

Go Explore!

ACTIVITY BOOK



GRIFOLS

Word Search Adventure

Always be prepared for an adventure! It's important to plan ahead for any bleeding episodes that may happen while you're away from home. With the help of your parents and your doctor, make sure that you know what to do and what to bring with you whenever you travel.

Find the travel words below. Here's a hint: The words could be vertical, horizontal, diagonal, or backwards.

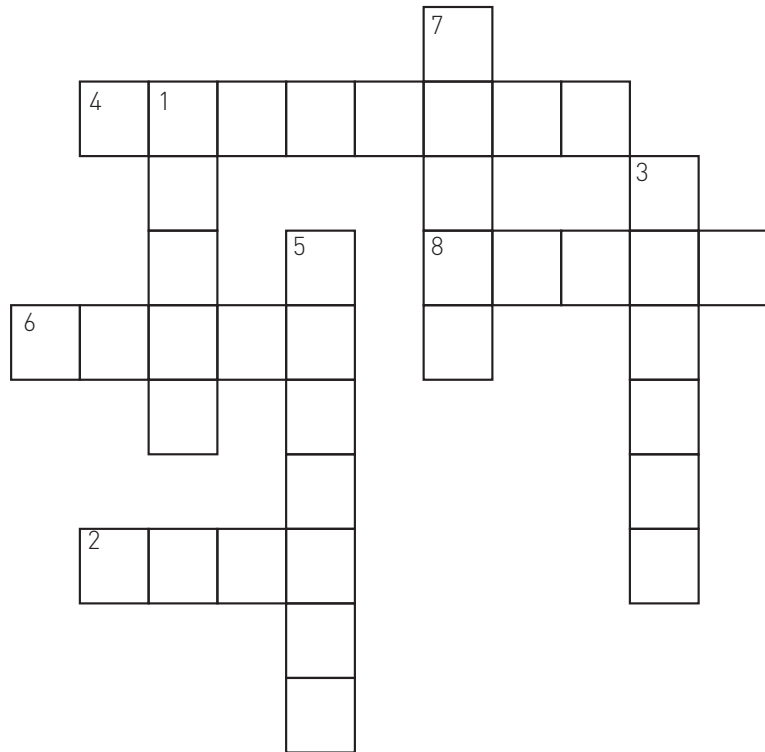
<input type="checkbox"/> Backpack	B	T	K	C	A	P	K	C	A	B
<input type="checkbox"/> Passport	O	H	Z	T	W	Q	E	I	H	D
<input type="checkbox"/> Explore	A	G	C	R	O	U	J	C	X	I
<input type="checkbox"/> Flashlight	B	I	N	O	C	U	L	A	R	S
<input type="checkbox"/> Discovery	S	L	P	P	S	C	N	M	Y	C
<input type="checkbox"/> Safety	A	H	Q	S	M	A	J	P	G	O
<input type="checkbox"/> Binoculars	V	S	O	S	J	P	F	A	R	V
<input type="checkbox"/> Camp	F	A	X	A	Y	U	R	E	I	E
	K	L	J	P	E	G	P	Z	T	R
	Y	F	E	X	P	L	O	R	E	Y



Sight and Sound Crossword Puzzle

Whenever you go outside, look at and listen to everything around you. You'll learn so much about the world and the amazing things in it.

Use the clues below to help you fill in the crossword puzzle.



Down

1. A big body of water that has waves
3. They fall from trees when it gets cold out
5. A loud noise in the sky
7. The big, beautiful planet you're standing on right now!

Across

2. Fast air that blows your hair around
4. A really big rocky hill you can climb
6. A sandy place you might go to see 1 DOWN
8. Birds make their nests in these tall things

Sports Scrambler

Being active is good for everyone! Some types of sports and activities are safer than others for kids who have a bleeding condition. Make sure you talk to your parents, doctors, and coaches about the best ways for YOU to stay active and safe.

Unscramble the sports words below. When you're done, circle the sport that you would like to try next!

