

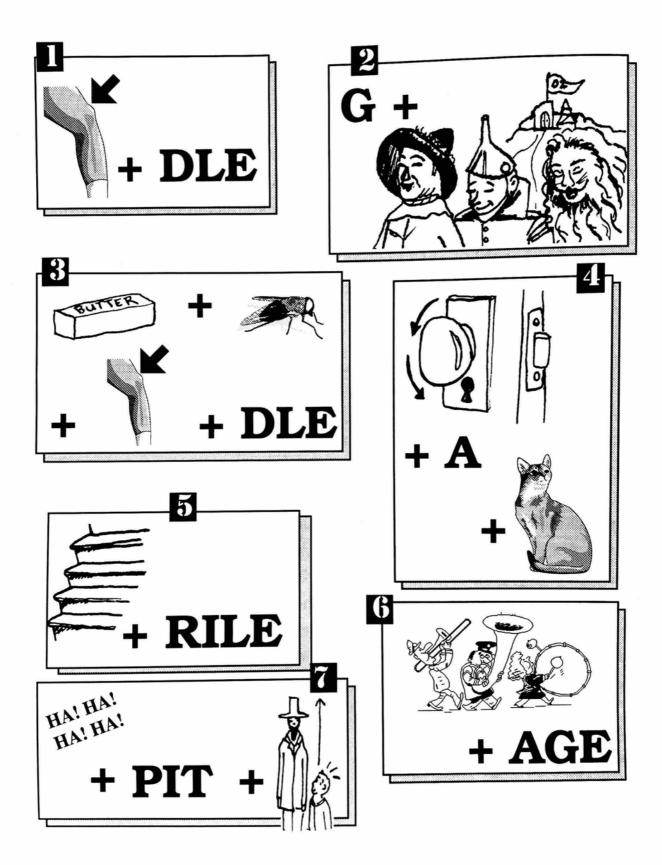
Visual & Word Puzzles & Games for Children with Hemophilia

Designed & Illustrated by Laureen A. Kelley

Recommended for ages 7 & older.

# HEMOPHILIA PICT-O-GRAM

Can you guess the hemophilia-related word each rebus represents?



# Say What?

Draw a line from the traditional proverb on the left to the phrase on the right that has a similar meaning.

Early to bed and early to rise makes a man healthy, wealthy and wise.

A stitch in time saves nine.



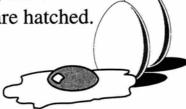
Don't judge a book by its cover.



An apple a day keeps the doctor away.

If at first you don't succeed, try, try again.

Don't count your chickens before they are hatched.



Slow and steady wins the race.

Eat plenty of fruits and vegetables to stay healthy.

Bleeds can happen at any time; don't be surprised if they sometimes interrupt your plans.

Get plenty of sleep!

You might miss a vein on a needlestick, but you will get one if you don't give up.

Hemophilia might slow you down some days, but never give up on your goals.

One shot of factor -- given as soon as a bleed has started -- may prevent more bleeding and repeated infusions.

You can't tell someone has hemophilia just by looking at him.

# **PUZZLING PRESCRIPTION**

A prescription is a note that a doctor writes to tell his patients what medicine and supplies they need. The doctor who wrote this prescription got things a little mixed up! Can you find the words below hidden in this prescription for infusion supplies? Look up, down, across, backward and diagonally.

FACTOR NEEDLE ALCOHOL TOURNIQUET GAUZE SWAB BANDAGE STERILE (WATER) FILTER (NEEDLE)

	AME	RICAN	MED	ICAL	PHY	SICIA	N:_B	arns	Table	-
[	T	D	G	A	U		E	T	E	В
	X	O	О	R	W	E	T	P	S	A
	D	A	U	P	Y	E	A	T	O	N
	R	I	В	R	M	A	E	O	E	D
]	В	E	R	O	N	R	S	W	E	A
,	A	Н	T	Y	Ι	I	F	T	L	G
,	W	Н	Y	L	D	C	Q	K	D	E
	S	В	E	X	I	U	Q	U	E	G
]	R	O	T	C	A	F	T	Н	E	E
,	A	L	C	O	Н	O	L	K	N	T

# LETTER LISTS

Under each heading, think of one thing that begins with each letter.

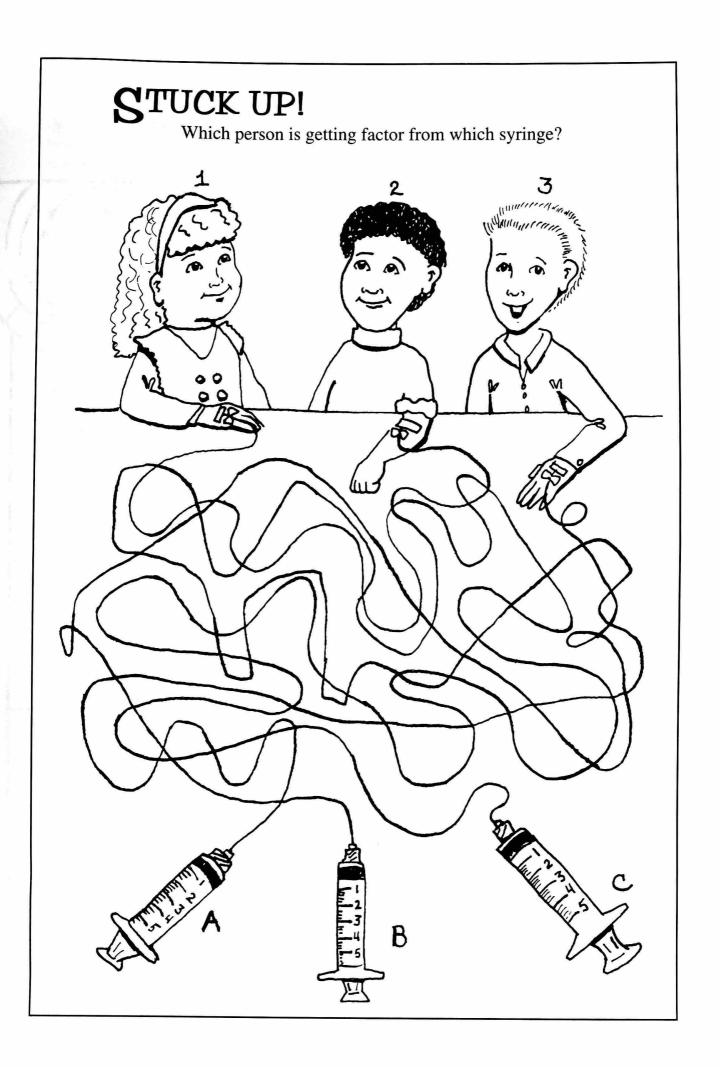
Safety Equipment	
for Bikes and Cars	Factor Supplies
K P	S
H	T
E P	G
S	N
S G	B
Safe Spor	rts
S	
B	
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$T_{\underline{\hspace{1cm}}}$	
B	
X Dela Service Annual Control of the	

#### THE NURSE WILL SEE YOU NOW!

Adam, Amanda, and Mark have to figure out which nurse they will see for their clinic visit. The three available nurses are Ms. Donohue, Mrs. Terrance, and Mr. McCord. Read the clues to solve the puzzle.

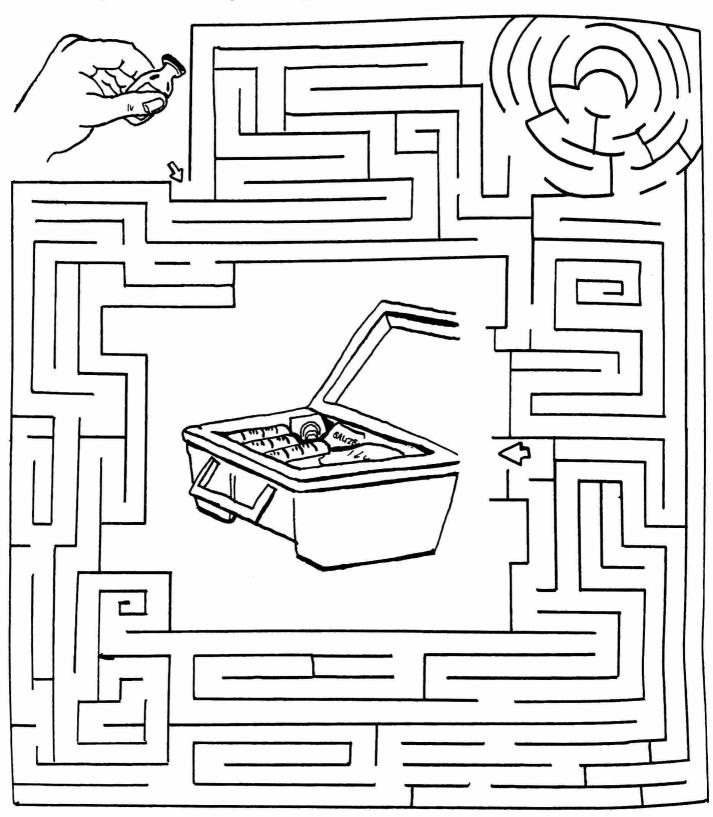
- 1. Adam will go see the only nurse who is married.
- 2. Ms. Donohue will visit with a patient who is not a boy.
- 3. Mark's nurse is not married and is not female.





