

BRADY CLUB

Activity Book

brady.haea.org | Issue 22



The Brady Club Activity Book is now available in Spanish. Let us know if you would like to receive your copy in Spanish!



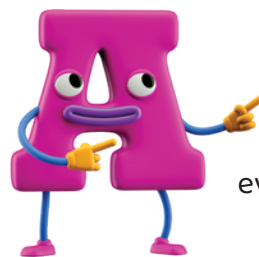
Let's
learn
together!

Hi! I'm Brady the Bear
and I'm here to help
you better
understand HAE.

Do you know what
HAE stands for?



H — hereditary is something you get from your mom or dad like your hair or eye color.



A — angio means there is something missing in the protein of your blood (the C1-Inhibitor protein). Just like you need protein to eat everyday, your body needs all kinds of different proteins. When one is missing or not working correctly, your body will react and not work the same as someone else's.



E — edema is a medical word that means swelling.

Talking to your school nurse about HAE:

Have you talked to your school nurse about Hereditary Angioedema (HAE)? Chances are your school nurse has never heard of HAE. It's always a good idea to work with your parents or guardian to create a letter for your school nurse to help them better understand HAE and how they can help you if needed. The letter should include a brief introduction to HAE, what the school nurse can do to help if you have an attack at school, and emergency contact information.