1. IGHSFIN _____

2. MIGNMIWS _____

3. KNGIIH _____

4. SNENIT _____

5. KIBE INGIRD _____

6. OFIGGLN _____

7. GBWOLNI _____

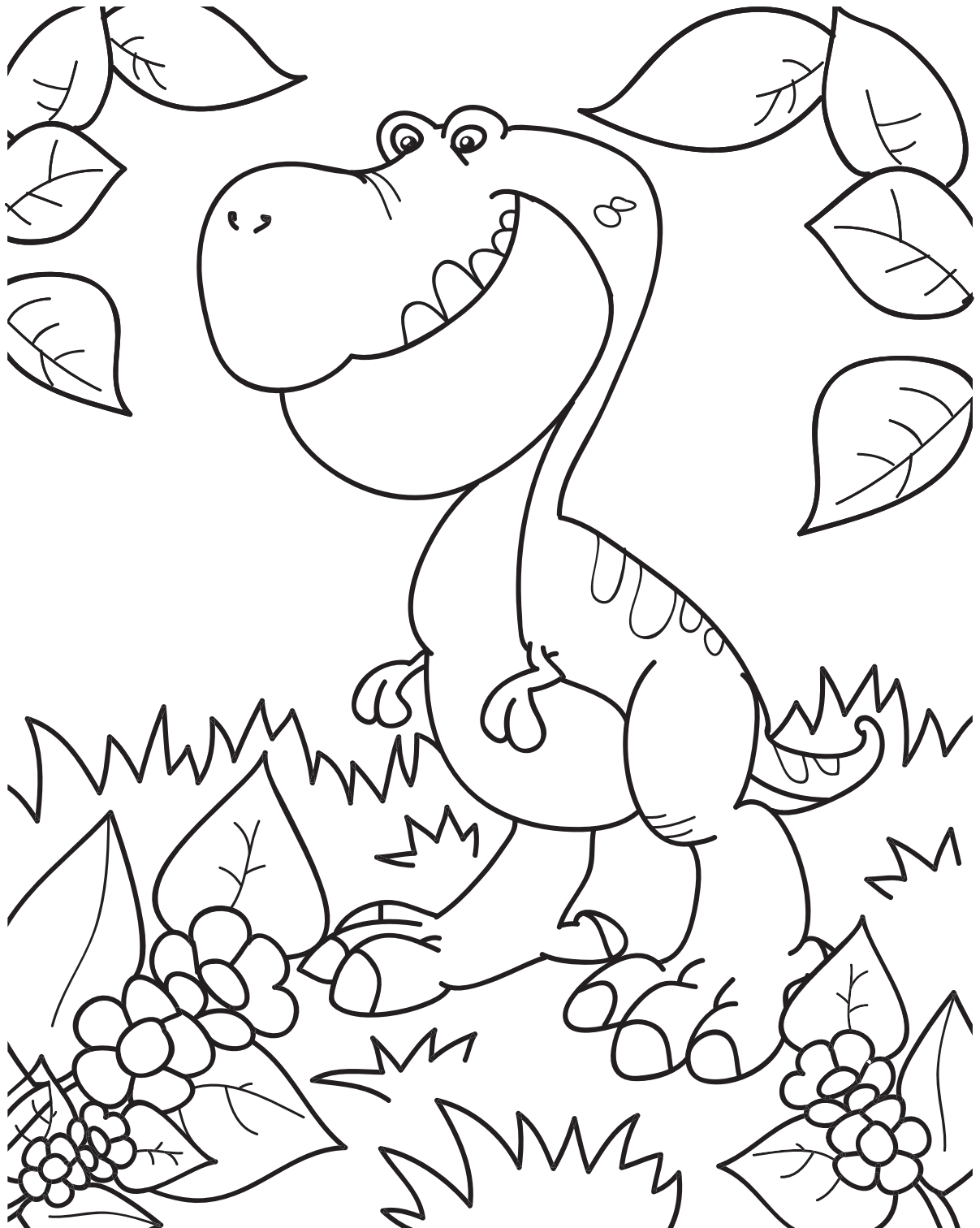
8. NDANICG _____

*Playing sports
helps build
strong bones,
joints, and
muscles!*



Color Me In

Smile! Don't forget to brush twice a day while you're at camp.

