



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Scribble

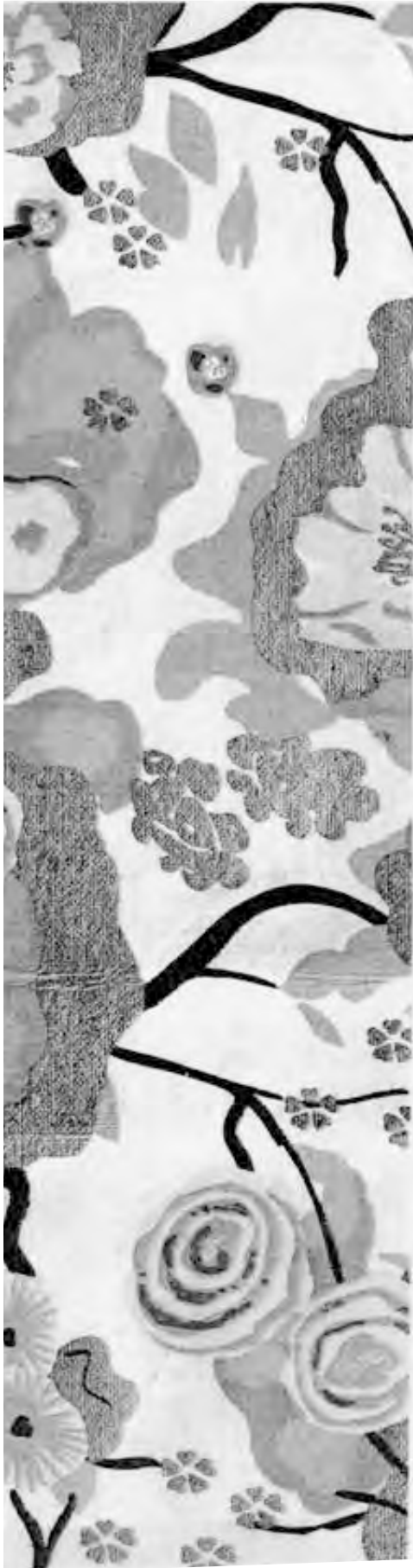


A Creative Journal

if cancer comes to your family

Sara Prins Hankinson, RCAT & Karen Janes, RN, MSN

Ages 10 and Up



Acknowledgements:

We acknowledge the work of June Slakov BA, DVATI, RCAT, and Karen Janes, RN, MSN who created our first book for children: "Time for Me" in 1999. "Scribble and Paste" includes some of the words and ideas from this original book.

There were many people from the BC Cancer Agency who helped to create this new book including:

Jane Rowlands, BFA, BSc, AAM
Graphic Artist, Medical Illustrator

Cathie Dunlop, PhD, DVATI
Art Therapist

Gina Mackenzie, MSW
Provincial Director, Clinical Operations,
Psychosocial Oncology & Practice Leader,
Counselling & Psychiatry Services

Amy Lai, MA, RCC
Clinical Counsellor

Melanie McDonald, MSW, RSW
Social Worker

Gregory Huebner, MA, CCC
Practice Leader,
Patient & Family Counselling,
Abbotsford Centre

Helen Wong, MSW, RSW
Social Worker

Sandy Kwong, MSW, RSW
Social Worker

Jagbir Kaur Kohli, RN, MN
Education Resource Nurse

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Scribble and Paste
1-896624-27-8 978-1-896624-27-3

For adults:

“Scribble and Paste” is for older kids, ages 10 and up, who have a family member with cancer. It was designed as a place for them to learn about cancer and ways of coping when cancer comes to the family. Many children and adults have a hard time talking about cancer, so we hope that this book will be good place to learn and facilitate conversation around this difficult topic.

This book is also a place for kids to discover more about themselves, their family, their strengths and the support around them. We hope that the information and exercises included will equip kids to feel more confident and know that they have strengths and are supported through difficult times.

“Scribble and Paste” was written recognizing that cancer has an effect on everyone in the family, and kids may react to a cancer diagnosis with a wide range of emotions and reactions. (For more about this read “Reaching Out to Your Children When Cancer Comes to Your Family: A Guide for Parents” by June Slakov.) This book attempts to help kids name changes and emotions they may be experiencing, normalize them, and help find strengths and support.

“Scribble and Paste” was primarily drawn and written by an art therapist with principles of art therapy in mind. We believe that creating art can help people express themselves in a way that they may not be able to with words. Art can also contribute positively to personal development, and may foster self-confidence, and self-discovery within the artist. Please invite the owner of this book to be creative and use it in whatever way is natural to them. It may be used as a personal journal, or as a conversation starter.

To create this book, we cut out and photocopied sketches and different pieces of paper, and wrote all over in many fonts. Our hope was to give it a collage-type feel that will encourage kids to doodle and glue in their own pictures. Older kids sometimes start to think that their drawings need to look a certain way or that they are not good at art. We gave this journal a bit of a messy feel to it to encourage kids to use it regardless of their assumed artistic abilities. We believe that art is more about the process than the product, so it doesn't matter if it is messy.(Sometimes, the messier the better!)

With this book, our hope is to support children and teenagers who have cancer in the family. We hope that this is a place for them to find strength, which will in turn add to the strength of the whole family.

Read this before you begin:

This book is for you. Sometimes life is hard when someone in your family has cancer. So, we thought we'd make a book for you to hopefully make life at least a little bit better.

In this book you can draw, write, glue pictures, movie tickets and other things, stick stickers, scribble things with Sharpies, make a mess, or whatever else!

In this book, you can do whatever you want.

We do hope that you use it to draw and write a bit about yourself and your situation, though. We also hope you'll learn a few things about cancer, its treatments, and how cancer may have affected you and your family.

We use a lot of art in this book because we think that making art is good for you. Sometimes being creative (in whatever way works for you) can help you express yourself, and it might make you feel more relaxed, or confident. It doesn't matter if you are good at art or not! Just please, enjoy using this journal. Even if that means you make a mess out of it. (Which would probably feel pretty good to make.)

ENJOY!

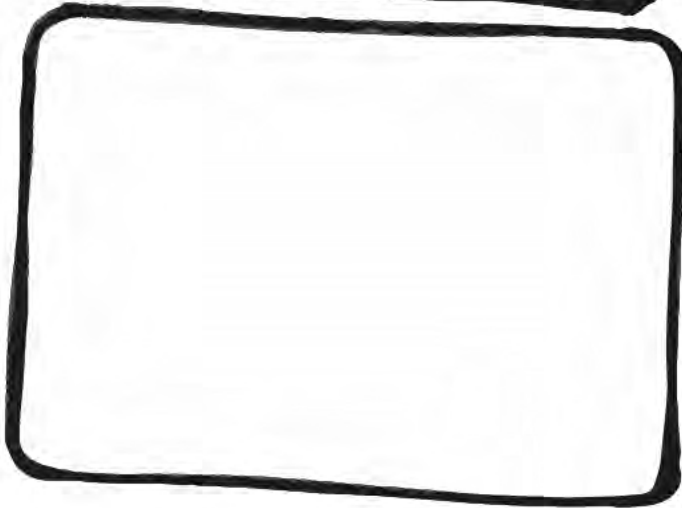
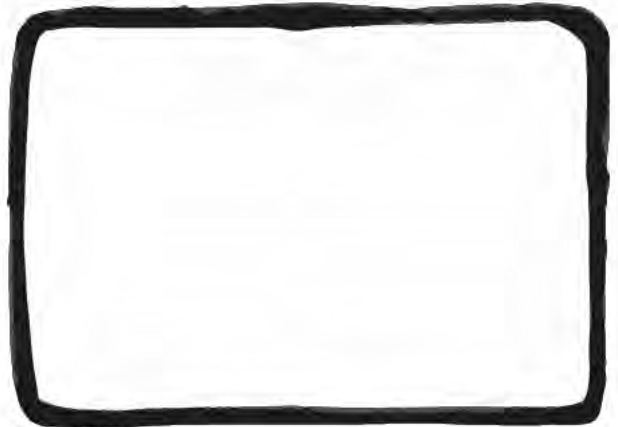
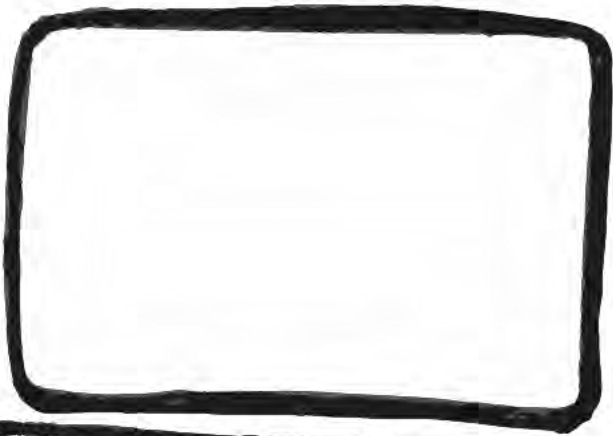





