



**This book  
is for YOU!**

**This book belongs to:**





**Welcome to I Can Move Mountains!**

**Moving mountains – sounds impossible, right?**

**But, it's NOT.**

**It's an expression that means you can do things  
that are very difficult, like fighting cancer...**

**See?**

**You CAN Move Mountains!**

**This activity book is for you to learn about  
yourself, help you figure out what you need  
to make the journey easier and HAVE FUN!**

**Look at this book whenever you need to be  
reminded that you have the strength within  
yourself to move mountains!**



# all about me

*Remember, this book is all about you and your strength! Take a few minutes to share a little about yourself.*

**My family includes (pets count, too):** .....

.....

**My hero is:** .....

**My best friend is:** .....



**My favorite place is:** .....

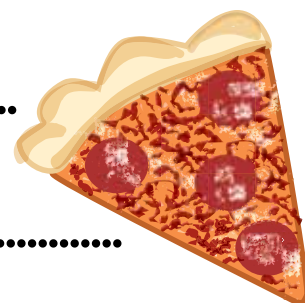
**My most prized possession is:** .....



**My favorite song is:** .....

**My favorite book is:** .....

**My favorite color is:** .....



**My favorite food is:** .....



**My name is ..... I have cancer.**

**My treatment will help me get better and my strength can move mountains!**

**Here's a little more about me . . .**



**My hobbies are: .....**

**My favorite TV show is: .....**

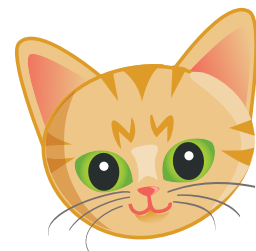
**My favorite movie is: .....**

**My favorite subject in school is: .....**

**My favorite video game is: .....**

**My lucky number is: .....**

**My favorite sport is: .....**

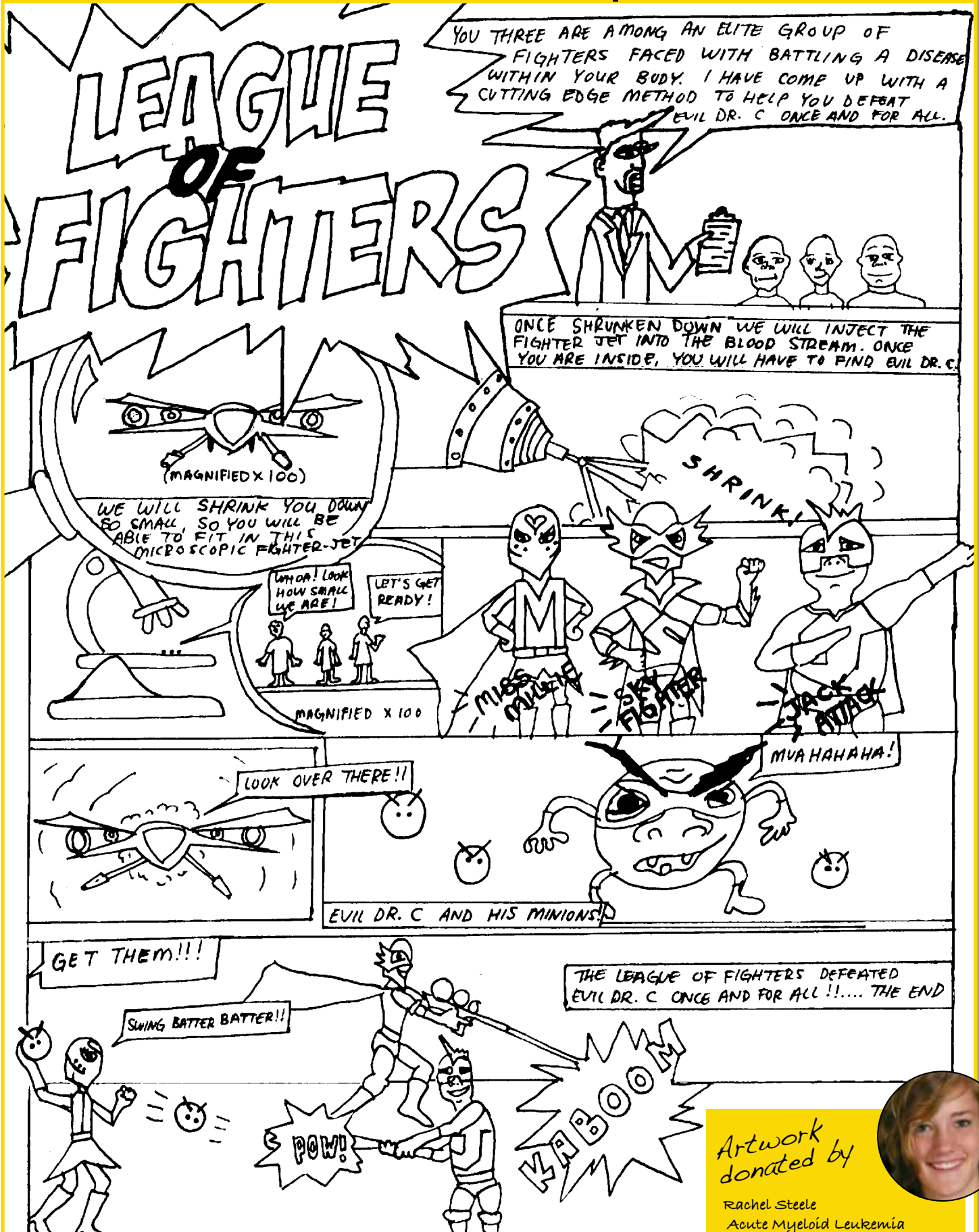


**My favorite animal is: .....**

**My favorite super hero is: .....**

**My favorite board game is: .....**

# Color the comic strip!

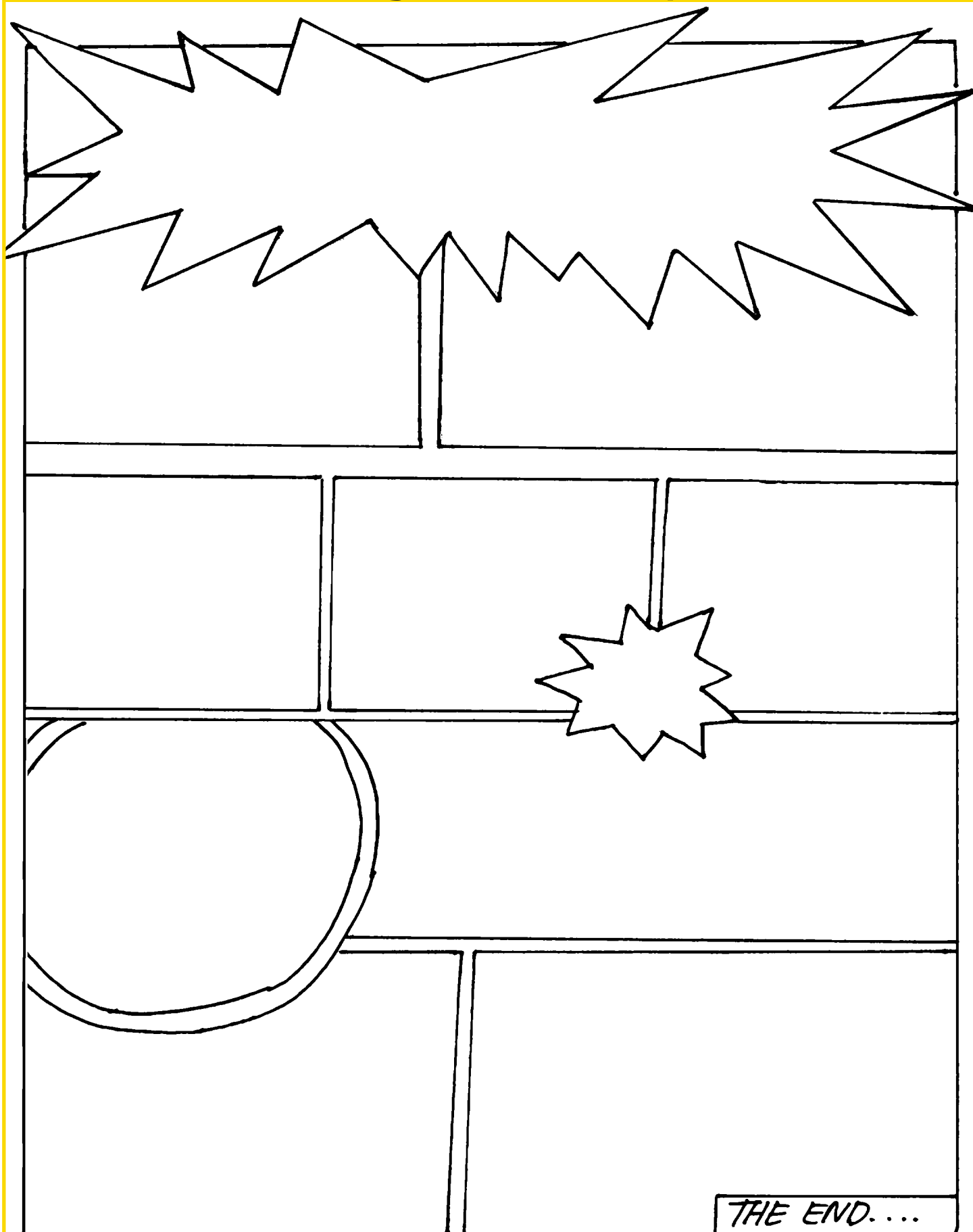


Artwork  
donated by

Rachel Steele  
Acute Myeloid Leukemia  
Age at Diagnosis: 16  
Age now: 20