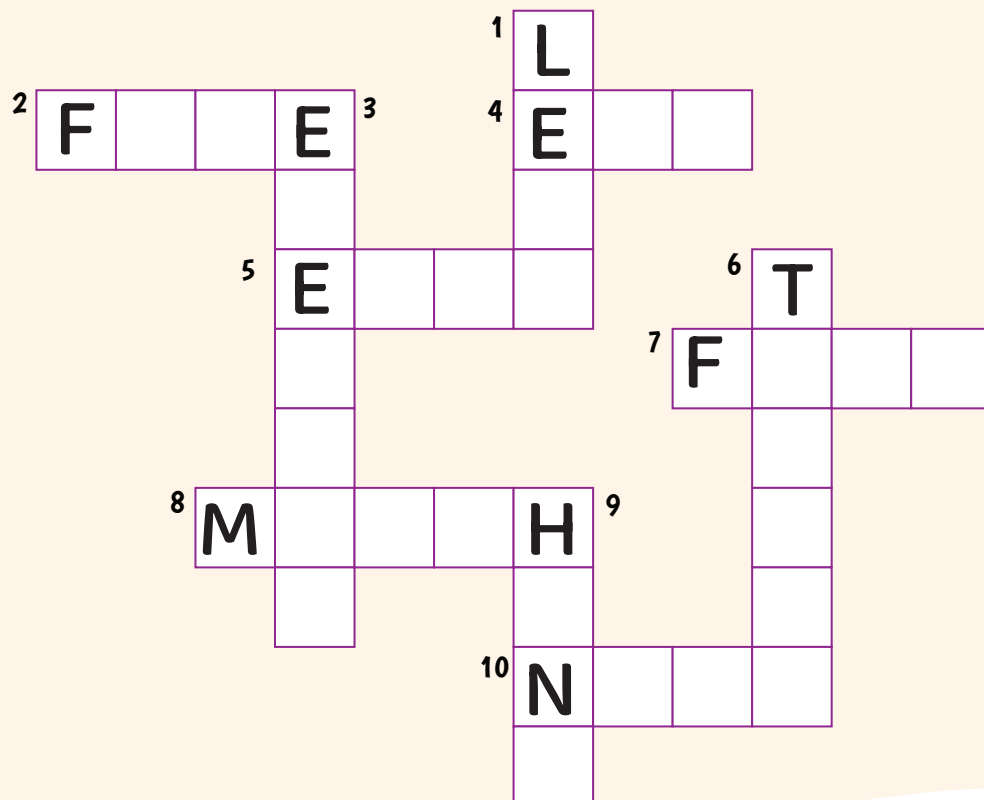
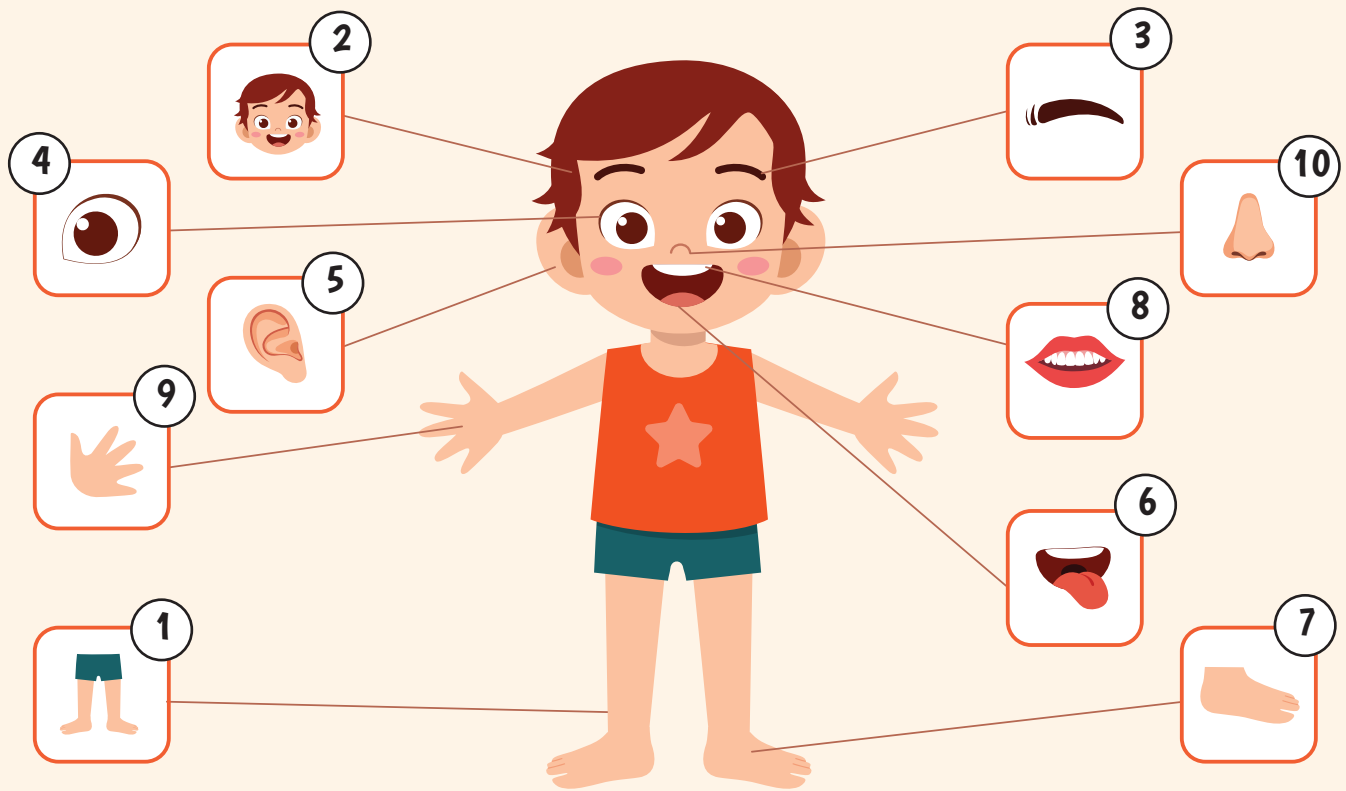


Have you ever thought about keeping a journal about your HAE attacks?

Many people with HAE keep a journal of their HAE attacks and write about what it can be like living with HAE. Have you thought about starting a journal of your own?

BODY PARTS

Crossword Puzzle



FUN RIDDLES FOR KIDS!

Can you solve the riddle without looking at the answer?