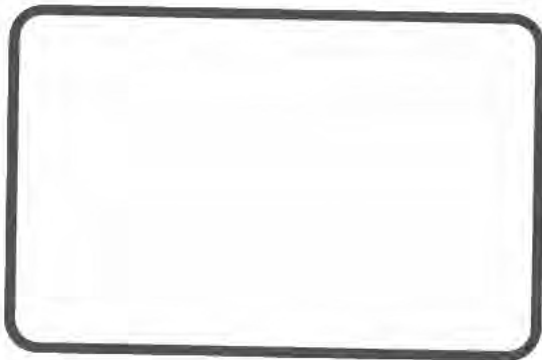
about me

my NAME is :

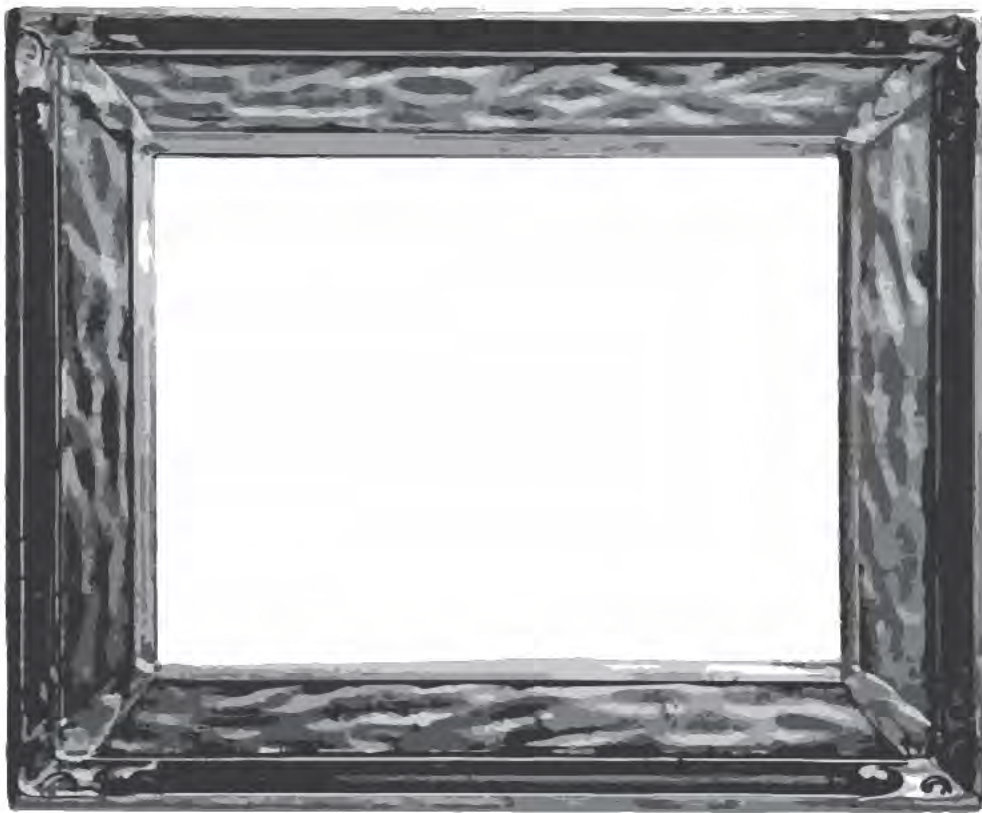
How many ways can you write your name?



my name is:



DRAW or glue a



PICTURE of YOU



NOVA

into

Turn yourself
into a SUPER HERO!



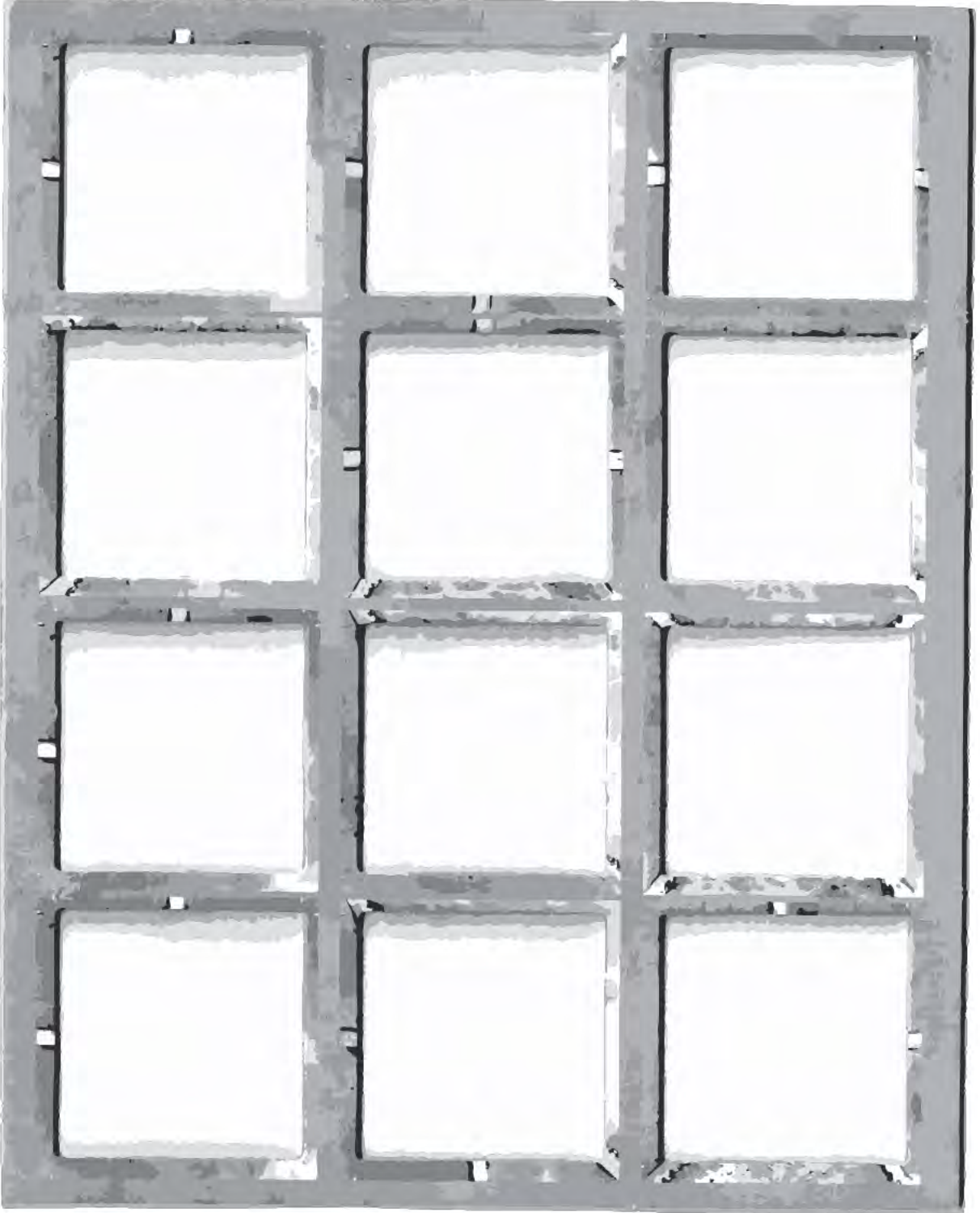
THIS IS MY SUPER FAMILY:



(they can be heroes or not. Your choice.)

THESE are MY
FRIENDS:

They are great to talk to when life is hard.