# Create your own comic strip!



# madlibs



## The Wonderful Dream



Once upon a time, there was a/an \_\_\_\_\_ child named \_\_\_\_\_.

(adj.)

(your name)

The child had to go on trips to the hospital because he/she was very \_\_\_\_\_.

(adj.)

On one of the visits, the doctor said that he/she would have to take

a \_\_\_\_\_ nap. When the child fell asleep, he/she began to dream

(adj.)

a/an \_\_\_\_\_ dream. The first thing the child saw was a/an

(adj.)

\_\_\_\_\_ hanging in a \_\_\_\_\_ tree. Its name was

(animal)

(adj.)

\_\_\_\_\_ and had \_\_\_\_\_ toes and a \_\_\_\_\_ sized head! It was

(your doctor's name)

(number)

(noun)

\_\_\_\_\_ for \_\_\_\_\_ to eat, so it climbed a tree while whistling

(verb ending in -ing)

(food)

the tune of \_\_\_\_\_. The \_\_\_\_\_ toucan nearby felt

(your favorite song)

(adj.)

\_\_\_\_\_ when he heard the song. So he grabbed a \_\_\_\_\_ and flew over to

(adj.)

(noun)

the tree where \_\_\_\_\_ was \_\_\_\_\_. When he reached the tree, he gave

(your doctor's name)

(verb ending in -ing)

\_\_\_\_\_ a high-\_\_\_\_\_ and said that he sang \_\_\_\_\_.

(your doctor's name)

(number)

(adverb ending in -ly)

The two became \_\_\_\_\_ friends and lived \_\_\_\_\_ ever after!

(adj.)

(adverb)

After \_\_\_\_\_ woke up, he/she saw \_\_\_\_\_ and

(your name)

(your doctor's name)

\_\_\_\_\_.

(verb ending in -ed)

(adverb ending in -ly)



Story  
donated by

Benjamin Melancon  
Acute Lymphoblastic Leukemia  
Age at diagnosis: 3  
Age now: 21



## Want to hear a funny story?

Grab mom or dad, a friend, nurse or call your grandma to help you create the Mad Libs stories. Ask them to give you the noun, verb, adjective, etc., needed to fill in the blanks. Use the handy Word Bank descriptions listed if you are not sure of the definition. The sillier the word, the funnier the story! Once all the blanks are filled in, read the story you've created and try not to laugh too hard. It's sure to be hilarious!

