



YOU ARE ON THE CREW TONIGHT
NAME

HERO NAME

Draw yourself here — scrubs, cape, hair, whatever you want.
You are the sixth one.

WHAT HAPPENED TODAY

THE HARD BIT

SOMETHING GOOD

THINGS I WANT TO ASK

THINGS I GOT THROUGH

- ☐ Woke up
- ☐ Ate something
- ☐ Got up
- ☐ Asked for help
- ☐ Was brave about
- ☐
- ☐

Before It Happens

NIGHT CREW · MY QUESTIONS

THIS PAGE BELONGS TO _____

WHAT IS HAPPENING TODAY

ASK SOMEONE TO WRITE IT HERE WITH YOU, IN WORDS YOU BOTH AGREE ON

QUESTIONS I AM ALLOWED TO ASK — TICK ANY, ADD YOUR OWN

- | | |
|---|---|
| ☐ Will it hurt? | ☐ How long will it take? |
| ☐ Can someone stay with me? | ☐ What will I hear or feel? |
| ☐ Do I have to be awake? | ☐ Can I bring something with me? |
| ☐ What happens straight after? | ☐ Will I have to do it again? |
| ☐ _____ | ☐ _____ |

There is no question here that is too small or too silly. If you want the answer, it is a real question.

WHAT HELPS ME

- ☐ Tell me before each bit
- ☐ Don't tell me, just do it
- ☐ Let me count
- ☐ Let me look away
- ☐ Let me watch
- ☐ Something to squeeze
- ☐ Music or a story
- ☐ Hold someone's hand
- ☐ Go slowly
- ☐ Get it over with fast
- ☐ _____
- ☐ _____

You know this better than anyone. Show this box to whoever is looking after you.

WHO I WANT WITH ME

WHAT I WANT THEM TO KNOW ABOUT ME

AFTERWARDS

FILL THIS IN LATER — SO NEXT TIME STARTS FROM WHAT YOU LEARNED

WHAT WAS BETTER THAN I EXPECTED

WHAT I WANT DONE DIFFERENTLY

This page asks questions. It does not answer them. The answers belong to your nurse, your doctor, or the person whose job is helping children with this — not to a piece of paper. Take this page to them.

The Other One

THIS PAGE BELONGS TO _____

NIGHT CREW · FOR THE BROTHER OR SISTER

THINGS YOU ARE ALLOWED TO FEEL TODAY

☐ Worried

☐ Left out

☐ Angry

☐ Jealous

☐ Scared

☐ Bored

☐ Guilty

☐ Relieved

☐ Sad

☐ Fine, actually

☐ _____

☐ _____

All of these are normal. You can tick more than one, and you can tick two that don't go together.

WHAT I DID TODAY

YOUR DAY STILL COUNTS

WHAT I WANT TO ASK SOMEONE

ANYTHING. GROWN-UPS FORGET TO EXPLAIN.

SOMETHING TO SEND THEM

Write it or draw it here, then tear this bit off and send it in.
A joke, a picture, the boring bit of your day, anything.

FOR WHEN THEY COME HOME

ONE THING YOU WANT TO DO TOGETHER. KEEP THIS BIT.