### TRACK THE PACK!

This travel pack of infusion supplies is missing one important thing. Can you find its way to the pack?



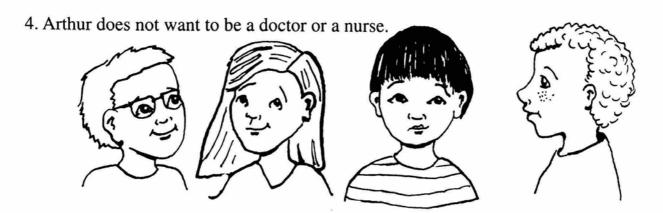
### THE NAME GAME

Karen and her three friends with hemophilia all want to work with people with hemophilia when they grow up. From the clues below, can you determine each friend's factor deficiency and what kind of hemophilia work they want to do?

Use the chart to deduce the answers. Put an X in each box that can't be true and a circle in the boxes that have information that matches. Hint: each person can have only one factor deficiency and only one job. For example, Chris has factor VIII deficiency (that box gets a circle, while the other names in that column and other factor deficiencies in the row get an X).

	Factor X	Factor VIII	Factor IX	Factor VII	Doctor	Nurse	Physical Therapist
Karen		×					
Bobby		X					
Chris	×	0	X	X			
Arthur		X					

- 1. The girl with factor X deficiency wants to be a physical therapist.
- 2. Chris has hemophilia "A." He does not want to be a nurse or a social worker.
- 3. Bobby has "Christmas" disease, a factor deficiency with a Roman numeral one more than VIII.

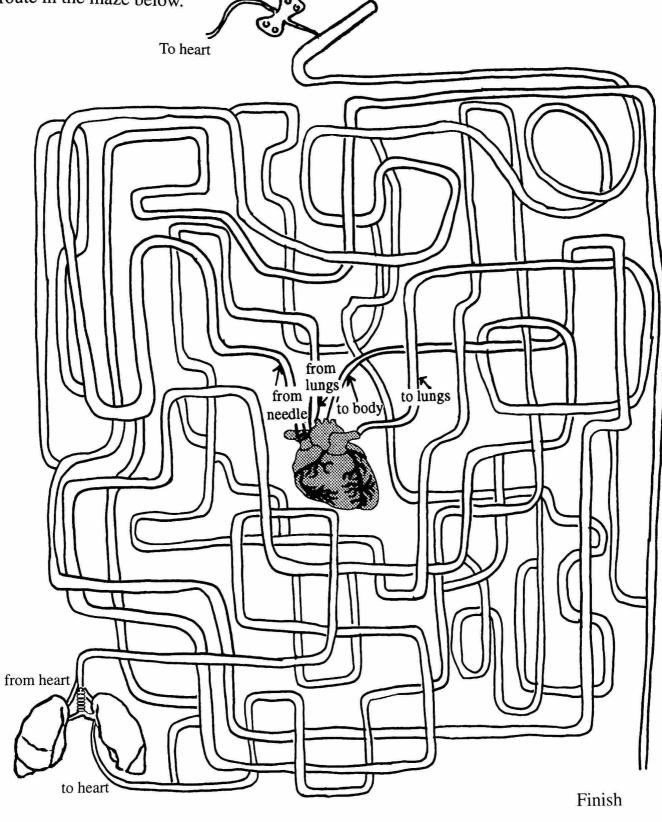


#### **MEET SLIM!**

Can you identify the numbered parts of Slim's body? Write the number for the corresponding name of the bone or joint in the circles below. Warning: numbers 9 through 12 might be a bit challenging! If you get stuck, look in your dictionary. 6 Wrist Pelvis Sternum Patella (kneecap) Clavicle Skull Vertebrae (backbone) Scapula Rib cage Elbow Femur Hip socket

# **HEART OF THE MATTER**

When factor is infused in your vein, it takes a little trip before it reaches your bleed. First, it travels to your heart, which then pumps the blood to your lungs. The blood picks up oxygen from your lungs and then goes back to the heart. The heart then pumps the blood (and the factor) to all parts of the body. See if you can duplicate that route in the maze below.



# THE CHALLENGER CROSSWORD

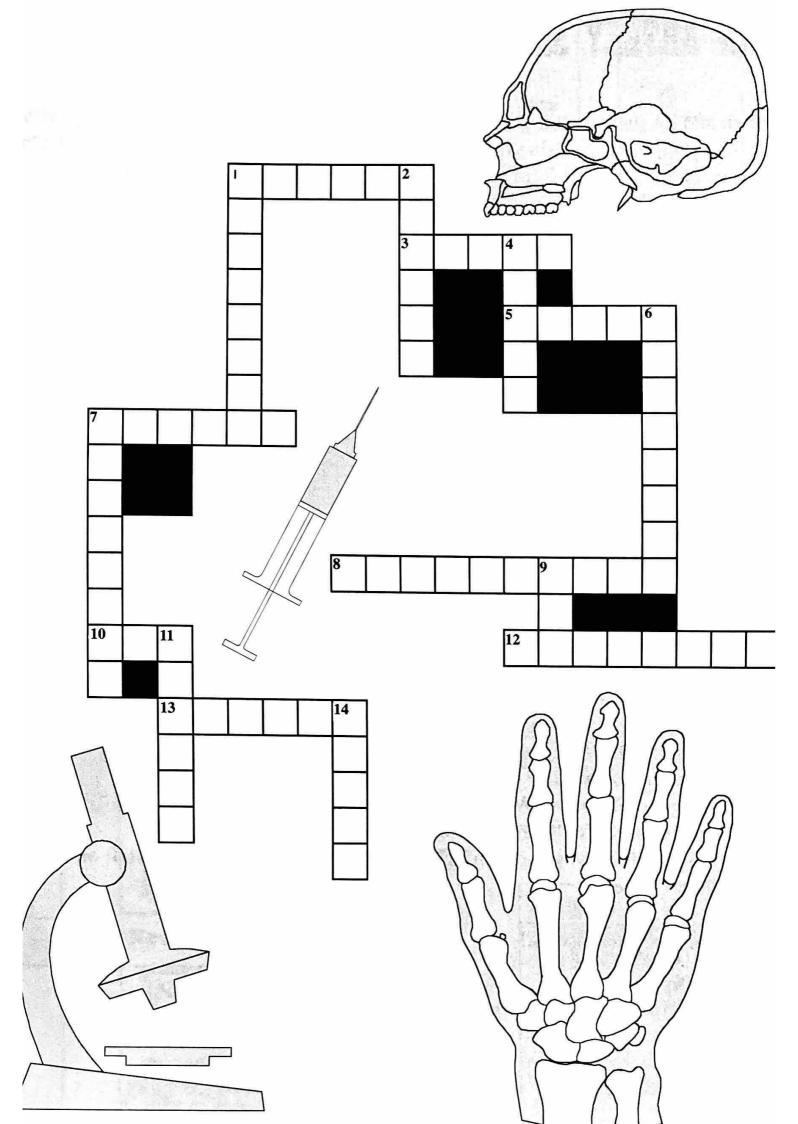
You might need mom or dad to help you complete this challenger. Then again, they might need your help!

#### **ACROSS**

- 1. The missing part of the blood that causes hemophilia.
- 3. The part of your skeleton that surrounds, protects and makes up your head.
- 5. Blood vessels that appear bluish under your skin. They carry blood back to your heart.
- 7. A thin piece of metal, inserted into the skin, used to put medicine into the bloodstream.
- 8. Proteins in your blood that attack and destroy foreign substances in your bloodstream.
- 10. The anagram for "Anti-Hemophilic Factor."
- 12. Microscopic organisms known as "germs." E. coli is one of these.
- 13.A black and blue mark caused by bleeding just under the skin.