### Word Bank

Type	Definition	Example
verb	action word	run, skip, push
adjective	describes a noun	large, silly, beautiful
adverb	describes a verb	quickly, happily, sadly
noun	person, place or thing	fish, mom, hat



# The Mountain Climber



There once was a \_\_\_\_\_ child named \_\_\_\_\_ who wanted to climb  
(adj.) (your name)  
to the top of a mountain. She/He had heard that the \_\_\_\_\_ from the top was \_\_\_\_\_!  
(noun) (adjective)  
Other \_\_\_\_\_ who had made the climb before were amazed by everything they  
(pl. noun)  
could see from the top. \_\_\_\_\_ knew the climb would not be \_\_\_\_\_.  
(your name) (adj.)  
She/He spent \_\_\_\_\_ months getting ready for the trip. She/He \_\_\_\_\_ and  
(number) (past tense verb)  
\_\_\_\_\_ every day to prepare. Finally, it was time to climb the mountain. The  
(past tense verb)  
journey was \_\_\_\_\_, but \_\_\_\_\_ was not alone. She/he brought \_\_\_\_\_  
(adj.) (your name) (adj.)  
friends, \_\_\_\_\_ and \_\_\_\_\_, to help reach the top. As they  
(friend's name) (another friend's name)  
climbed, they saw \_\_\_\_\_ things: a \_\_\_\_\_, a beautiful \_\_\_\_\_, a small  
(adj.) (noun.) (noun)  
\_\_\_\_\_. But the best part was making it to the top of the mountain. From there,  
(noun)  
\_\_\_\_\_ could see everything! \_\_\_\_\_ could see her/his family who was  
(your name) (your name)  
\_\_\_\_\_ at the bottom. The \_\_\_\_\_ seemed so \_\_\_\_\_, the \_\_\_\_\_ were a  
(verb ending in -ing) (noun) (color) (pl. noun)  
brilliant \_\_\_\_\_. Life was \_\_\_\_\_ and \_\_\_\_\_ was proud that she/he had  
(color) (adj.) (your name)  
made the climb.