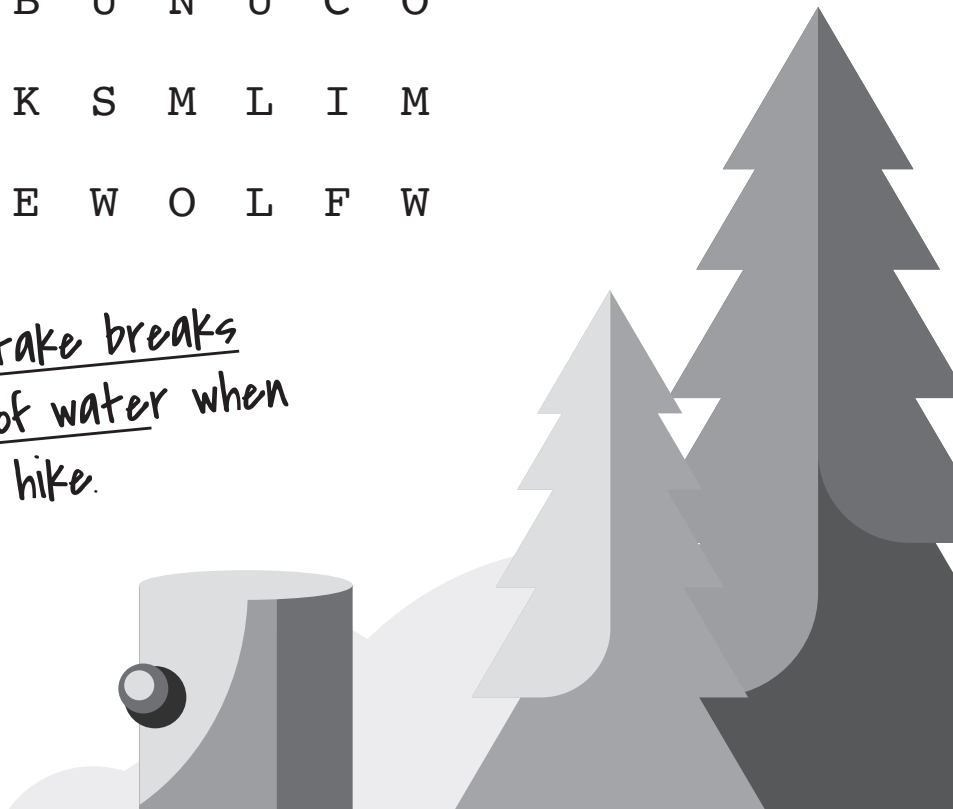


Word Search Challenge

Below, **circle 8 things** that you might see while taking a hike outside. Here's a hint: The words might be vertical, horizontal, diagonal, or backwards!