#### **DOWN**

- 1. In America, a rough, contact sport, played with a leather ball, that could be dangerous to someone with hemophilia.
- 2. Alexis, a young prince with hemophilia, came from this country.
- 4. The second largest organ in your body, located just under your lungs. Brownish in color, it filters and cleans the blood. Some people eat this organ from animals for dinner!
- 6. What you get when a doctor "sews" up your skin after you get a very deep cut or gash.
- 7. The last Tsar of Russia and father of the prince in 1 DOWN.
- 9. Anagram for "Deoxyriboneucleic Acid." Found in every cell of your body, it contains all the information needed to make you grow from one cell into YOU!
- 11. The netting made by all the blood's factors that holds the platelet plug in place and stops bleeding.
- 13. A joint that connects your upper arm and lower arm to allow movement. Also a common site for bleeds.



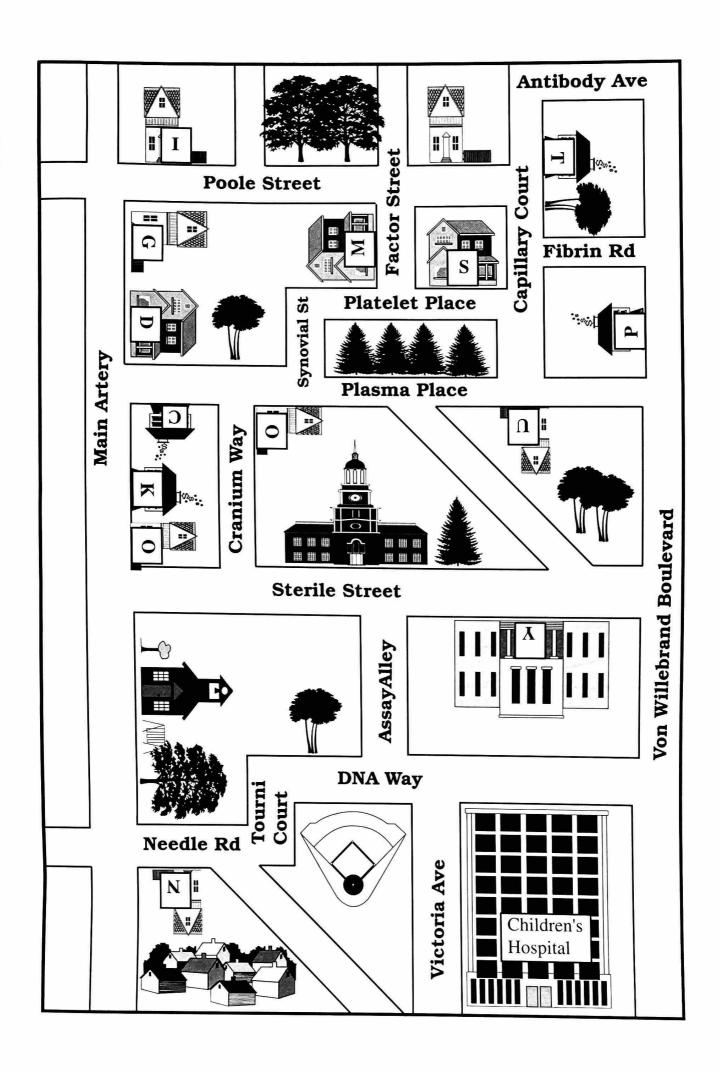
#### MAIN ARTERY MAP

Stephen and his dad are going to Children's Hospital to get some factor to bring with them on a camping trip. Using the directions below, help them get to the hospital. On your way, pick up a letter from each house you pass that has a letter, and put that letter in the blank spaces below. When you are done, you'll have an answer to the riddle "What did the butterfly needle say to the vein?" (Remember, when the directions say "turn right" or "turn left," turn according to the direction you are facing)

- 1. Start by going straight on Poole Street.
- 2. Turn right on Factor Street.
- 3. Turn left on Platelet Place.
- 4. Turn left on Capillary Court.
- 5. Turn right on Antibody Avenue.
- 6. Turn right on Von Willebrand Boulevard.
- 7. Turn right again on Fibrin Road.
- 8. Turn left on Capillary Court.
- 9. Turn right on Plasma Place.
- 10. Go straight all the way, until you hit the Main Artery.
- 11. Turn left on the Main Artery.
- 12. Go one block and turn left on Sterile Street.
- 13. Go around the block: turn right on Assay Alley; right on DNA Way; left on Tourni Court; and right on Needle Road.
- 14. Turn right on Main Artery; go straight one block; take a right on Sterile Street.
- 15. Go straight all the way to Von Willebrand Boulevard. Take a right.
- 16. Turn right on DNA Way again.
- 17. Turn right on Assay Alley and left on Sterile Street.
- 18. Take a right on Cranium Way and a right on Plasma Place.
- 19. Go straight to Von Willebrand Boulevard; turn right.
- 20. Go straight all the way and turn right on DNA Way. Take your next left on Victoria Avenue.

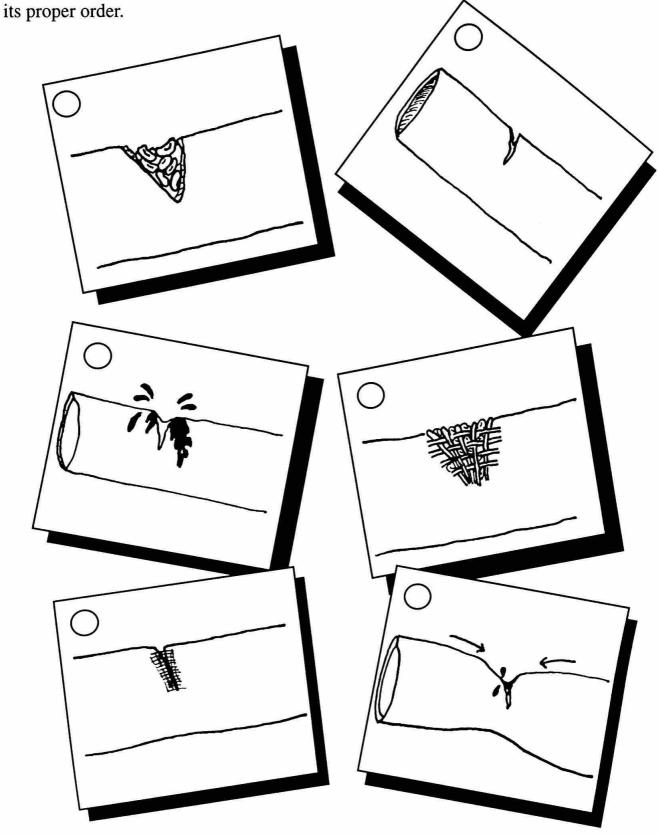
Congratulations! You made it!

Total data	•
ANSWER: "' _	
ANSWEN	



# PICTURE MIX-UP

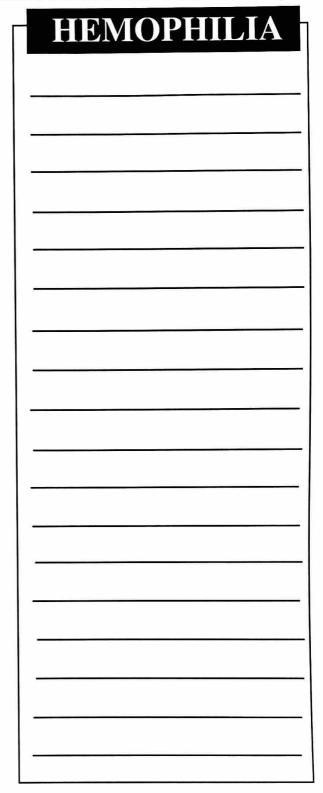
What happens when a vein is cut or injured? The pictures below will show you. But first you must put them in order. It may help you to remember three key steps in blood clotting: vasoconstriction, platelet plug and fibrin net. Number each picture in

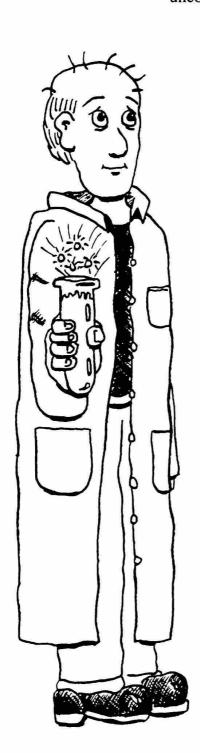


#### Scientific Elements

Scientific elements are small parts of larger pieces of matter. Seymour the Scientist is trying to dissect the word "hemophilia" into as many "elements" as he can. He discovered at least 50 smaller words. How many