Artwork  
donated by



Amanda MacLellan  
Langerhan's Cell Histiocytosis X  
§ Non-Hodgkin's Lymphoma  
Age at Diagnosis: 21 months § 5  
Age now: 24



# The NAME Game

What's in a name? Do you know what your name means? Do you know how your name was chosen? Do you have a nickname? Names can tell a lot about a person! Use this page to figure out some fun names for yourself!

## Your Rodeo Rider Name

Your favorite Western state +  
your favorite piece of cowboy gear  
(sample: Nevada Lasso)



## Your Movie Star Name

Your first pet + the street you live on



## Your Cartoon Character Name

Your favorite dwarf + your favorite crayon color

## Your Star Wars Name

The first 3 letters of your first name +  
the first 2 letters of your last name

## Your Spy Name

Your favorite season or holiday +  
your favorite flower

## YOUR SUPER HERO NAME

"The" + your favorite color + your family car



## Your Pirate Name

Captain + your favorite color +  
a body part/feature

## Your Mountain Moving Name

A word that describes you + mountain range

Artwork  
donated by

Rachel Steele  
Acute Myeloid Leukemia  
Age at Diagnosis: 16  
Age now: 20



# I Could I Can I Will

Cancer can't stop you! After all, you can move mountains!



Carrie Hudson  
Acute Lymphoblastic Leukemia  
Age at Diagnosis: 9  
Age now: 18

I could play softball.  
I can play softball minimally.  
I will enjoy baseball games with my family.

I could play the piano.  
I can learn simple songs with just my left hand.  
I will still play the piano a little bit and my love for music will evolve into a career in opera singing.

Brian Moore  
Ewing's Sarcoma,  
Age at Diagnosis: 8 & 11  
Age now: 21



Chase Meacham  
Osteosarcoma  
Age at Diagnosis: 14  
Age now: 22

I could be in plays at my grade school's theater.  
I can watch my friends act, and cheer them on!  
I will keep working in the theater, writing and acting and directing.

**Before diagnosis I could**

**Now I can**

**After treatment I will**

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# Who **YOU** Are?

Sometimes just being a kid can be tough but going through cancer treatment makes every day even tougher. Think how hard it is to move a mountain! Use the list below to share more about you. Can your answers help you deal with your illness & treatment? If you feel comfortable, share your answers with your parents, your doctors and your friends so they can help make your mountain-moving a little easier!

## I think I am:

- A Kind
- B Funny
- C Smart
- D All of the above

## When I am happy I:

- A Smile a lot
- B Give hugs
- C Listen to music
- D Dance

## When I am angry I:

- A Yell & scream
- B Listen to music
- C Talk things out with friends and family
- D Get quiet and don't talk at all

## When I am sad I:

- A Cry
- B Write in my journal
- C Hide under the covers because I just want to be alone
- D Need lots of family and friends around to cheer me up

## What really makes me laugh is:

- A A funny movie or TV show
- B A funny book
- C Comic books
- D Doing silly things with my friends



## When I meet new people I:

- A Am quiet and shy
- B Ask a lot of questions
- C Become fast friends like we have always known each other

## When doctors or nurses talk to me I:

- A Usually understand what they are telling me
- B Don't understand them but am afraid to ask questions
- C Don't understand them but don't really want to know anyway
- D Don't understand them but ask questions until I do

## When I am at the hospital or clinic I like:

- A At least one of my parents to stay with me
- B To have some time to myself and it is ok if mom or dad goes home once in a while
- C To be able to communicate with my friends on the computer or cell phone
- D Lots of visitors