A. What can you hold in your left hand but not your right?

Answer: _____

B. What do you have to break before you can use it?

Answer: _____

C. What belongs to you but your friends use it more than you do?

Answer: _____

D. What gets bigger when more is taken away?

Answer: _____

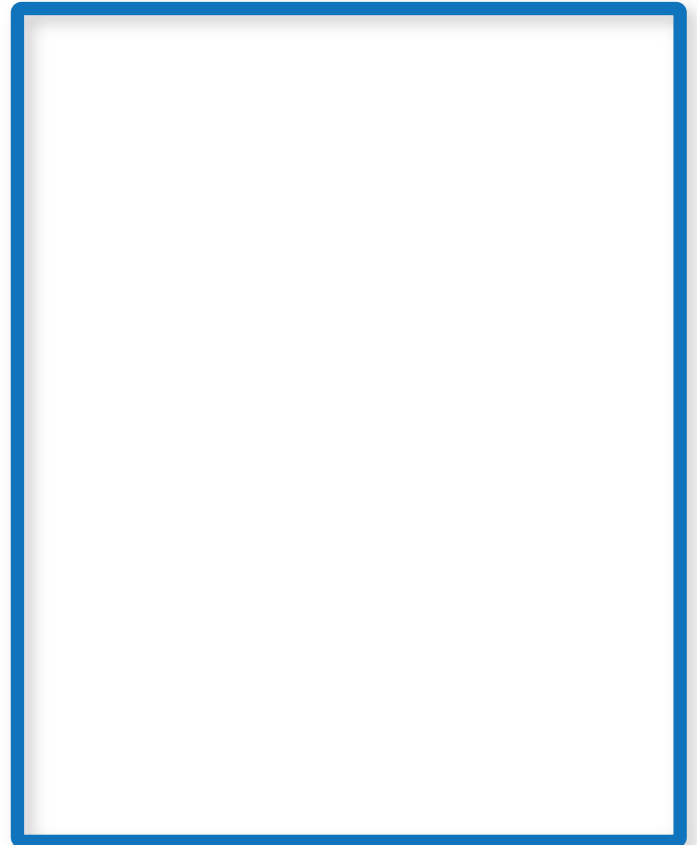
E. What has a head and tail but no body?

Answer: _____

F. What question can you never answer yes to?

Answer: _____

THIS IS WHAT I LOOK LIKE:



A: your right elbow, B: An egg, C: Your name, D: A hole, E: A coin, F: Are you asleep yet

WHO GOT THE FISH?

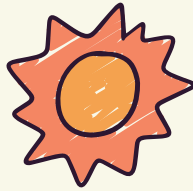
PUZZLE
TIME



My Caregiver is SPECIAL!

A caregiver can be someone in your life who helps you when you're not feeling good and even when you are feeling good. They offer support and love to help you get through the challenges of living with a health condition.

Do you have someone in your life who helps you? Or do you help someone in your life like a sibling or a parent when they aren't feeling well?



"My name is Abby and I have HAE. My mom is my caregiver. She helps me feel better when I'm sick. She takes me to the doctor, holds my hand, and makes sure that I am ok. She even gives me a tasty treat when I'm feeling better."



Activity:

Take a moment today to show appreciation to someone who cares for you! Tell them what they do that makes you feel better when you aren't feeling good.

Brady's friends from around the world!

Let's learn more about our friends from **Brazil**



Did you know the Brady Club is for kids with HAE from all around the world?

The US HAEA partners with the HAE United Kingdom, HAE Australasia, HAE Canada, HAE Spain, HAE South Africa, HAE Poland, and HAE Latin American countries to provide access to the Brady Club for kids around the world.



Hi! I'm Maria!

and I'm João!

We live in Brazil and we both have HAE! Can you find Brazil on a map?

A phrase we use a lot is: Saudade - is a Portuguese word used a lot in Brazil. Saudade is a word we use when we miss someone or something. It represents missing something that brought us happiness, this can be a friend, relative, a place, or a thing.

Our favorite food in Brazil is called Feijoada. This is a very traditional dish in Brazil. The name comes from "feijão", which means 'bean' in Portuguese. It is made from black beans, pork and beef stewed together. Feijoada is traditionally served on Wednesday or Saturday for lunch.



INTERESTING FACT ABOUT BRAZIL:

Brazil is home to the 2nd longest river in the world, called 'Amazon river' (the Nile river in Egypt is the longest). The Amazon river is home to lots of animals including the Amazon river dolphin, electric eel, and the green anaconda snake.

BRAZIL



Nico's Values

Each Brady Club Activity Book in 2023 will feature one of Nico's important values and include a short story about how that value impacted Nico and his friends. There is also a follow-up activity that you can do at home.