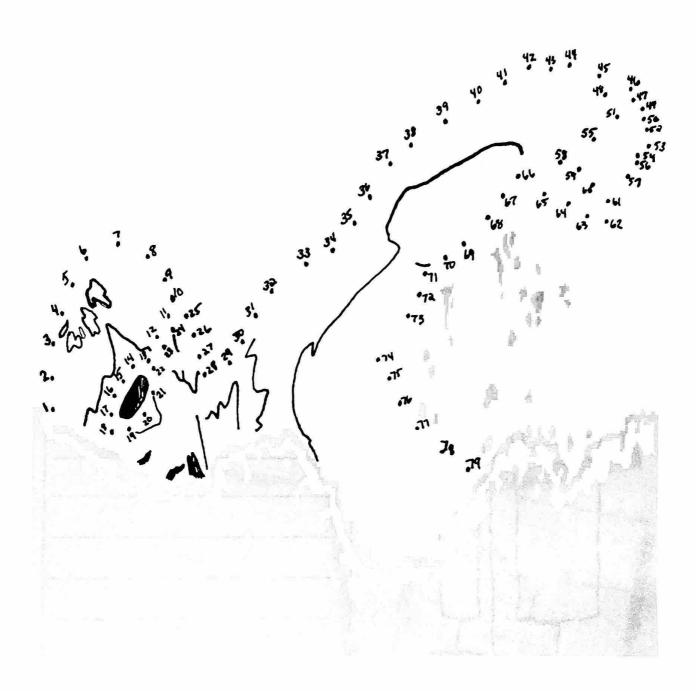
can you uncover?





### Wet Is It?

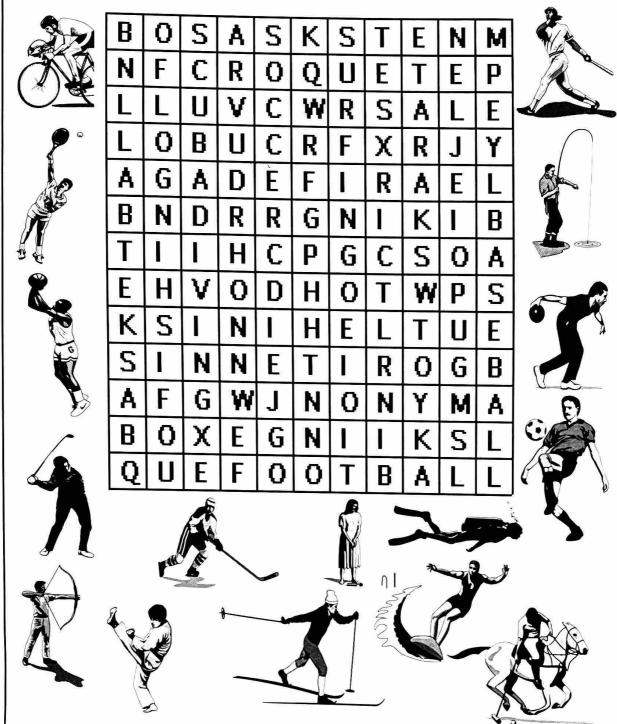
Complete the dot-to-dot below to discover a great activity for all children, with or without hemophilia!



## THE SPORTS PAGE

There are 17 sports named in the puzzle below. All are shown in the surrounding pictures. Can you find all 17? Look forward, backward, up, down, and diagonally.

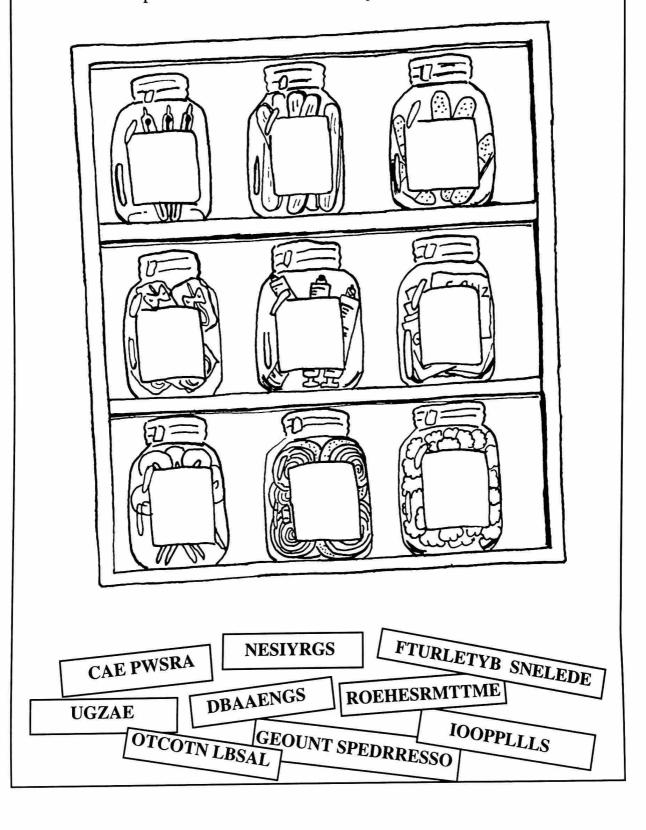




Put an X on the sports you consider to be the most dangerous for someone with hemophilia. Now circle the sports that you like to do!

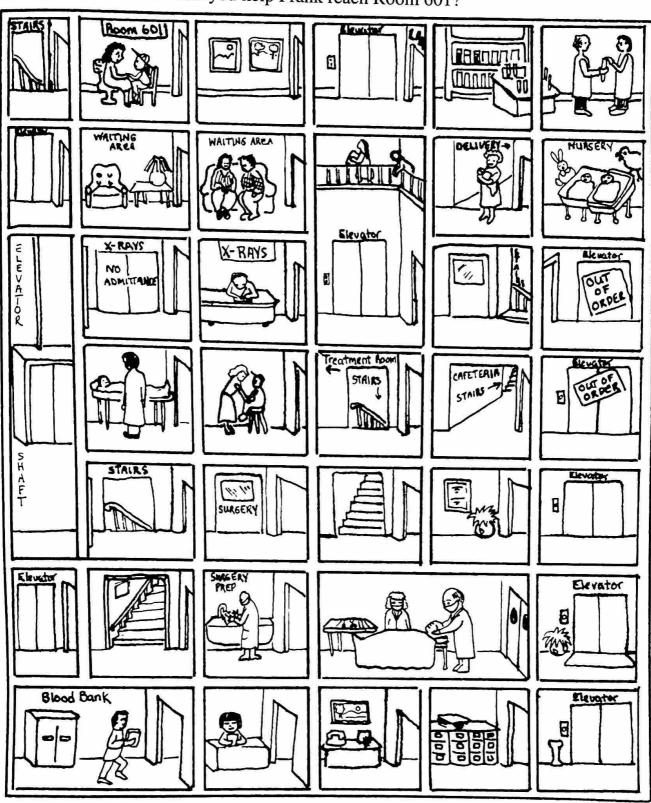
#### LOOSE LABELS

An assistant was supposed to label all the jars in Dr. Harding's examination room. But the letters were all scrambled and the labels all fell off! Can you unscramble these labels and print the correct labels on each jar?



### FACTOR EXPRESS

Frank from the Blood Bank of a local hospital must bring factor concentrate to the little boy in Room 601. On his way, Frank can use the elevators or stairs, but cannot go into operating rooms, or any rooms that have patients. Starting in the lower left box - the Blood Bank - can you help Frank reach Room 601?