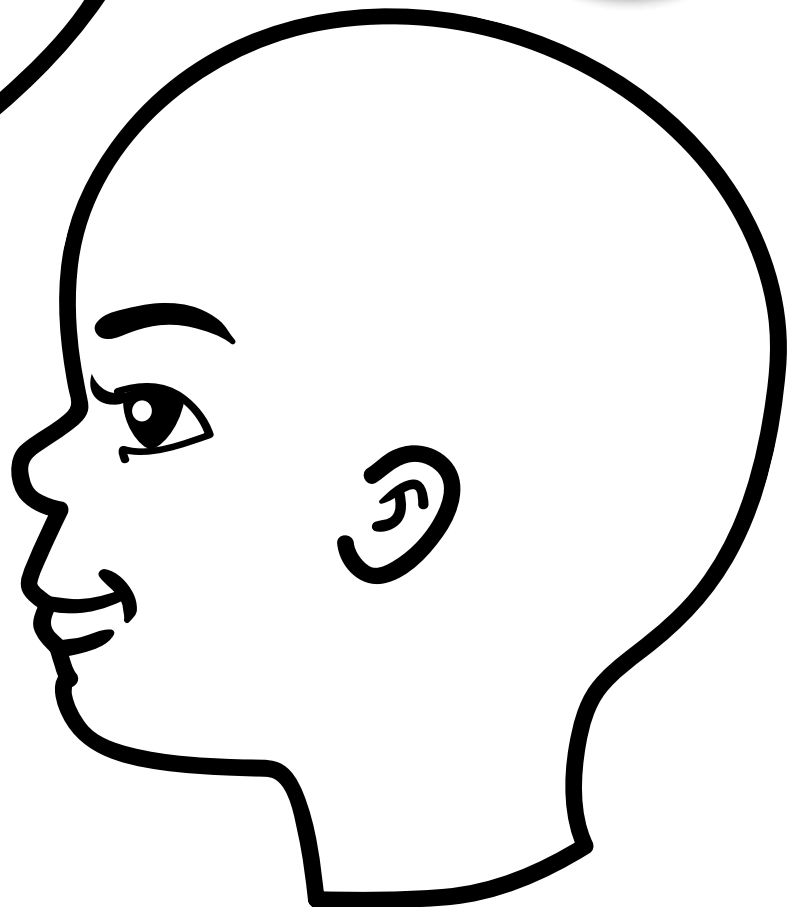
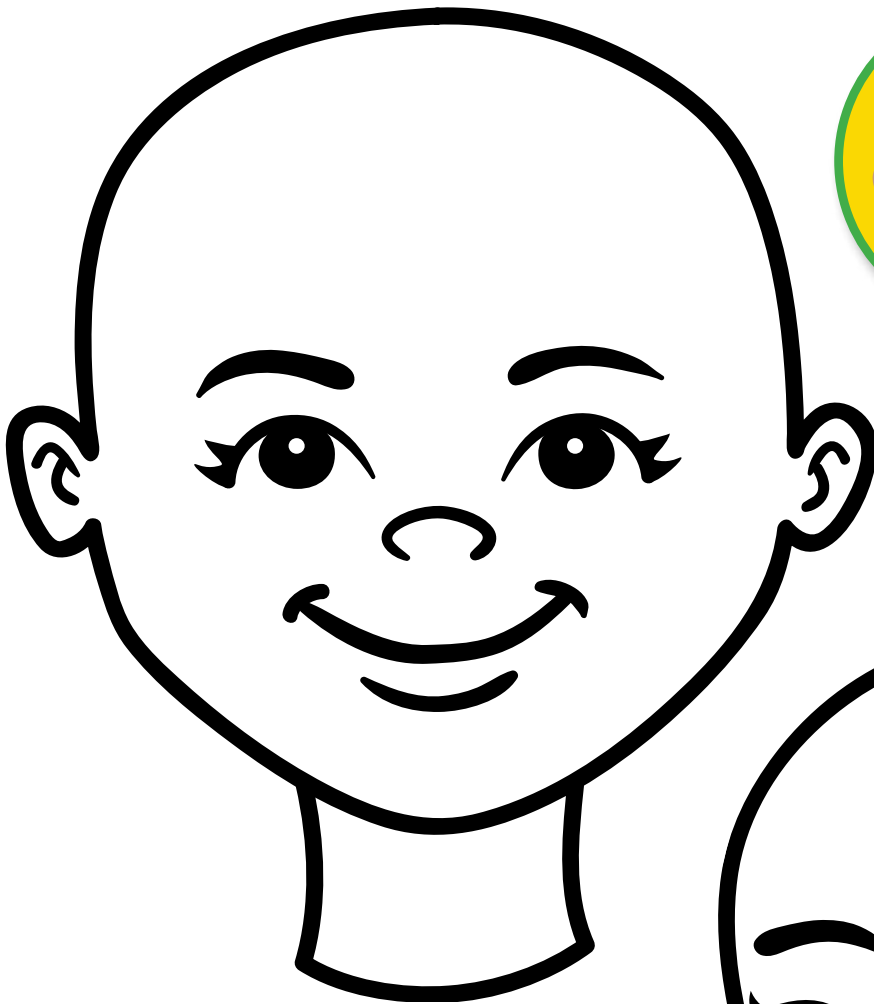
## When I return to school I:

- A Like the other students to treat me the same as before I was sick
- B Don't want anyone to ask me questions
- C Like when people talk about my cancer to me and not about me behind my back
- D Want my teacher to help me get caught up
- E Would like my classmates to help out

# Bald IS



Attempting to move mountains is BOLD! How would you or could you decorate a bald head?





# Patient Quiz

A sense of humor can be helpful!

Circle the answer that best describes you. Next add up the points you earned for each question. See how playful you are.

**1**

**You have to spend your birthday in the hospital, you...**

- A** Bring in cake and ice cream and sing "Happy Birthday" every time a nurse enters the room (1pt)
- B** Make everyone who enters your room wear a party hat (2pts)
- C** Ask your child life specialist or nurse to help you decorate your room with streamers & balloons and request that anyone who enters sing "Happy Birthday" to you (3pts)



**2**

**Your aunt sends you a package, inside you find a whoopee cushion, you bring it with you the next time you go to clinic and...**

- A** Give it to the nurse to give it to another kid who might want it (1pt)
- B** Hide it and anytime a doctor or nurse enters the room make fart noises and act like you don't hear anything (2pts)
- C** Hide it anytime a nurse or doctor enters the room, make fart noises and blame it on them (3pts)



**3**

**The Child Life Department is hosting a talent show in the playroom, you...**

- A** Attend the show and your laughter can be heard throughout the playroom (1pt)
- B** Perform a song from a funny Broadway show (2pts)
- C** Write and perform your own comedy skit (3pts)



**4**

**Your doctor gives you a small water gun and tells you to squirt the nurses with it, you...**

- A** Talk the doctor into squirting the nurses because the nurses are too nice to squirt with a water gun (1pt)
- B** Squirt your parents because you know they are not expecting it (2pts)
- C** Squirt your doctor and the next nurse that walks in the door (3pts)



**5**

**You meet a new kid at the hospital or clinic, you...**

- A** Don't bother them and continue on with your fun plans (1 pt)
- B** Go over and introduce yourself (2 pts)
- C** Invite them to hang out with you in the play room (3 pts)

**5pts-7pts = You are supportive and thoughtful**

You find fun in watching others be playful and silly

**8pts-11pts = You like fun and excitement**

Sometimes you like to watch others act silly while other times you like to be right in the middle of playfulness

**12pts-15pts = You are playful and comical**

You are not afraid to act silly and find fun in making others crack-up

Artwork  
donated by

Heather Cain  
Acute Myeloid Leukemia  
Age at Diagnosis: 10 & 13  
Age now: 25



# Discover

## Your Inner Animal



Are you as quiet as a mouse or is your roar as loud as a lion's?  
Are you as gentle as a lamb or as ferocious as a tiger?  
Think about your personality and write your name next to the animal which is most like you.  
Think of the people around you: your family; friends; classmates; doctors/nurses. What's their inner animal?

**Canary** - loves to sing and dance \_\_\_\_\_

**Owl** - wise and loves to stay up late \_\_\_\_\_

**Dog** - loyal and cheerful \_\_\_\_\_



**Eagle** - brave and patriotic \_\_\_\_\_

**Dolphin** - smart and beautiful \_\_\_\_\_

**Kitten** - sweet and sneaky \_\_\_\_\_

**Hamster** - cute and energetic \_\_\_\_\_

**Elephant** - remembers everything \_\_\_\_\_

**Bear** - loves to sleep \_\_\_\_\_

**Goat** - loves to eat \_\_\_\_\_



**Horse** - strong and fast \_\_\_\_\_

**Seal** - funny and playful \_\_\_\_\_

**Lion** - protective and courageous \_\_\_\_\_

**Anything** you might want to add?

\_\_\_\_\_  
\_\_\_\_\_



Artwork  
donated by



Amanda MacLellan  
Langerhan's Cell Histiocytosis X  
S Non-Hodgkin's Lymphoma  
Age at Diagnosis: 21 months S 5  
Age now: 24

# SCAVENGER

Think of all the people you meet when you are at the hospital or clinic like the doctors, nurses, child life specialists, dieticians, physical therapists, other patients, housekeepers ... the list goes on and on.