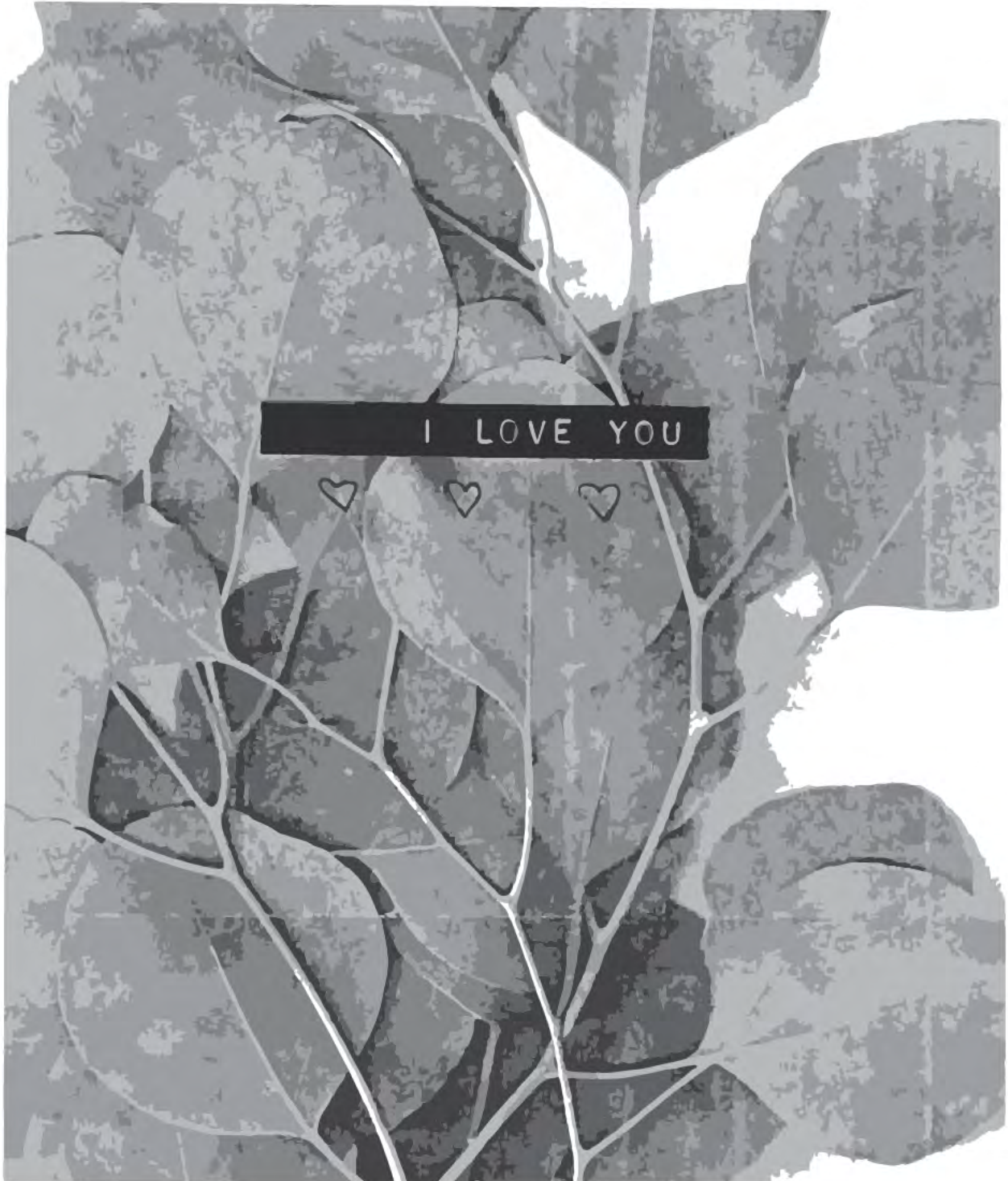


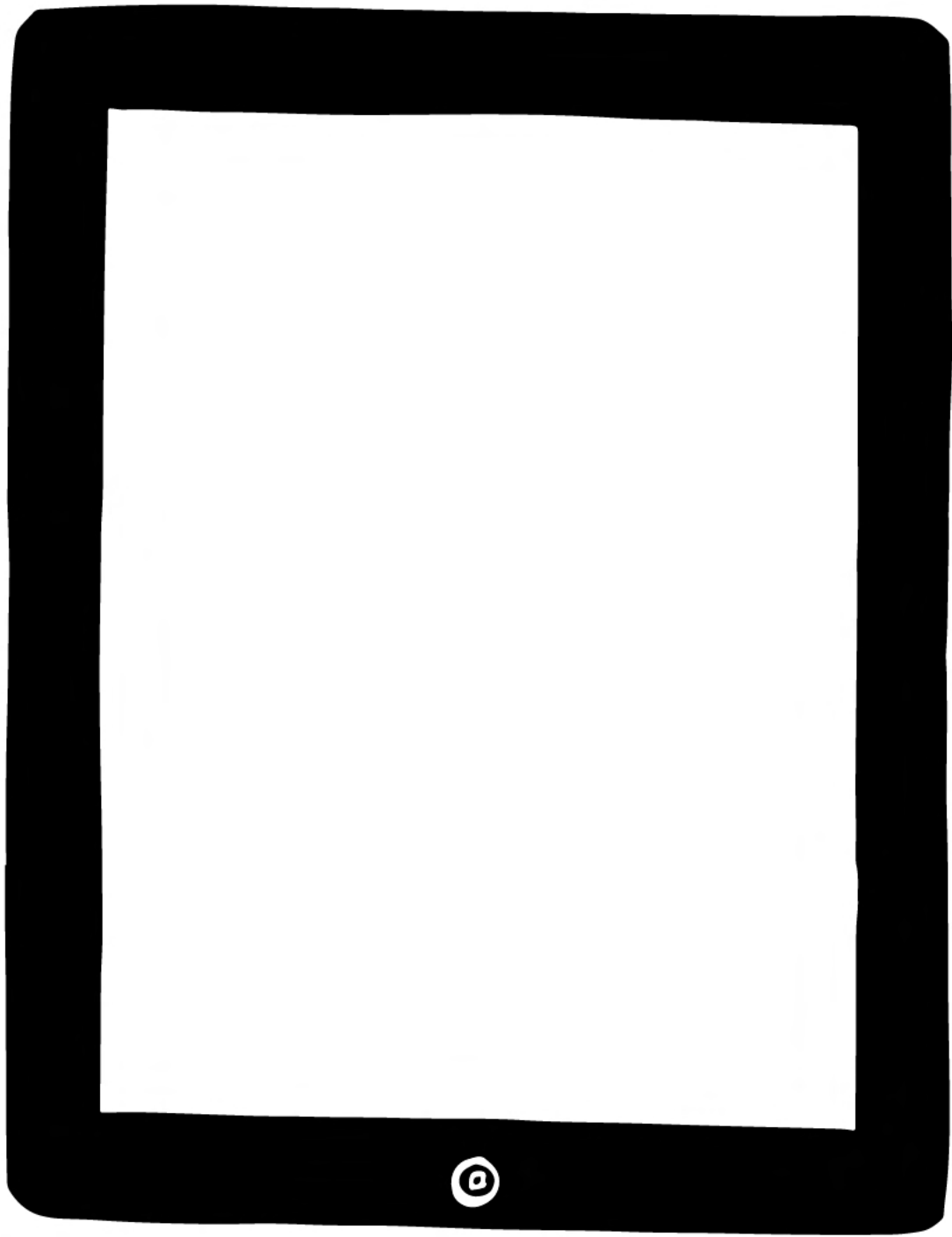


Some things I love:

and some more...

(write them in the leaves.)





WHAT IS ON YOUR SCREEN LATELY?

Quick!

Here is a shooting star. Make wishes!



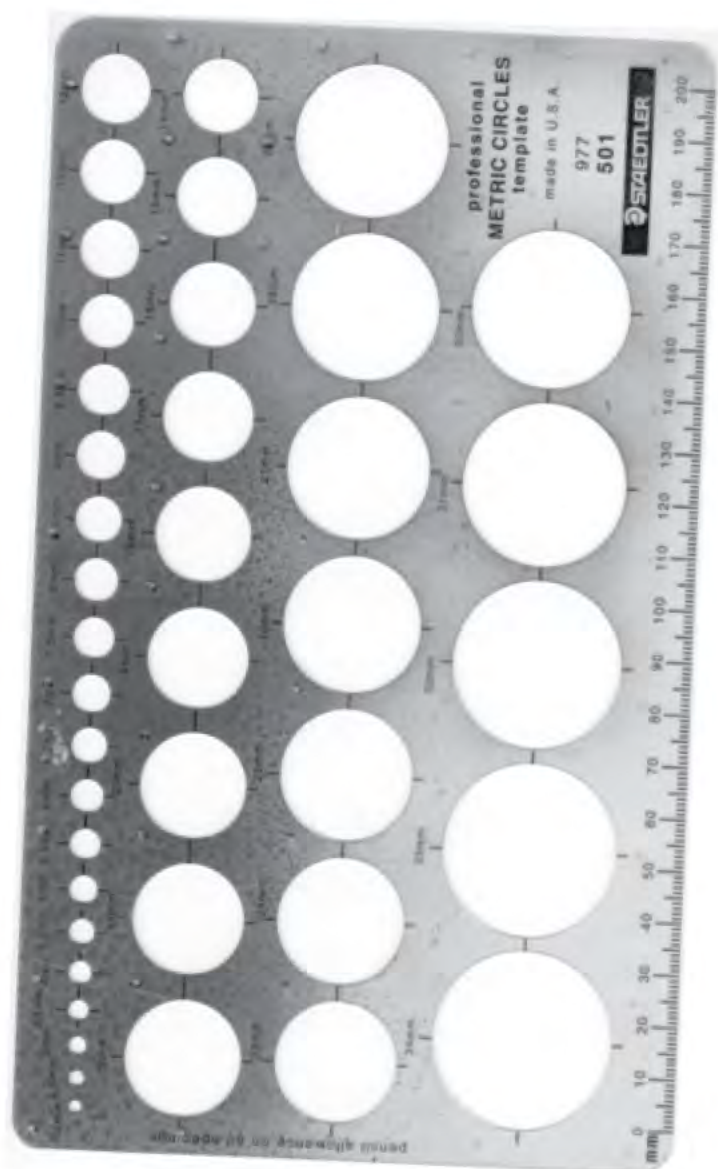
ABOUT CANCER



WHAT KIND OF CANCER
DOES YOUR FAMILY MEMBER
HAVE?