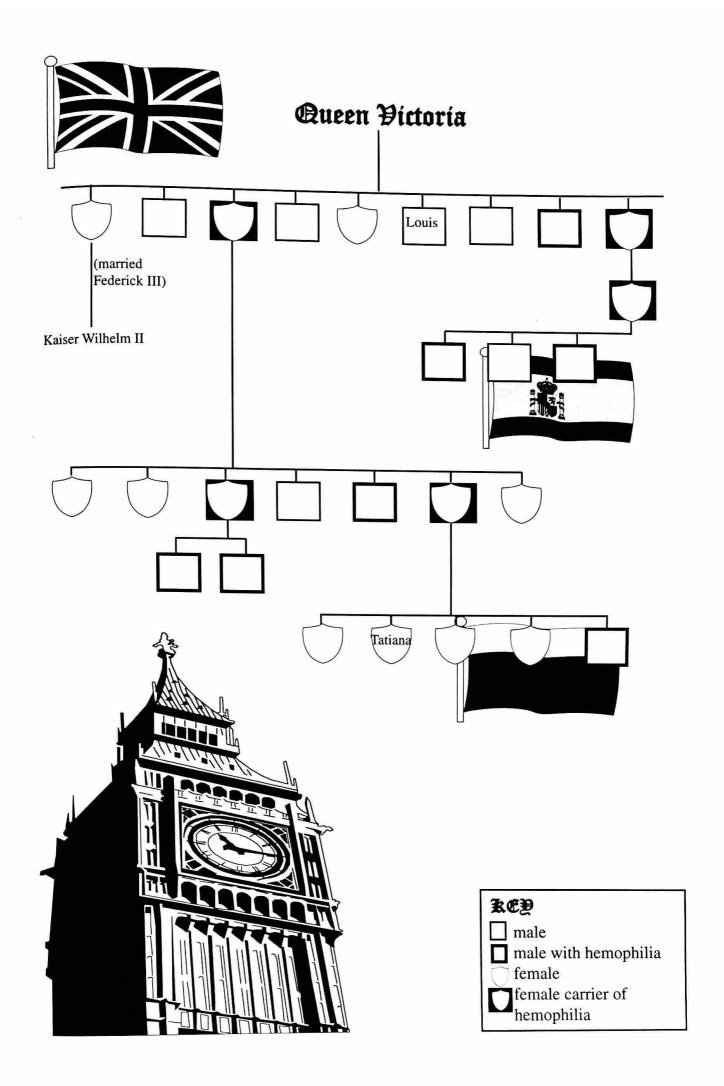


### Queen Victoria's Family

Queen Victoria is one of the most famous monarchs of England. She ruled for 64 years, longer than any other monarch. She is also famous for being a carrier of hemophilia. Some of her descendants, all princes, had hemophilia, which later gave hemophilia the misleading nickname "royal disease." Can you use the clues below to fill in Victoria's family tree?

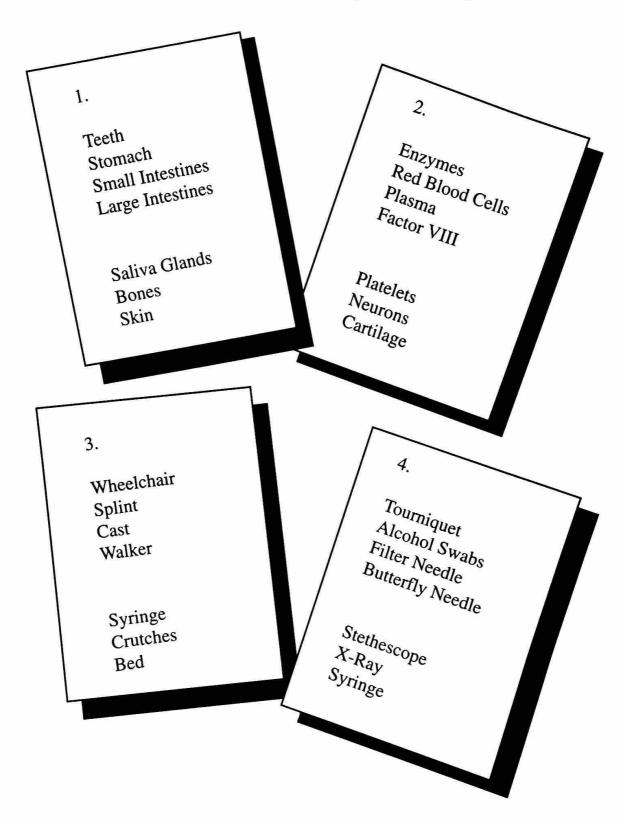
- 1. Queen Victoria's first child was named after the Queen herself. She was later married to German Emperor Frederick III.
- 2. Queen Victoria's daughter Alice had seven children.
- 3. Alice's older brother became King Edward VII. He is the great-great grandfather of Prince Charles, now heir to the throne of England.
- 4. Queen Victoria's youngest child was Beatrice, who was also a carrier.
- 5. Beatrice's grandsons, Alfonso, the oldest, and Gonzalo, the youngest, were Spanish and had hemophilia.
- 6. Kaiser Wilhelm II's cousin was Victoria-Eugenie.
- 7. Victoria-Eugenie's only uncle with hemophilia was Leopold.
- 8. Two of Alice's daughters were carriers. Irene had two sons and Alix had five children.
- 9. Juan was the only one of three brothers, all grandsons of Queen Victoria, who did not have hemophilia.
- 10. One of King Edward VII's younger sisters was Helena.
- 11. Waldemar and Henry were two great-grandsons of Queen Victoria who both had hemophilia.
- 12. Arthur was older than Leopold but younger than Louis.
- 13. Waldemar and Henry had five famous Russian cousins. The youngest was Alexis, a prince who had hemophilia.
- 14. Louis's older brother was Alfred.
- 15. Marie Romanov was Tatiana's next youngest sister.
- 16. Anastasia was older than Alexis, but Olga was older than both.
- 17. Alexis had an uncle with hemophilia named Frederick.
- 18. Olga had an uncle without hemophilia named Ernest.
- 19. Ernest's youngest sister was Mary.
- 20. Mary's oldest sister was named after Queen Victoria.
- 21. Elizabeth was older than Irene.

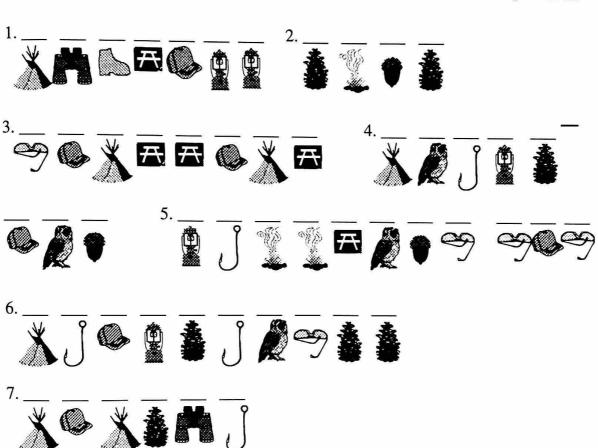




# Roster Logic

In each list below, you'll find four words that belong together. You'll also find three words after each list. Only one of the three words belongs with that list. Circle the word that belongs with each list above it for each of the four lists. Why does it belong?





### A "COLORFUL" STORY

Certain colors are often used in phrases to describe certain feelings. In the story below see if you can guess what meaning the color phrases have. Match them with the correct meaning below.

Today was a *red-letter* day for Michael. He woke up early, before his parents or sister. He dressed quickly and went downstairs to make a bowl of cereal. He limped as he silently glided across the kitchen floor. Normally Michael would be *seeing red* when he had a bleed in his knee, like he did now. But not today! Today Michael was seeing the world through *rose-colored* glasses. He had a surprise in store.

His mother and father were surprised to see Michael up and ready. "You sure seem excited about going to the hospital, Mikey," said his father. "Usually you seem to be feeling a *little blue*. Why are you so excited?" Michael just smiled. He had a surprise. "Don't think you are going to the hamburger place again," his mother forewarned. "It's too early for that!" Michael just smiled. His little sister looked *green with envy* at the mention of the hamburger place. Bleeds or no bleeds, she thought Michael received a little too much attention sometimes.

They all drove off to the hospital. Once there, they went straight to the hemophilia treatment center. Michael's nurse greeted the family, and when no one was looking, secretly gave Michael a wink. They gathered in the treatment room and Michael's nurse placed the infusion needles and syringe on the table. Michael helped prepare the factor. Michael's sister also helped by wiping the tops of the factor and sterile water bottle with alcohol. She used to have a *yellow streak* about watching the infusion, but now she loved to help.

It was time for the surprise. As his family watched with mouths agape, Michael, and not Michael's nurse, lifted the butterfly needle and inserted it carefully into his vein. Michael could infuse himself! "Michael!" his parents exclaimed, smiling. "What a surprise!" "My nurse taught me how and I've been practicing," boasted Michael. Had he missed the vein he might have been in a *black mood* by now, but all of Michael's practicing had paid off. He felt very proud. "Michael, all our clinic tests show that you are *in the pink*," said Michael's hematologist. "And in-dependent!" his sister added. "He can self-infuse!" Everyone beamed at Michael. What a surprise!

- a. depressed
- b. feeling sad
- c. important
- d. cowardly
- e. angry
- f. jealous
- g. healthy
- h. positive attitude

- 1. red-letter
- 2. seeing red
- 3. rose-colored
- 4. feeling blue
- 5. green with envy
- 6. yellow streak
- 7. black mood
- 8. in the pink

# SAME DIFFERENCE!

Although every boy or girl with hemophilia is different, there is something the same about these children if you look carefully. Look across each row, down each column and diagonally to spot the one thing that is the same about the children (besides their hemophilia!). For example, all the children in the first row are girls. Good luck!