Now is your chance to find out more about them. Find an actual person who fits the description in each circle and ask them to sign and date it.

**1**

Find someone who works at the hospital that has three kids.

signature

date

**2**

Find someone who was born in another country.

signature

date

**3**

Find someone who can speak three languages.

signature

date

**4**

Find someone who has the same kind of cancer as you.

signature

date

**9**

Find someone who can do a cartwheel.

signature

date

**11**

Find someone with as many pets as you.

signature

date

**13**

Find someone who works in the cafeteria who will sing their ABC's at the nurse's station.

signature

date

**14**

Find someone who has the same initials as you.

signature

date

**15**

Have your doctor sing Twinkle, Twinkle Little Star out loud as they wash their hands.

signature

date

**16**

Find someone born the same month as you.

signature

date





# Scavenger Hunt

5

Find a nurse with brown eyes.

signature

date

6

Find someone who is allergic to peanuts.

signature

date

7

Find someone who likes to cook.

signature

date

8

Find someone who has been on a swim team.

signature

date

10

Find a doctor who can do five push-ups. (make them prove it!)

signature

date

12

Find someone who can say their ABC's backward.

signature

date

17

Find someone who has visited more than five states.

signature

date

18

Find someone who is an only child.

signature

date

19

Find someone who has worked at the hospital longer than 25 years.

signature

date

20

Have your picture taken with someone special.