WHAT TREATMENTS WILL
THEY HAVE?

This is what I think of when
I hear the word "cancer":





(you can write them here or anywhere else.)



PRETEND
YOU ARE A
REPORTER.

Interview your
family member
with cancer.

What questions
do you have
for them?

and
now
it's time
for...

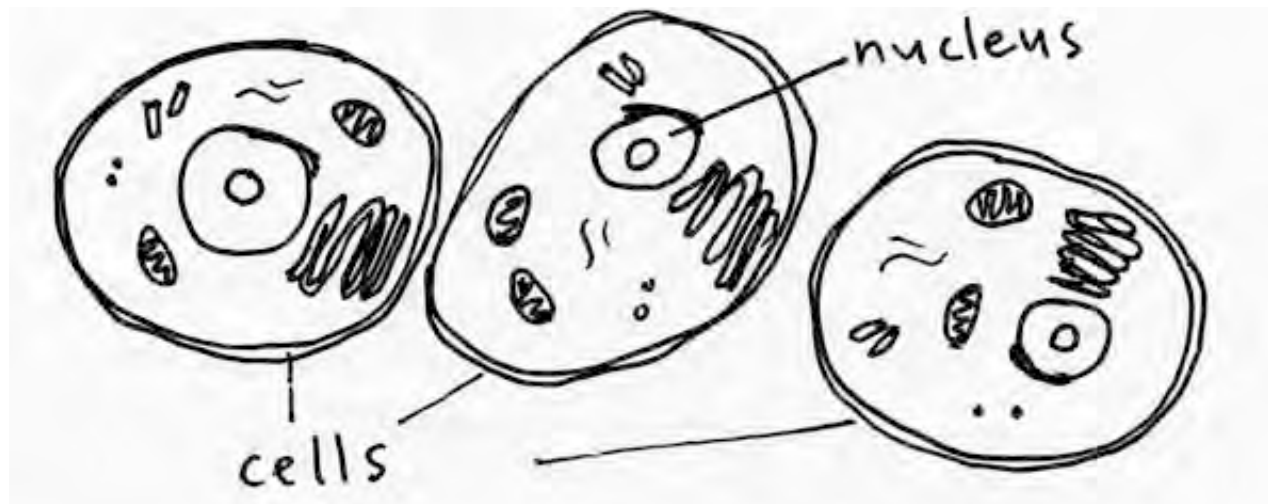
**ASK A
NURSE!**

Dear Nurse,

What is a cell?

A: The cell is the building block of all parts of the body. Our cells are tiny - you need a microscope to see them. Our bodies are made up of millions of cells - and there are over 100 different kinds of cells. Each body part has a specialized kind of cell, with a different shape and job to do.

The “command centre” of each cell is called the nucleus. It contains all the information the cell needs to work and grow. The nucleus controls everything that happens inside the cell.



What is Cancer?

A: Cancer is a group of over 200 diseases, where cells that are not normal grow and divide quickly. The cancer cell's growth machinery is out of control because of changes in the nucleus (command centre) of the cell. The cells may group together to form a tumour.

Some tumours are "benign" - they do not spread and are not cancer. Cancerous tumours are "malignant". This means they keep growing, crowding out normal cells. They may metastasize, or spread to other places in the body.

How is it caused?

A: Cancer is caused by changes inside the cell which cause it to grow too quickly and crowd out the healthy cells. These changes (also called "mutations") happen to the information ("genes") inside the nucleus. These changes may be caused by some chemicals, radiation, air pollution (smoke), certain viruses and other things inside and outside the body. Most cancers do not begin until several of these "gene mutations" have happened.

There is still a lot we don't know about how cancer begins and what causes it. Scientists are studying and working hard to find the answers.

How cancer grows.



DEAR NURSE,

HOW DO YOU TREAT CANCER?

A: You remove cancer cells or stop them from growing and making new cancer cells.

Doctors use four kinds of treatment:

- surgery
- radiation therapy
- chemotherapy
- biotherapy

Each kind of cancer needs a different kind of treatment.

More than one kind of treatment may be used at the same time or at different times.

What is surgery?

A: Surgery works to remove the cancer by cutting the tumour out of the body.

A biopsy is done when cells are removed and looked at through a microscope. This is done to see if the cells are normal, or if they are cancerous.



What is radiation?

A: Radiation therapy carefully uses x-rays or rays from other radioactive sources to treat cancer. This treatment can come from a machine or from special materials placed in or near the cancer.



What is chemotherapy?

A: Chemotherapy uses special medicines or drugs to treat cancer. Chemotherapy may be given as pills to take, by special injections, or by intravenous (I.V.) into the body.

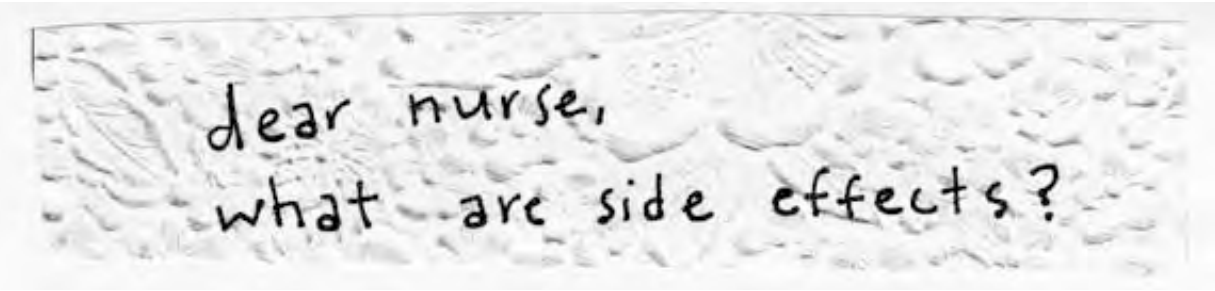
Chemotherapy is carried by the blood to each cell of the body, to reach cancer cells wherever they are.



What is biotherapy?

A: Biotherapy uses medicines that are very much like substances made by our bodies. These treatments use the body's own defensive powers to stop the growth of cancer cells. Like chemotherapy, biotherapy may be given as pills to take, by injections or by IV into the body.





A: Side effects of cancer treatment are different for each treatment, but happen because some healthy cells are damaged temporarily.

Some side effects are visible. Examples of side effects we can see are hair loss, mouth sores, or changes in the skin or weight.

Some side effects are invisible - we can't tell just by looking at someone from the outside. These side effects might make the person having treatment feel tired and nauseous. They may want to rest more, and for a while may not be able to work or play normally until the cells recover.

Some side effects are temporary and some are permanent. Some are visible (a scar or mark, or change in the shape of part of the body). Some can't be seen from the outside.



Q: What other things can help people with cancer treatment?

A: Sometimes medicine can help with side effects. Other things that help are rest, a healthy diet, special skin care, exercise, or clothing like wigs, scarves, or special hats.

Art and music therapy, relaxation exercises, and talking with others can help people feel better too.

Q: What else can help people feel better?

A: Lots of things!

Have you ever heard the saying "Laughter is the best medicine"?
A good laugh can brighten anyone's day!

Other things that can make people feel better:

- Spending time in nature (like going for a walk or gardening)
- Different sounds (like chants, bells, or rain)
- Things that bring joy to their heart (like being hugged, singing songs, and putting their hand on their heart)



Q: can you "catch" cancer from someone?
(like catching a cold?)

A: NO!

Q: can you cause someone to get cancer?