#### WHEN IN ROME ...

Roman numerals were used many centuries ago by the people of Rome, capital of Italy. Today we use Arabic numbers, although you can still find many places where Roman numerals are used. If you have hemophilia, you may have noticed that the type of hemophilia you have is described by a Roman numeral. You may be factor VIII ("eight") deficient.

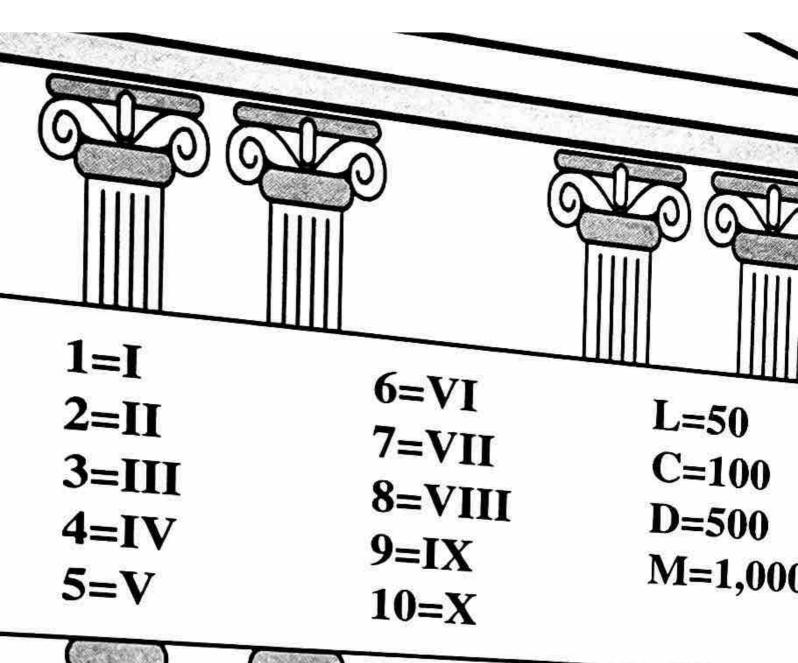
The answers to this crossword puzzle are all Roman numerals. Each clue mentions a number. Use the key on the next page to help solve it. For example, the number 6 is five (V) and one (I). Remember, when a letter of a smaller number is placed before the letter of a larger number, subtract the smaller number. Nine is ten (X) minus 1 (I), or "IX."

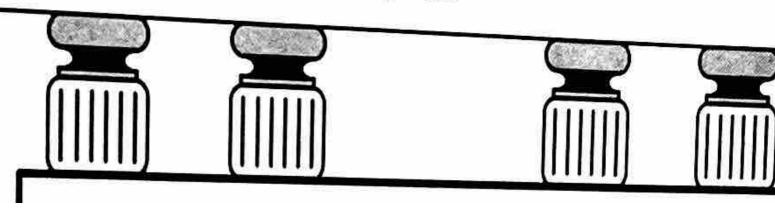
#### **ACROSS**

- 1. One measure of a bottle of factor is 640 units.
- 3. The factor deficiency listed before factor VIII
- 5. Queen Victoria of England, a famous carrier of hemophilia, ruled for 64 years.
- 7. 1952: the year in which Hemophilia B was discovered.
- 11. There are over 600 muscles in the body.
- 12. Hemophilia B, or Christmas disease, is also called factor nine deficiency.
- 14. Factor X times 6.
- 16. There are more than 12 clotting factors in the blood.
- 17. There are four chambers in the heart.
- 18. Hemophilia A divided by 2
- 19. It is rare to find people with factor 13 deficiency.
- 21. There are 12 cranial nerves in the head.
- 22. A carrier has a 25 % chance of having a baby with hemophilia.

#### **DOWN**

- 2. There are about 206 bones in the human body.
- 4. There are 46 chromosomes in each cell of your body.
- 5. There is a 50-50 chance of having a boy with hemophilia if you are a carrier.
- 6. Hemophilia A is also known as factor 8 deficiency.
- 7. 1904: Alexis Romanov, heir to the throne of Russia, was born.
- 8. In 1840 a doctor in London correctly surmissed that something was missing in the blood of someone with hemophilia.
- 13. There are 32 permanent teeth.
- 14. The heart beats about 76 times per minute.
- 15. Factor VIII concentrate starts losing its effectiveness after 12 hours.
- 17. Two of Queen Victoria's daughters were carriers of hemophilia.
- 18. Queen Victoria had 9 male descendents all princes who inherited hemophilia.
- 20. One less than factor V.

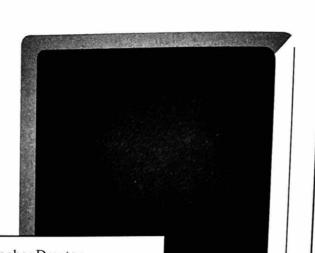




#### TALLPETES AND NIVES

Christopher prepared his paper about blood clotting on his parents' computer. But he forgot to use the "Spell Check" program. Some of his words were typed incorrectly.

Can you unscramble the words?

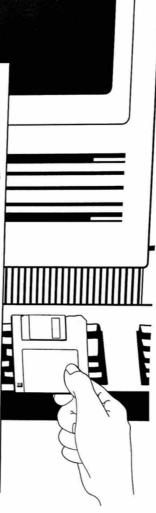


How **Doolb** Clots by Christopher Drayton

Our blood travels around in our bodies in long tubes called blood **levesss.** These are made up of **nives** and **setarrie**. When we get cut or even bruised, the **nives** are injured, and rip. When they rip, **oldbo** leaks out. If it leaks externally, you have a **tuc**. If it leaks **tellyninar**, you may get a **subier**.

How does the blood stop bleeding? First, the blood vessel tightens up, or **tntrocssic**, to make the rip or hole smaller, so the blood doesn't leak out as much. Second, the blood sends **stepatlle**, round pillow-shaped cells, to stuff up the hole in the blood **levesss** wall. **Stepatlle** are sticky. They adhere to each other and to the sides of the hole. The platelets will fall out if something doesn't hold them in place. So third, the **raftsco** that are in the blood go to work, and make a netting, called a **nifrib ten**, to hold the **stepatlle** in place. The netting covers the **oleh** in the blood vessel, which is now plugged up by the platelets. The **gebliden** should stop.

When you have **poemhilhai**, the factors cannot make the netting completely, so the **tallpetes** have nothing to hold them in place. They fall out and **gebliden** continues.



PICT

Using the





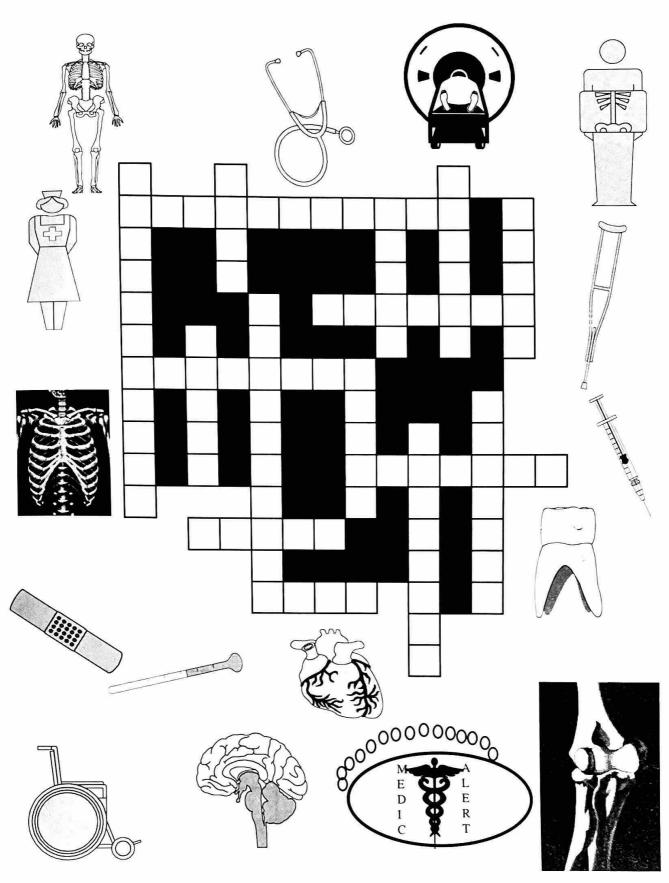






# PICTURE CROSSWORD

Using the pictures below, can you find the correct place for the name of each picture in the spaces below? Hint: count the letters in each word first.