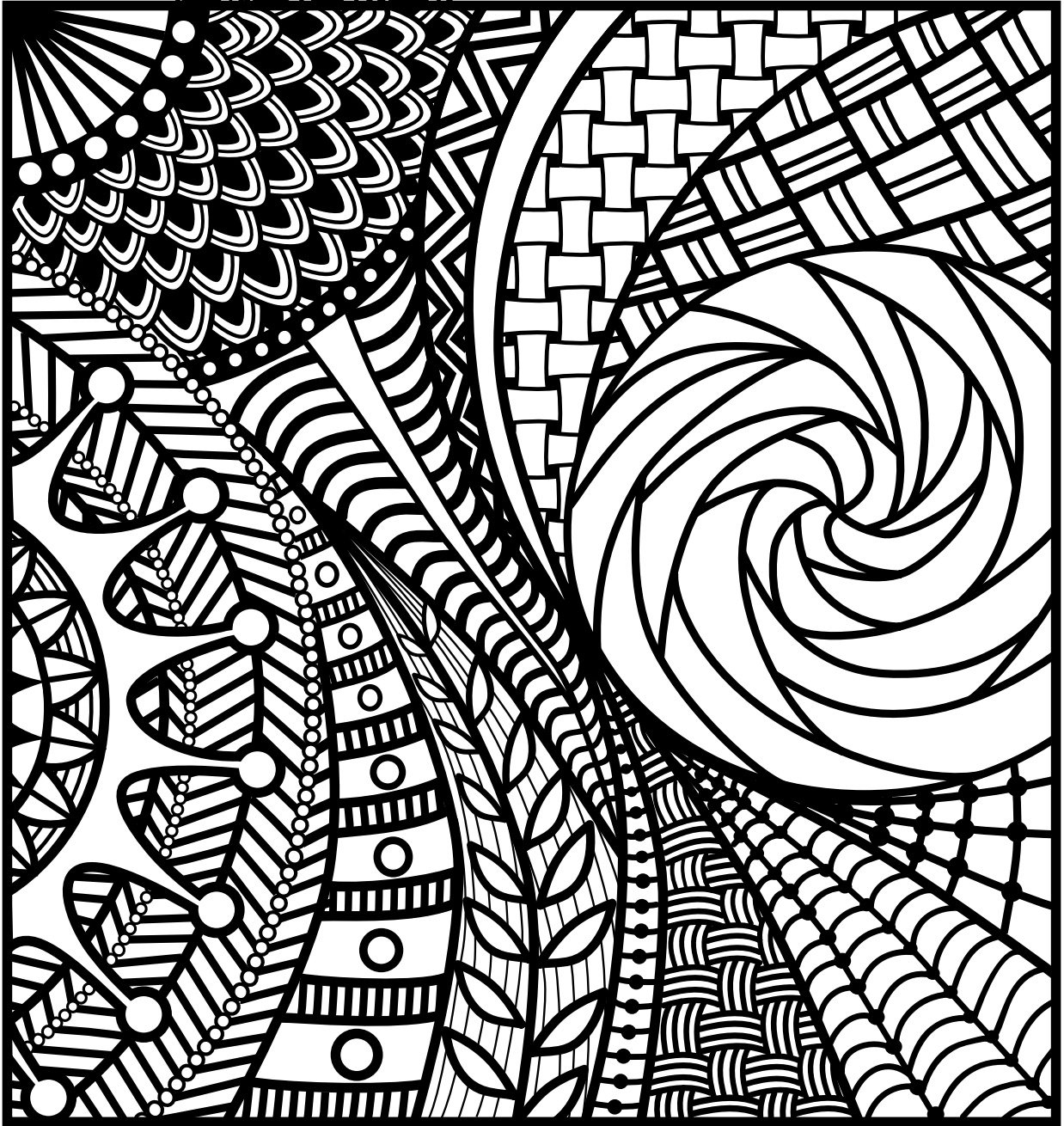
signature

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# GEODOODLE to Color

A Geodoodle is a drawing created with repetitive patterns.  
They can be relaxing to color and cool to look at.  
You don't need to be an artist to create a Geodoodle.





# Create your own GEODOODLE

Use the space provided to create your own Geodoodle.



# SchoolTies

Is school making it harder to get your mountain moving?

Here are some tips to help you make school more manageable.

## Get the Facts

Ask your doctor how long you might have to be away from school.

Find out if your treatment might make it harder for you to get your work done on time.



## Find a homework helper

Homework helper: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

What I want my classmates to know:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Talk to your teachers

Your teachers are on your side but need to know what's going on. Ask your parents to talk to them about your cancer and treatment so they can help you. What would you like your teachers to know?



## Ask for help

Who can help you be successful at school?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Other helpful hints:

- Keep a calendar of deadlines, test schedules and other due dates. The more organized you are, the easier it will be to plan ahead so you can get things done when you're feeling well enough to tackle your homework.
- If you have to miss classes for a while but you are well enough to go out a little bit, go with your classmates to sporting events, school plays, and other fun activities. It can help you feel more in touch.

# THE FRIEND



## FACTOR



You can tell your friends and classmates as much or as little as you want about your cancer and treatment, but sharing with them may help them understand what's going on with YOU!

**Your best friends will help you move your mountain—rain or shine!** These friends accept you as you are. They want to know what you need. They are there when you are feeling good and even when you're feeling not-so-good. They give you space when you want it but come back around when you need them. These friends are real mountain-movers!

**Not all friends are the helpful kind.** Some head for the hills and others push in the wrong direction. These aren't the kind of friends you need when moving a mountain!

Think about your friends. Which ones help you? How have they been there for you? What can you tell them so they know how to be a good friend?

**Mountain mover**

**How they have helped you**

**What you need from them**

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# Hospital High Jinks

Moving mountains is hard work. It helps to have fun things to do to while you're going through treatment. We've listed a lot of different things to help pass the time ... Can you think of anything else?

- Camp out - indoors! Set up a small tent or make one of your own with sheets and blankets. "Roast" hot dogs and marshmallows in the microwave!
- Make a tower out of paper cups that is as tall as you. Remove the bottom piece and watch it tumble!
- Think up 100 things you can do besides watch TV and do them!
- Have a movie night.
- Make your own word search puzzles.
- Have an indoor "snowball" fight. Wad up the sheets of newspaper or scrap paper into "snowballs" and throw them at your doctors and nurses when they come in the room- but be sure you get permission first!
- Plan a treasure hunt.
- Make and send a card to someone who needs it.
- Work on a family or hospital photo album.
- Perform an experiment.
- Listen to books on tape.
- Have a picnic inside on the floor.
- Play board and card games.
- Play charades.
- Keep a running tab on who wins the most Yahtzee or Uno games.
- Start a puzzle on the table and see who stops by to help.
- Learn to do tricks with a yo-yo.
- Write a letter.
- Organize a video game tournament.
- See how many nurses or doctors let you give them a temporary tattoo.
- Put on a talent show.



Artwork  
donated by

Heather Cain  
Acute Myeloid Leukemia  
Age at Diagnosis: 10 & 13  
Age now: 25



# Autographs







The National Children's Cancer Society (NCCS), headquartered in St. Louis, Missouri, is a not-for-profit organization that is committed to improving the quality of life for children diagnosed with cancer and their families worldwide.

The NCCS serves as an emotional, financial and educational resource for those in need at every stage of illness and recovery.

For more information call 314-241-1600 or visit theNCCS.org.

American Legion  
Child Welfare Foundation



*I Can Move Mountains* was created with a generous grant from the American Legion Child Welfare Foundation, Inc.