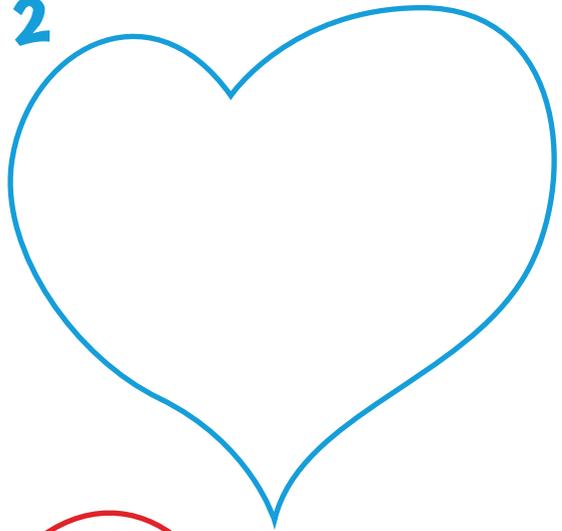


**Draw or write 5 people you can talk to about your worries.
These people can be family, friends or professionals.**

1



2



3



4

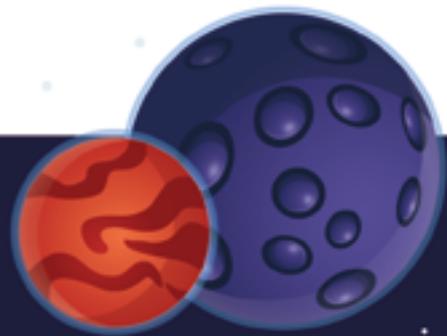


5



Here is a list of things that you can do that will help you to feel better:

1. Go for a walk or a run.
2. Talk to a friend or trusted adult.
3. Write or draw in your journal.
4. Count backwards from 10.
5. Shut your eyes and imagine a beautiful garden - what kind of flowers or plants are in the garden? Try to notice lots of different details.



Circle the activities that you have tried to relax.



Yoga or Pilates



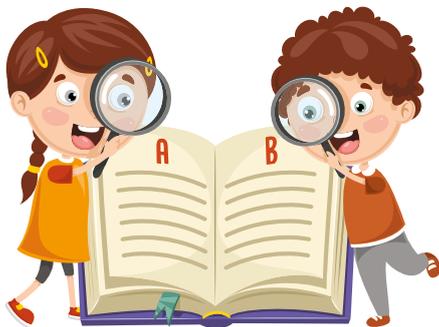
Listen to music



Time outdoors or in nature



Have a bath



Read a book or magazine



Colouring or drawing



Colour in the phrase below with bright colours.

I
AM
LOVED



Use Your Senses

If you are feeling sad, anxious or angry, take a mindful minute to check in with your senses.



ABC Scavenger Hunt

Sit down and start by finding something in the room that begins with the letter A. Then find something that begins with the letter B. Continue finding things in order throughout the alphabet and write them down below:

A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	y	_____
M	_____	Z	_____



My Mantra

A mantra is a word or phrase that you can say to change the way you feel. Choose a mantra from the list below and say it 10 times.

**I AM LOVED. I AM
SAFE.**

**I SPEAK WITH
KINDNESS.**

**I AM DOING MY BEST,
THAT IS ALL I CAN
EXPECT OF MYSELF.**

I AM ENOUGH.

**YOU CAN DO
ANYTHING BUT NOT
EVERYTHING**



Mood Grid

Pick a colour for each of the moods below.

Colour in a box each day depending on how you are feeling.

Happy

Worried

Angry

Sad

Excited

Not sure



Jar of Gratitude

Everyday write down something you are grateful for.



Copy this page and complete everyday.

How do i feel overall about today?



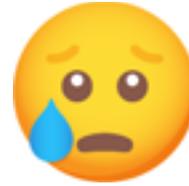
Happy



OK



Worried



Sad



Angry

5 Thoughts i have right now:

- 1.
- 2.
- 3.
- 4.
- 5.

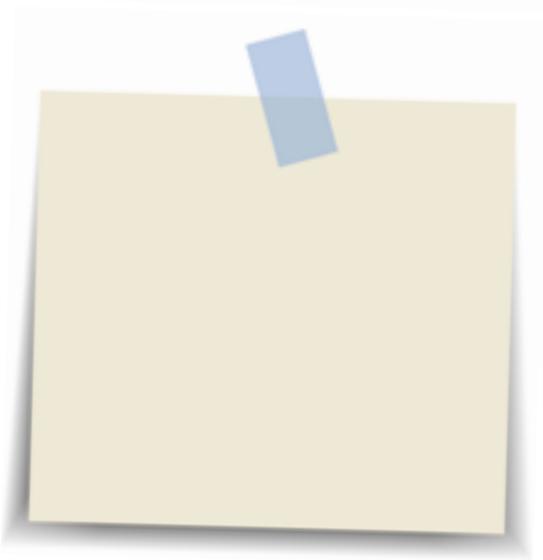
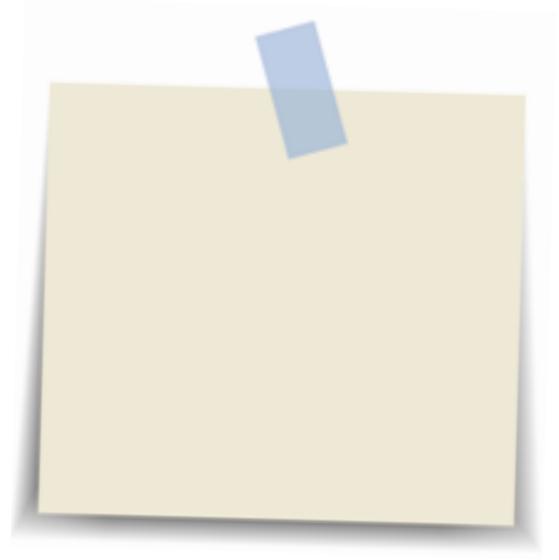
What happened today?

I am proud of myself today because...



Special memories

Write or draw all the special memories you have with your baby brother or sister.



Draw a picture

Draw a picture of the hospital.

Draw a picture of your family.





WELL DONE!

THIS CERTIFICATE IS TO SAY THAT:



HAS COMPLETED THE NOAH'S STAR
ACTIVITY BOOK

AMAZING WORK!

**Have fun practicing all the activities
and coping strategies you have learnt.**





www.noahsstar.org

Supported by