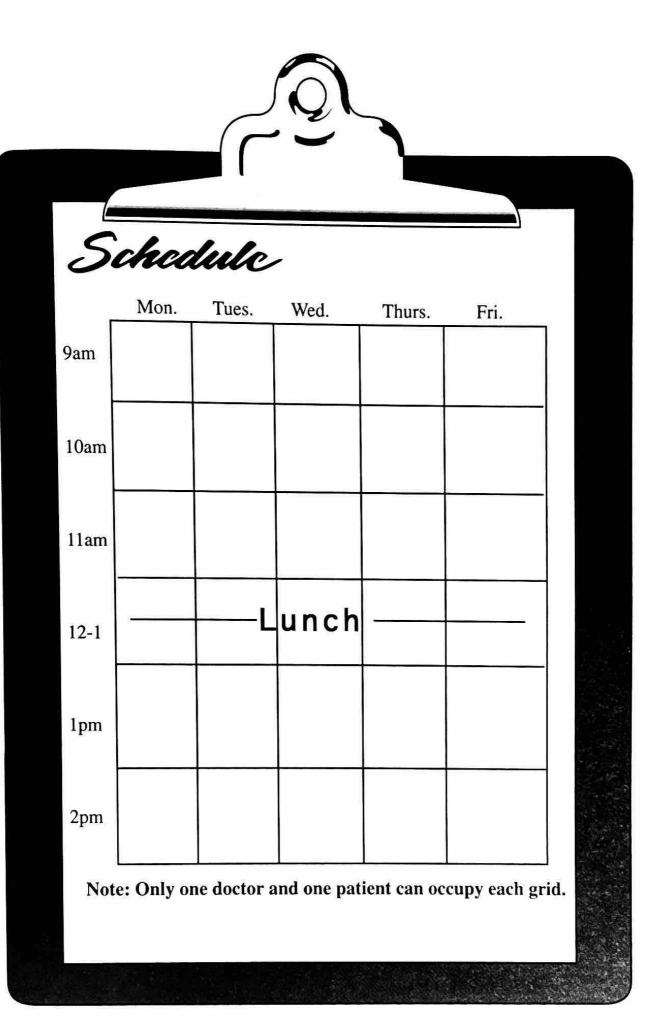


#### **SUPER SCHEDULE!**

The Northern Hemophilia Center has a busy week ahead. There are four hematologists who must have a clinic visit with thirteen children with hemophilia and von Willebrand Disease. Can you help Nurse Johnson figure out the best schedule using the clues below? You might want to use the small grid first, to determine the doctors' schedules. Then, write the name of each patient and their doctor in each square on the large grid. For example, clue #6 says that Dr. L. works only on Friday afternoon.

- 1. Dr. S. works only in the mornings, three days a week.
- 2. Dr. L. only sees von Willebrand's patients.
- 3. Dr. M. covers for Dr. S. on two of the other days, all day.
- 4. Sam needs to visit Dr. M. on Monday morning from 10-12.
- 5. There is a staff meeting every Wednesday, from 9-12. Dr. S. always misses this.
- 6. Dr. L. also misses the meeting as she only works on Friday afternoon.
- 7. Dr. W. works two afternoons on the same days that Dr. S. works.
- 8. Mike and Jacob have the same doctor.
- 9. Mike will meet on Friday, from 9-11 with his doctor.
- 10. Sam must return for another infusion on Wednesday, all afternoon.
- 11. Billy's appointment is with Dr. M. but is before Eric's.
- 12. Nurse Johnson meets to discuss patients at 9:00 on Monday and Tuesday.
- 13. Nick does not meet with Dr. M. and needs an appointment in the morning.
- 14. Jay needs a two hour appointment with Dr. S. on Tuesday.
- 15. Kaitlyn has von Willebrands and needs an appointment on Friday afternoon.
- 16. Carl's appointment with Dr. W. is the same time as Billy's, on the following day.
- 17. James's appointment is in the afternoon with Dr. W., before Robert's.
- 18. David's appointment is on Tuesday afternoon.
- 19. Mark has an appointment at 1 PM on Friday.
- 20. Nathan needs a two hour appointment, from 9-11, with Dr. S.
- 21. Nick's appointment is after Mike's.
- 22. Jacob is content to get the last appointment left with Dr. S.

Б. т	M	T	W	TH	F
Dr. L.	x	x	х	х	~
Dr. S.					
Dr. M.					
Dr. W.					



#### LTKOT THINGS LTKOT:

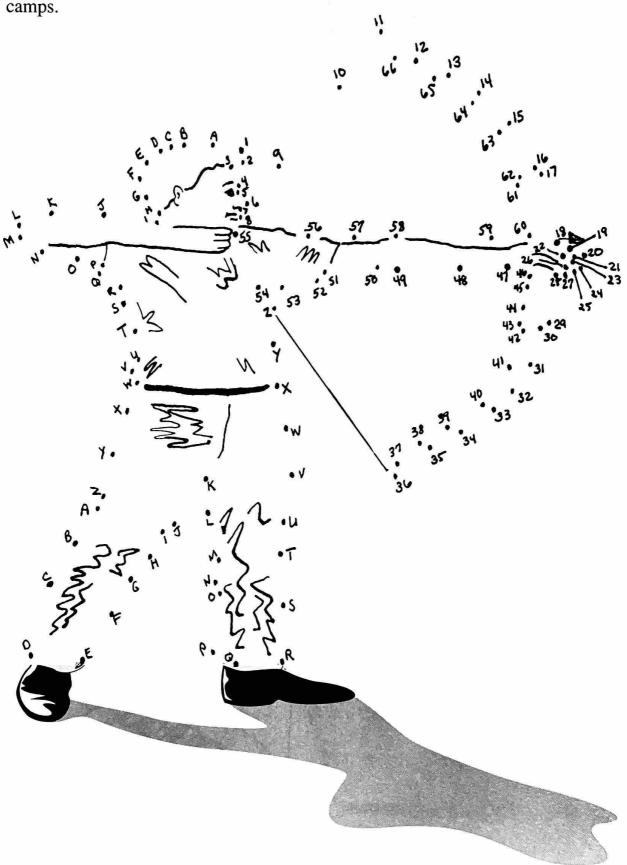
Gregory is going to give himself an infusion. But he'd better review the importa steps in preparing factor and preparing for a needle stick. Maybe looking at old photos of himself giving an infusion might help. Can you help number these pic n order to show the proper way to give an infusion?





# TAKE A SHOT

Connect the dots to find a sport that many children enjoy at hemophilia summer camps.



#### **Answers**

Page 2: 1. Needle 2. Gauze 3. Butterfly Needle 4. Tourniquet 5. Sterile 6. Bandage 7. Hospital

Page 3: Early to bed...Get plenty of sleep!

A stitch in time.. One shot of factor...

Don't judge a book... You can't tell someone...

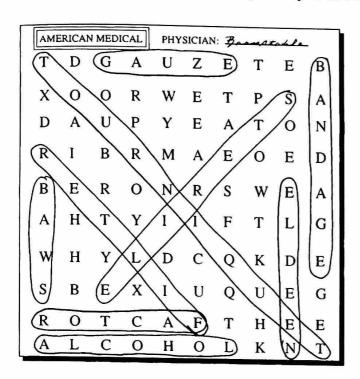
An apple a day...Eat plenty of fruits...

If at first you don't succeed... You might miss a vein on a needlestick...

Don't count your chickens...Bleeds can happen at any time...

Slow and steady...Hemophilia may slow you down...

Page 4:



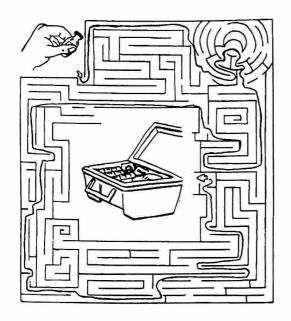
Page 5: (These are just suggestions...your answers may be different)

Safety	Factor Supplies	Safe Sports
Knee Pads	Syringe	Swimming
Helmet	Tourniquet	Badminton
Elbow pads	Gauze	Running
Seatbelts	Needle	T-Ball
Shin Guards	Bandage	Boating
Shin Guards	Bandage	Boating

Page 6: Adam will see Mrs. Terrance.
Amanda will see Ms. Donahue.
Mark will see Mr. McCord.