A: NO!

Q: if someone in my family has cancer,
will I have cancer too?

A: **PROBABLY NOT.** There are a few types of cancer that run in the family, but most do not. The chance of you getting cancer too is very small. And if you live a healthy lifestyle, the chance of you getting cancer is even smaller.



A: If you live a healthy lifestyle, you will be more likely to prevent cancer and you will also feel better. These are some things that you can do:

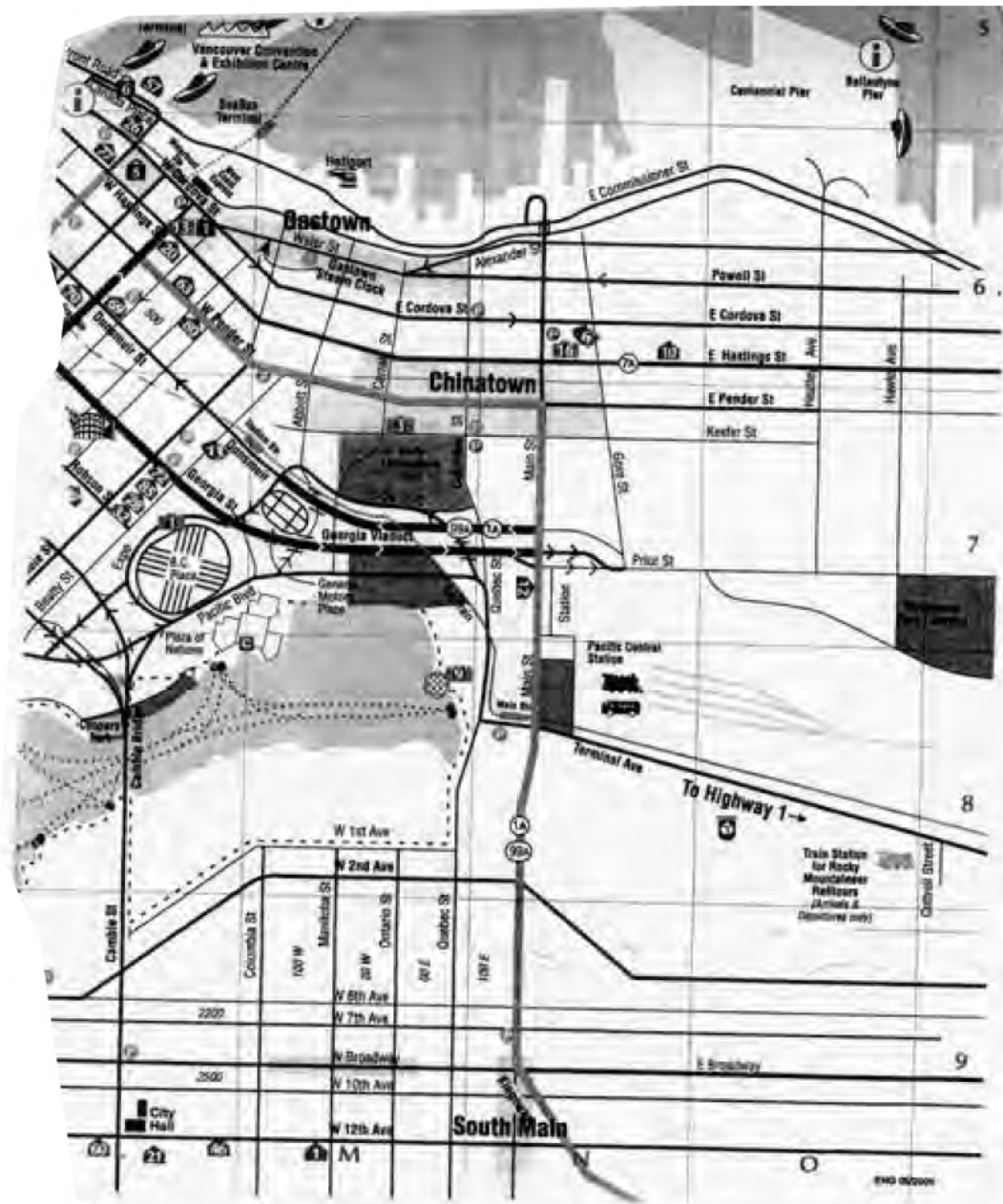
- eat healthy foods (lots of vegetables and fruit!)
- be active every day (walk, bike, swim, play!)
- protect yourself from the sun (cover up and seek shade when you can)
- don't smoke
- get lots of rest (sleep is very good for you)
- have fun (laughing is good for you, too!)



A: Check out the BC Cancer Agency's website:

www.bccancer.bc.ca/health-info/coping-with-cancer/cancer-the-family

Here, you'll find links to more websites and info about other resources you might be interested in.



ABOUT
FAMILY

MY FAMILY TREE

BONUS: What season is the tree in? Where and how does it grow?

In MY family,

this PERSON has cancer:



These are some things I love about
him/her:



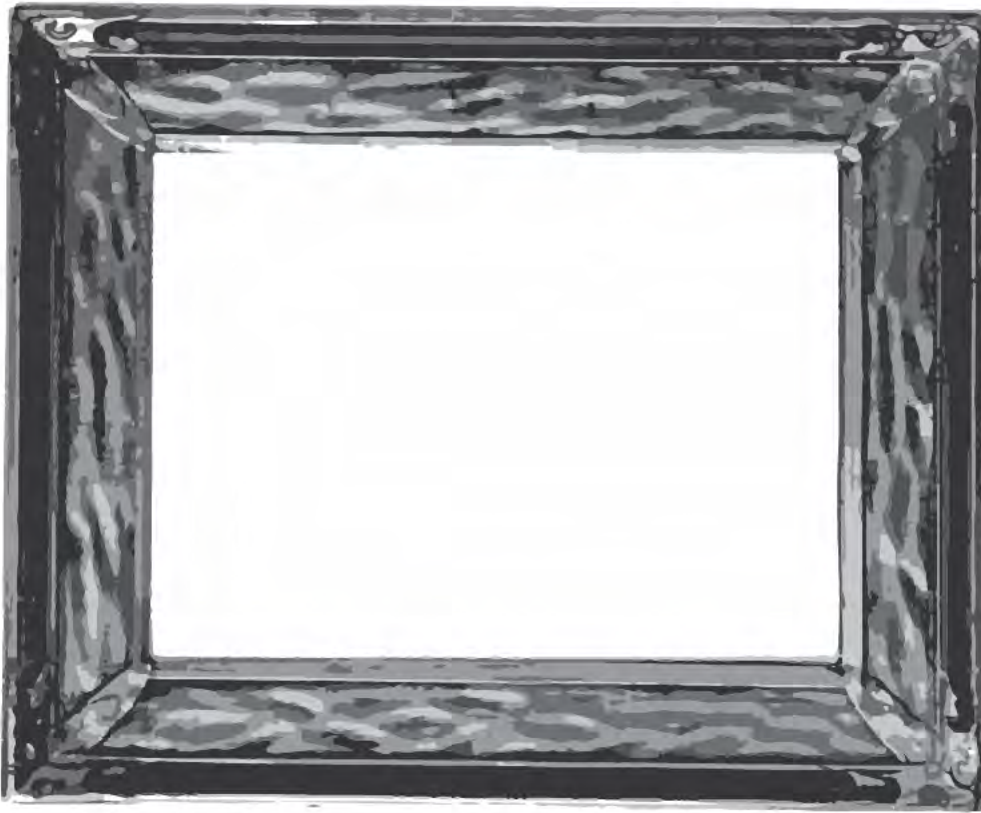
WRITE

a letter to this person.