Hi. My name is Nico. I love puzzles, spending time outdoors, sports, and video games. One of my favorite sports is snow skiing.

Last winter break, I went with my friend Bianca and her family to Colorado. We had a great time skiing, snow tubing, and building the biggest and coolest snowmen!

While we were in Colorado, I had an Hereditary Angioedema (HAE) attack and had to stay in a hotel room for a couple of days. It was okay because I had medicine with me. I also got to watch movies and drink hot chocolate. Luckily, Bianca and her parents knew all about HAE and how to help me when I was not feeling

The Value of Being Responsible

TRAVEL TIPS

Keep these tips in mind when you travel:

- **Doctor's Note**
Bring a doctor's letter that allows you to carry your medication on board your flight.
- **Contact Information**
Keep a handy list (either on paper or in your phone) of phone numbers for your doctor.
- **Local Health Care**
Reach out to an HAE Advocate for information on a local HAE knowledgeable doctor or an area hospital where you can receive treatment if necessary.
- **Medication**
Check to make sure you have enough therapy for your trip as well as when you return. Bring your medication on board with you in your carry-on bag.
- **Relaxation**
HAE can be triggered by stress, so try to relax and enjoy your trip.

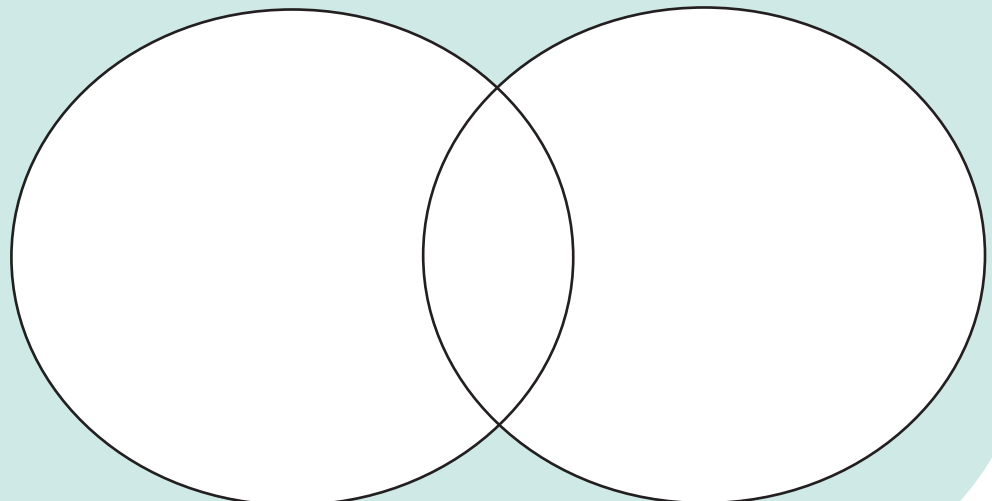
well. My mom and I shared HAE travel tips with them before we left. I knew I had to be responsible and prepared in case I had an attack. Being responsible means doing the things you are supposed to do and taking care of yourself and others.

Activity:

When have you been responsible? Do you take care of a pet? Tend to a garden? Help a younger sibling? Do your homework on time? Fill in the diagram below. Write about Nico's example of being responsible on one side and your example on the other side. Write about how your examples are the same in the middle section.

Nico

Your name



Start a journal

Journaling is like a diary, you can write your thoughts and feelings, what you did during the day, or what you hope to do in the future, you can also write about important things that happen in your life. Many people use a journal to write about HAE and how it is affecting their life. Use the lines below to share your thoughts and feelings, you can use words or pictures.

A journal doesn't have to be only words, you can draw pictures too!

My Daily Journal



My name is _____

This made me laugh today....

➡ _____

Today I was worried about....

➡ _____

Something I'm excited about is...

➡ _____

Something I like to do for fun #BeyondHAE is...

➡ _____



All About Me



DREAM BIG



Today's Date: _____

I am _____ years old.

When I grow up I want to be:



— My favorites —



Food: _____

Animal: _____

Sport: _____

Color: _____

Movie: _____

School subject: _____