Page 7: 1. C 2. A 3. B

Page 8:

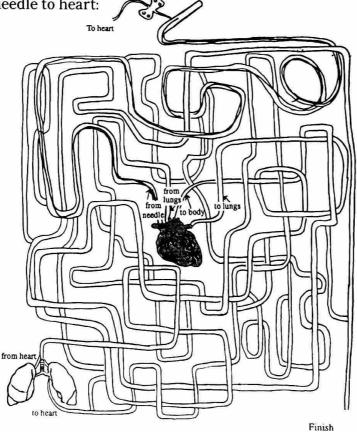


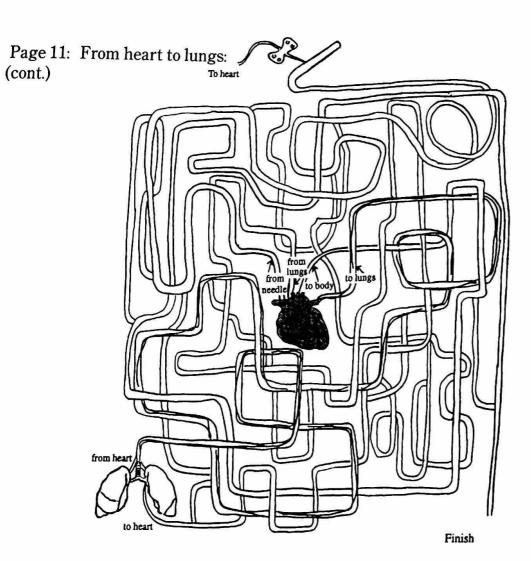
Page 9:

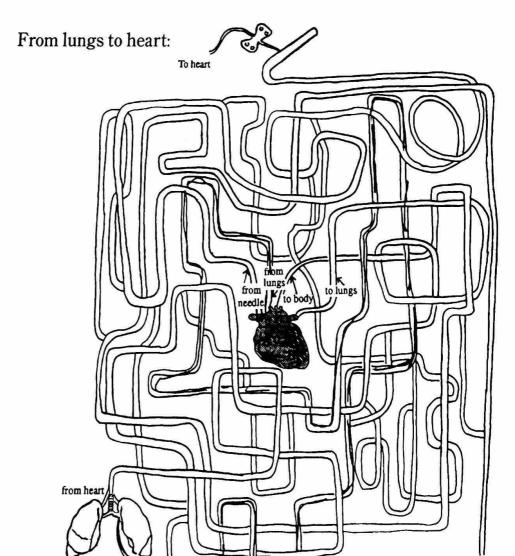
	Factor X	Factor VIII	Factor IX	Factor VII	Doctor	Nurse	Social Worker	Physical Therapist
Karen	0	X	X	X	X	X	X	0
Bobby	X	X	0	X	X	0	X	X
Chris	X	0	X	X	0	X	X	X
Arthur	X	X	X	6	X	X	0	X

Page 10: Wrist: 7 Scapula: 10 Pelvis: 4 Rib Cage: 3 Sternum: 11 Elbow: 6 Patella: 5 Femur: 12 Clavicle: 9 Hip socket: 8 Skull: 1 Vertebrae: 2

Page 11: From needle to heart:





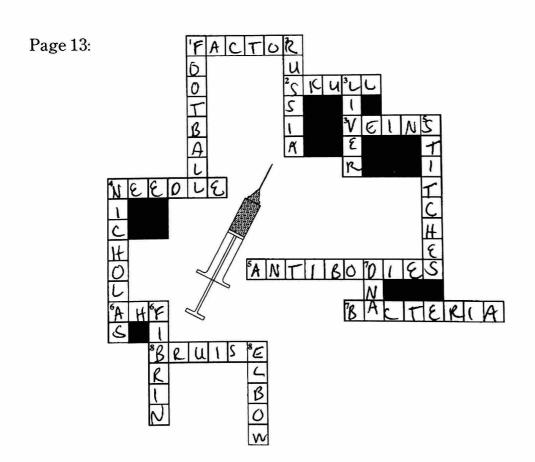


Page 11: From heart to body:
(cont.)

To heart

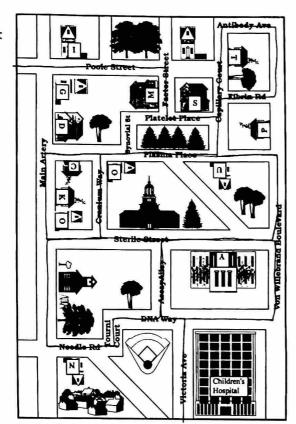
from h

Finish

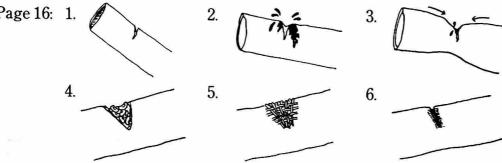


Page 14: "I'm Stuck on You."

Page 15:



Page 16: 1.



Page 17: mop; hop; pop; lop; opal; lap; map; elm; helm; pile; mile; ale; pale; male; lime; palm; alm; ham; pal; hole; pole; mole; poem; home; him; he; me; limp; imp; pail; mail; hail; loam; lip; hip; amp; lamp; help; alp; peal; meal; heal; oil; moil; heap; leap; pea; hope; mope; lope

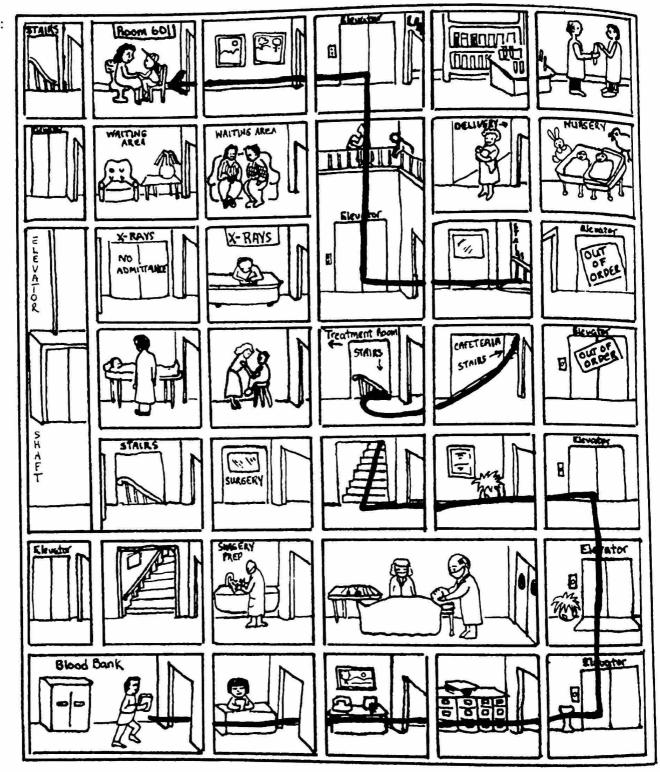
Page 19:

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S		N	N	E	D	1>	3	<b>6</b>	G	В
A	E	G	W	J/	N	<b>6</b>	7	Y	Z	A
B	0	X	E	<b>G</b>	N	Ī	1	K	S	L
Q	U	E	E	0	0	T	В	A	L	

Page 20: ROW 1: Thermometers, Tongue Depressors, Bandages

ROW 2: Butterfly Needles, Syringes, Gauze ROW 3: Lollipops, Ace Wraps, Cotton Balls

Page 21:



Page 23: Victoria, Edward VII, Alice, Alfred, Helena, (Louis,) Arthur, Leopold, Beatrice, Victoria Eugenie,

Alfonso, Juan, Gonzalo,

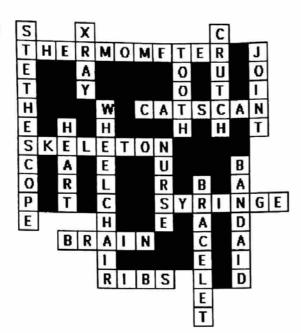
Victoria, Elizabeth, Irene, Ernest, Frederick, Alix, Mary,

Waldemar, Henry,

Olga, (Tatiana,) Marie, Anastasia, Alexis

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Page 31:



Page 33:

	Mon.	Tues.	Wed.	Thurs.	Fri.
9am	Nuict. + Dr.M	br.z.	Stafe	Nathan Or.S.	Milce Dr.S.
10am	Sam- Dr.M.	Dr.S.	Mtg	or.s.	mike pr.S
llam	Sam- or.M	54. S.		Dr.S.	Dr.S.
12-1			lunch	_	
1pm	Or W.	Ou.M.	Sam pr.M	James - Dr.W.	mark - pr.L.
2pm	gric- pr.M.	David - pr. W	Sam Or.M.	RobeA- Or.W.	Kaitlyn- pr.L.

Page 34: From top left to bottom right in order\*:

Transferring water to factor: 3 Inserting butterfly needle: 7

Washing with soap: 1 Applying tourniquet: 5

Page 35: In order, left to right\*:

syringe in factor: 4 pushing factor in: 8

applying alcohol swab: 6 flipping off top of factor: 2

\*Not all steps are represented

Page 36: Archery