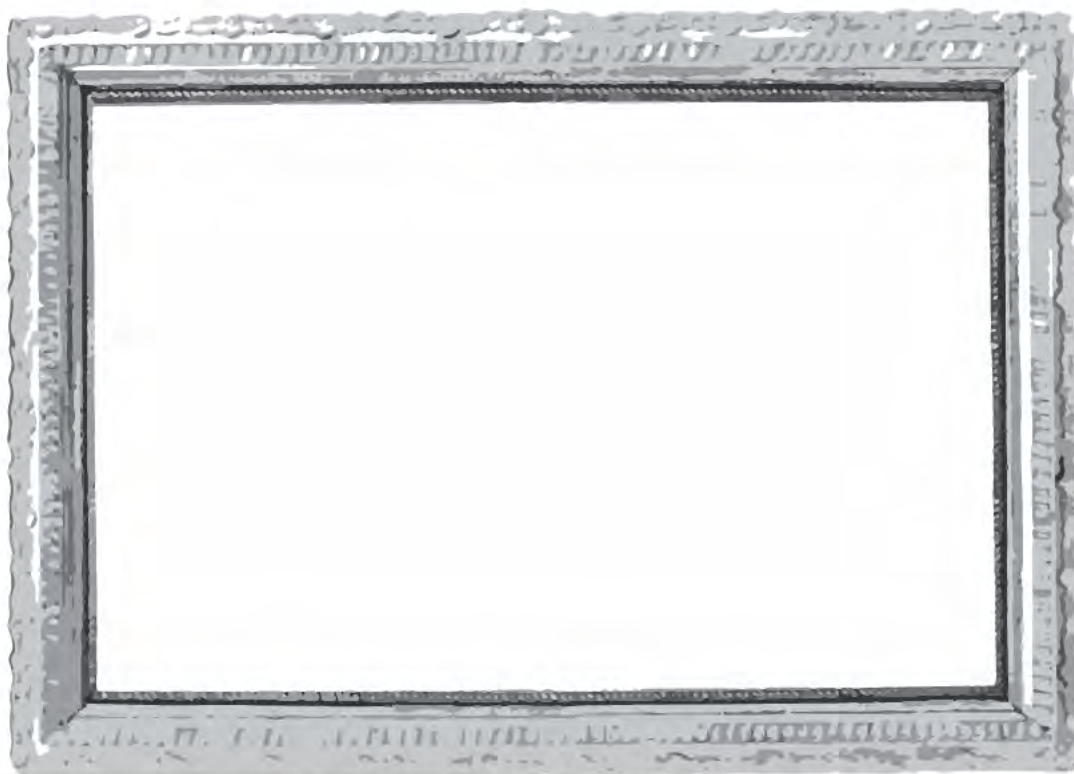
what do you want to say to them?



cancer changes things.



THIS
is
MY
family



•
THEN.
•
NOW.
•

Has your life changed since cancer came to your family? For some people it does, others not so much.



My life changed A LOT when my Dad got cancer. We had to spend time at the hospital, people were always visiting us, and I had to help out at home a lot more.

Sometimes there are good changes, too.
(Maybe you spend more time doing things together?)
Make a LIST of the changes you don't like, and the ones you do.

The image shows two hand-drawn rectangular pages, each with a black rectangular mark at the top center, resembling a binder clip. The left page is titled CHANGES I DON'T LIKE and the right page is titled CHANGES I LIKE. Both pages have horizontal lines for writing.

CHANGE is a part of life. Sometimes it is good, sometimes it is hard.



whatever the case is, it always makes you GROW.

At least ONE THING
Remains the same:

Your family still

LOVES YOU!



Even if they aren't able to spend
as much time with you.

★ TO DO ★

for my family

- Hug mom / dad / sibling
- Have a good chat
- Play a game
- Cook dinner / dessert
- Plan a SURPRISE!
- Talk about good + bad things from your day.
- Help with clean up
- A random act of kindness
- _____
- _____
- _____
- _____

about feelings.



CANCER AFFECTS EVERYONE'S FEELINGS

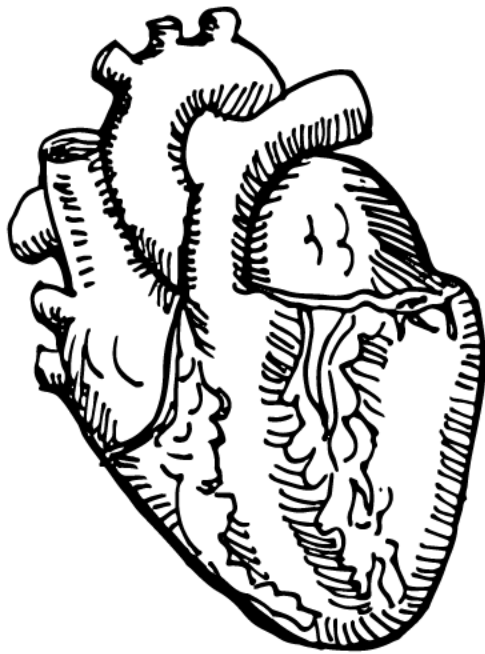
It is **OK** for you to feel sad or **MAD** or even **confused** about some things during this time. It is also **OK** for you to feel **nothing**. What emotions have you felt? Try writing them in ways that might express how they feel.

HOW HAS CANCER AFFECTED YOU?

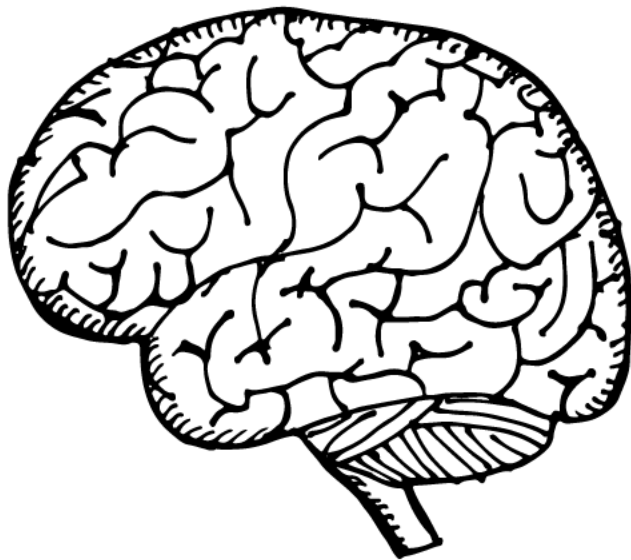


It's important to recognize that your family member's cancer can affect you in many ways. I got annoyed with people more easily and would suddenly feel helpless when I was studying. It affects everyone differently! Once you know what it makes you feel, you can learn to deal with your feelings.

you may notice FEELINGS
in different parts of your
BODY.



Do you notice any
feelings in your heart?
↓

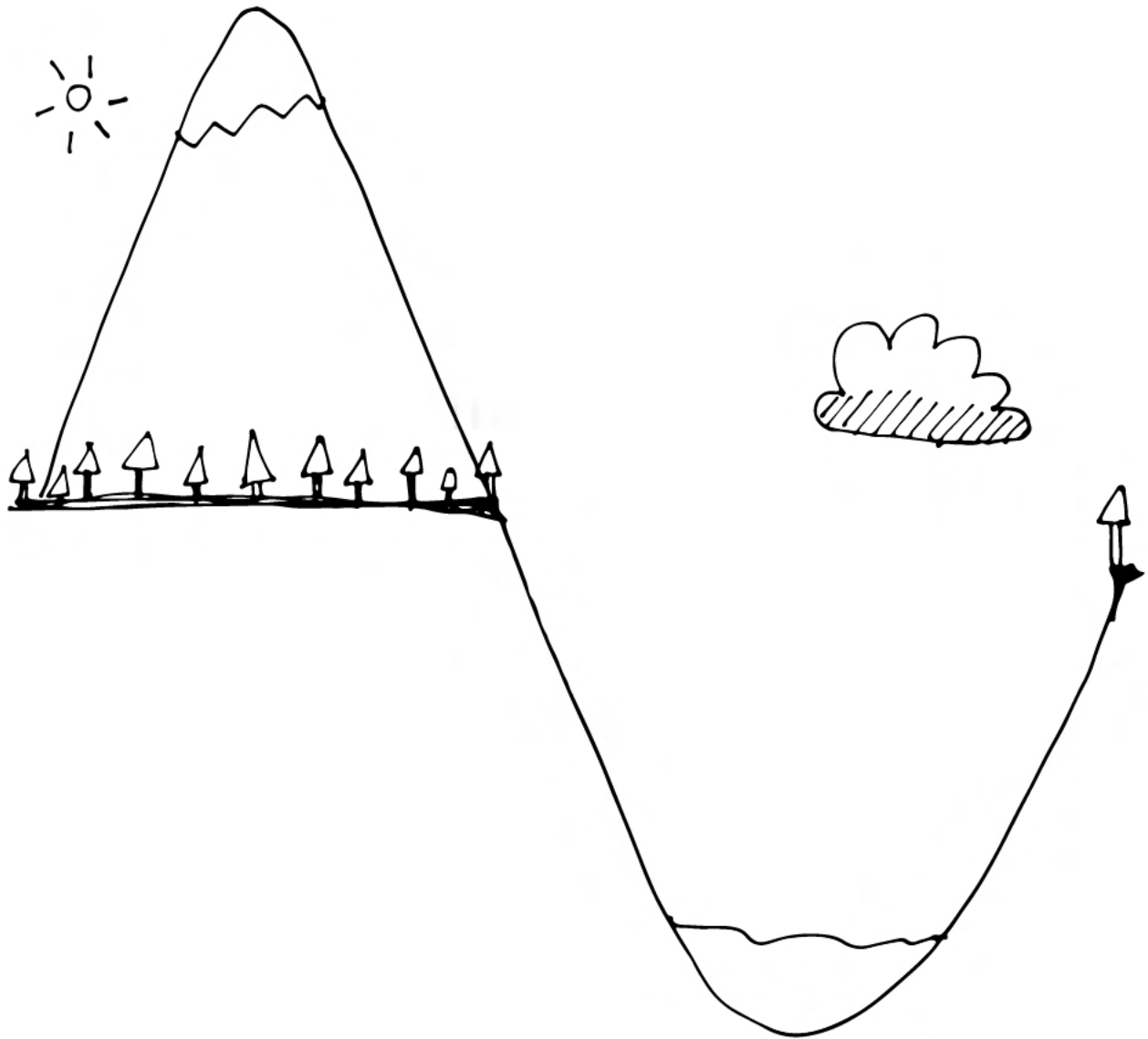


How about in your
head? Label them.
↓

Sometimes feelings feel a lot like weather.
What would your weather be like today?



