

Hospitalized Children



Group members will learn ways to offer emotional support to hospitalized children and then create books of encouragement to be given to hospitalized children and/or their families.



OBJECTIVES:

1. Group members will be reacquainted through a warm up activity.
2. Group members will learn about the common reasons for hospitalization among children.
3. Group members will learn how to provide emotional support to hospitalized children undergoing difficult/painful tests or medical procedures.
4. Group members will create books of encouragement to be donated to a local children's hospital.



ACTIVITIES:

I. INTRODUCTIONS AND WARM-UP ACTIVITY

- a. Introductions of new F.I.I.V.E. group members, staff, and guest speakers (if applicable)
- b. Warm-Up Activity (See Appendix A: Warm-Up Activities)

NOTE: Don't forget to pass out nametags!

II. PRESENTATION

(See Appendix B: Volunteer Activity Session Scripts for presentation materials on *Hospitalized Children*.)

III. PROJECT: BOOKS OF ENCOURAGEMENT

INSTRUCTIONS:

1. Cut the cardboard into squares or rectangles to serve as the backing for your booklet pages. 4x6 inches is an ideal size, but you can make the booklets whatever size you prefer. Cut as many cardboard squares/rectangles as you want pages in your booklet. Make sure all the cardboard pages are identically sized.
2. Using mod podge, adhere scrapbook paper to one side of a cardboard page. Trim the scrapbook paper to match the size of the cardboard page. Repeat on the reverse side of the cardboard page and for as





MATERIALS:

1. cardboard box
2. scissors (regular; zigzag and other crafting scissors)
3. mod podge
4. paint/sponge brush
5. scrapbooking paper in assorted patterns
6. hole punch
7. snap rings (to hold the book together)
8. fabric scraps
9. stickers and other scrapbooking embellishments

many cardboard pages as you wish to include in the booklet until all of the cardboard pages are covered with scrapbook paper on both sides. Let the pages dry.



3. Once the pages have dried, decorate with words/phrases of encouragement, stickers, and other embellishments. (See example phrases/words of encouragement below).



4. Using a hole punch, punch two holes onto the 4 inch side of the cardboard pages, punching one hole approximately 1 inch from the top and the other hole approximately 1 inch from the bottom. Make sure the holes match up from page to page.
5. Stack all the cardboard pages together, aligning the holes. Snap on the snap rings through the holes you just created.
6. Cut scraps of fabric into 3 or 4 inch long strips, and tie them on the rings.





SUGGESTED WORDS/PHRASES OF ENCOURAGEMENT:

“The secret to success is constancy of purpose.”

- Benjamin Franklin

“All who have achieved great things have been great dreamers.” - Orison Swett Marden

“The future you see is the future you get.”

- Robert G Allen

“How very little can be done under the spirit of fear.” - Florence Nightingale

“The best of healers is good cheer.” - Pindar

IV. REFRESHMENTS AND DEBRIEFING

While group members enjoy a small snack or refreshment, use the following questions to facilitate a debriefing discussion about the day’s activity:

NOTE: Ask another staff member or an older adult volunteer to take notes!

1. What is it like for children who are hospitalized?
2. What makes a hospital stay difficult for children?
3. What was your favorite part about today’s activity?

V. CALENDAR CORNER/ANNOUNCEMENTS

a. Prepare the group for the next F.I.I.V.E. volunteer activity session.

- ~ Date/Time/Location
- ~ Advertise guest speaker (if applicable)
- ~ Supplies (if applicable)
- ~ Recommend appropriate attire (if applicable)

VI. RECORDKEEPING

(See Appendix C: Recordkeeping Materials to use with each volunteer activity session.)



Additional Tips or Suggestions:

- For Ask grocery stores to save cardboard boxes for you to use for this project.
- Visit discount stores for inexpensive fabric scraps. Ask group members to bring fabric from home that they no longer use or wish to donate. Old shirts, skirts, dresses, etc. can be cut up and used as well.
- Invite a child life specialist or a pediatric nurse to speak to your volunteer club members about the ways they provide support for hospitalized children.
- Alternative or additional activities:
 - Host a stuffed animal drive or book drive.
 - If your club has adequate access to transportation, volunteer to visit a children's hospital and read stories or play with the children.
 - Instead of donating to a children's hospital, consider donating to the Ronald McDonald house.
 - Create craft kits to donate to hospitalized children.