Sometimes life is really GREAT and you feel like you are on top of a mountain. Other times, life is really HARD and you feel like you are stuck in a valley. Where are you at right now?



Don't think you need to be strong all the time. It is OK for you to feel weak, and to cry. It is also OK for you to ask for help.

Is there anything that you need help with?



FEELING



banjo
 family. The banjo has a long neck with strings, which are strummed with the fingers. The body is like a tambourine with an open back.



bar
 1. A measure.
 2. Term used for bar line. See bar line.

barcarole
 1. Song of the Venetian gondoliers; from the Italian word barca, which means "boat."
 2. A piece imitating Venetian boat songs.

Barcaroles are in 6/8 or 12/8 time, and contain accompaniments that imitate the rocking of a boat.

baritone
 1. Male voice lower than tenor and higher than bass; from the Greek word barys, meaning "heavy" or "low."
 This is the range of the baritone voice:



2. Lowest part in a composition; from the Greek *basis*, meaning "foundation."
 3. Members of the instrument families, such as bass clarinet, bass drum, bass viol, etc.

bass clef
 The F clef on the fourth line of the staff. The bass clef in its present form has developed out of the letter F. See clef 1.

basso (rr. bahr'soh)
 1. Low; bass.
 2. Bass voice.

basso solo (rr. bahr'soh boh'loh) Singer of most bass operatic roles.

bassoon Double-reed woodwind instrument; it has of the oboe family. The lengthy tube is doubled back upon itself to reduce its height, which is a fit over four feet. Each register has its own tone quality; the lowest often being used for comic effects. This is the range of the bassoon.



little red bicycle

FEELING

These things make me feel better:

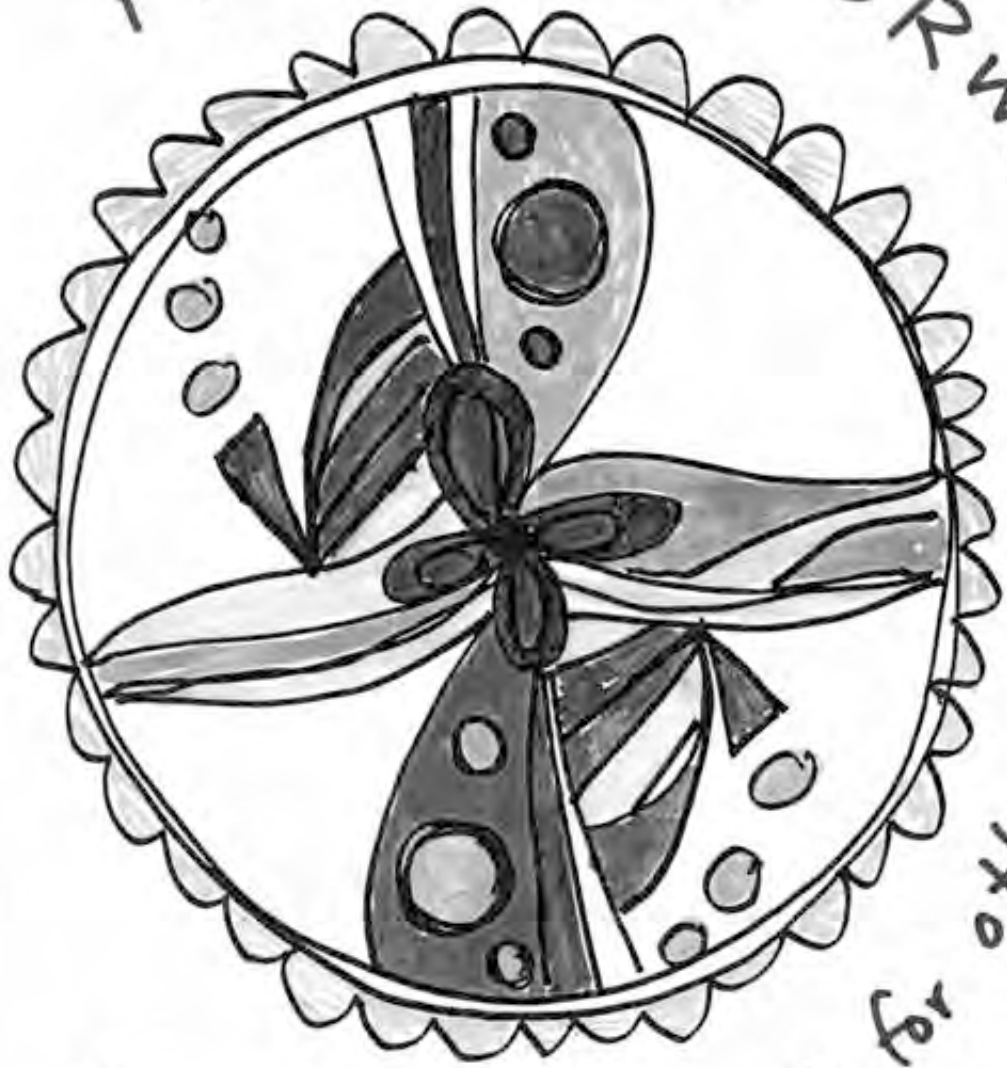


Dealing with my emotions while my Dad was sick was like nothing I've ever gone through before. I don't think there's any one right way to take care of yourself, I think it is different for everyone. I found music really comforting. I would also doodle all over my binders and take walks when I felt overwhelmed.



Even when you are sad, it is
IMPORTANT to have fun!

These are some fun things I have
done / plan on doing:

PAY IT FORWARD!



Doing nice things for other people
can make them feel good. And you too.
What nice things can you do?

 **T O D O** 
for ME!

- play a game
- watch my favorite show
- go for a walk
- play a sport
- hang out with friends
- ride my bike
- read
- listen to music
- make something
- watch a funny movie
- _____
- _____
- _____

DATE

ISSUED TO

When you are stressed, it is good to do things that make you RELAX.

List some things that are RELAXING for you.

TP Martens.
935 Waterborne
.M29 coatings : emulsion
and water-soluble
paints.

If you feel SAD or WORRIED, it is good to talk to someone about this.

These are some people I can talk to:



It is important to talk to people about what you are going through. Friends are great, but sometimes they don't know what to say to you. Family members, counselors, teachers and other adults you trust are also good to talk to. They all care about you and can give you perspective and guidance that your friends don't have.

Sometimes people find drawing really relaxing. Try adding to and coloring in this circle drawing (it is called a mandala.) If you like doing this, you can find lots of mandalas and doodling ideas online.



PLEIN AIR PAINTING

There are many artists who like to paint pictures outside, in nature. Try it sometime!

Being in nature and being creative can both make you feel really good.

Sometimes life is Messy.
But you can make things out of
Messes.

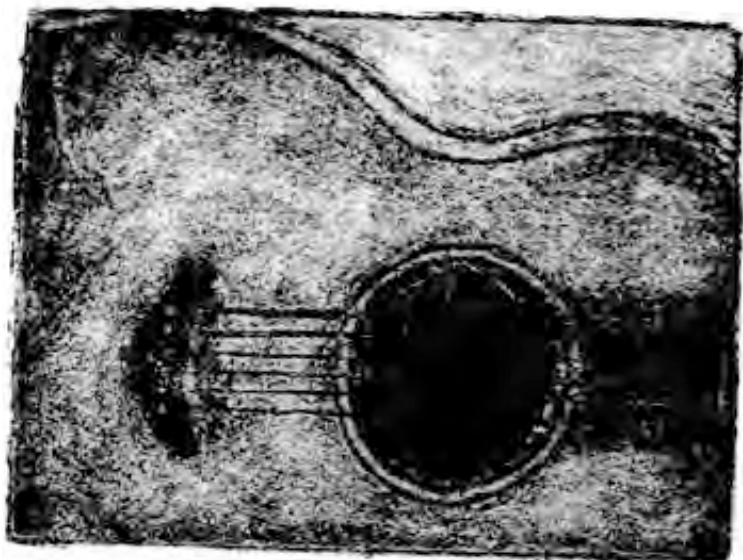


Try this:
Put a blob of ink or
paint on paper and
fold it in half.
What can you make
this mess into?

OR try this: Scribble as **HARD**

as you can. Now, take 3 big, deep breaths.
And draw some nice circles, or soft straight
lines.

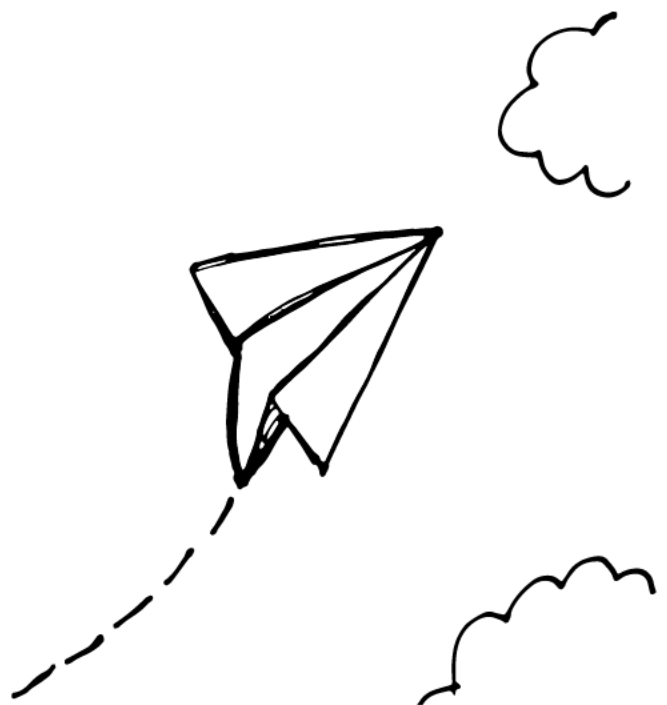




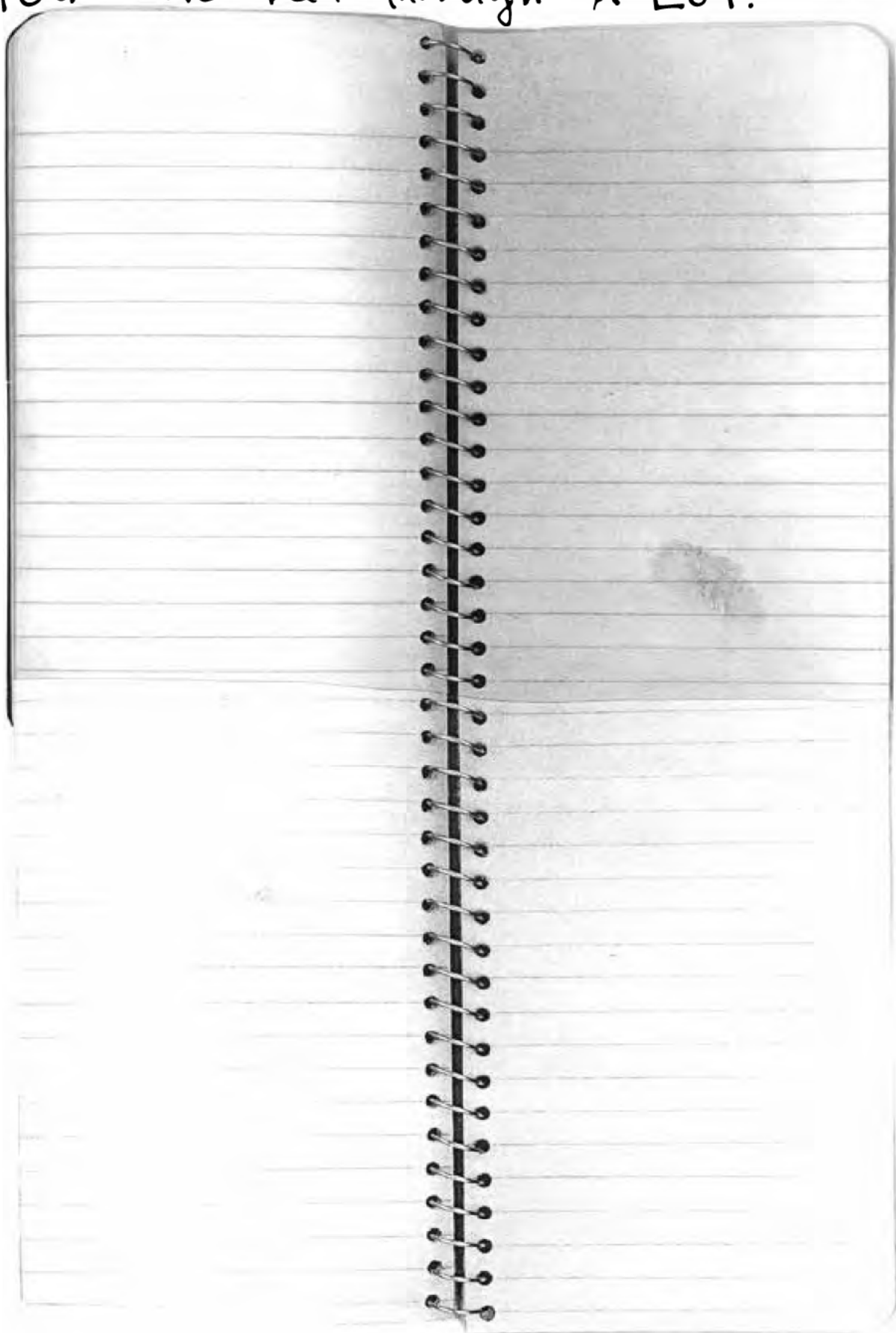
IMAGINE
you are a famous
musician.
What would your
album cover look
like?
Write a song.
(Just the lyrics are
fine.)

The "Let it go" page

Write down your worries here, and anything else that you would like to let go of. Then, tear this page out and release it somewhere that it feels safe. Perhaps you want to make it into a paper airplane and have it fly away?

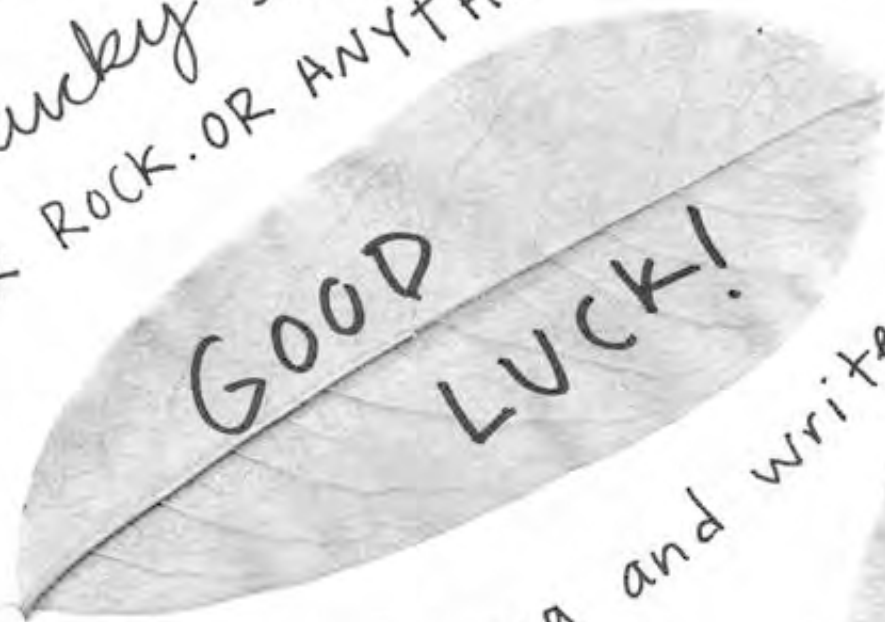


You have been through A LOT.



What advice could you give to others going through a similar experience?

A
lucky leaf!
(OR ROCK. OR ANYTHING ELSE.)



Find something and write a wish on it.



Keep it in your bedroom



or somewhere else

You may want to make one for your family, too.

FOR
GOOD LUCK!

Goodbye!
and remember:
TAKE GOOD
CARE of
yourself.