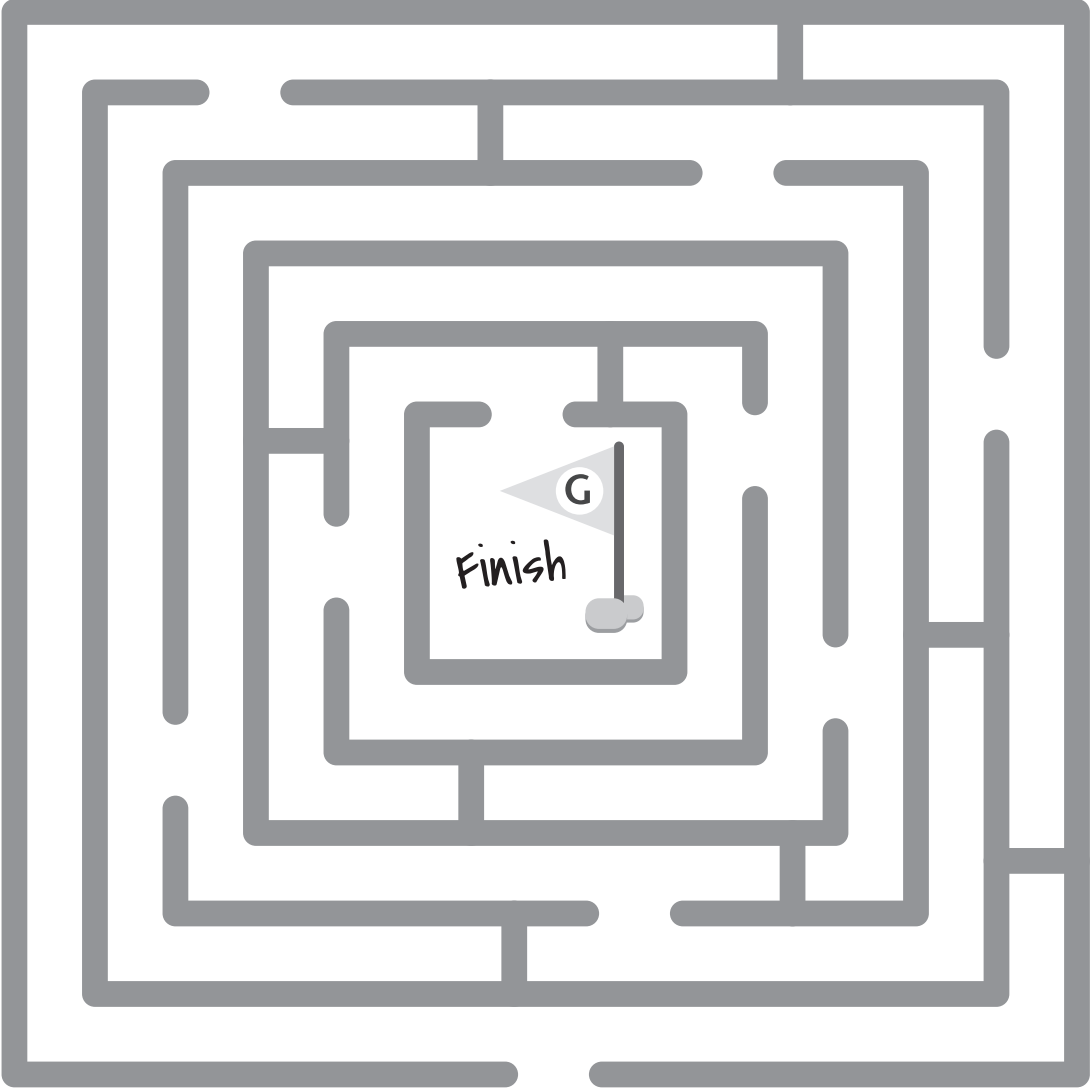
C N R S S Y L U R D
G Q A D D T R E E N
E A R F F U J K V I
G I L R T V O H I A
B S D H F M S L R T
S Q U I R R E L C N
Y L F R E T T U B U
D E F W B U N U C O
J T L I K S M L I M
M U S R E W O L F W

*Remember to take breaks
and drink lots of water when
you're taking a hike.*



The A-MAZE-ING Outdoors

Did you know? In the United States, there are more than 400 national parks. Now that's a lot to explore!



Start

Fact or Fiction Trivia Challenge

Do you have what it takes to spot fact from fiction? Of course you do!

For each statement below, circle “true” if you think the statement is correct or “false” if you think it’s incorrect.

Be sure to check your answers when you’re done.

1. It’s possible to tell someone has hemophilia just by looking at him or her.

True False

2. You can give hemophilia to someone by holding his or her hand.

True False

3. I should bring my factor and supplies with me when I travel.

True False

4. All bleeds are treated the same way.

True False

5. RICE stands for rest, ice, compression, and elevation.

True False

6. A dog can have hemophilia.

True False

7. The amount of factor that you take is based on how tall you are.

True False

8. You should tell your teachers, friends, and coaches about your bleeding condition so that they can help you.

True False



Fact or Fiction

Scavenger Hunt

Calling all explorers! Grab a few friends, head outside, and see how many of the items below you can find on this list. When you find it, check it off.

- Something fuzzy
- Bird's nest
- Animal tracks
- Spider web
- Pinecone
- A leaf that's not green
- A flying bug
- Something orange

*Remember to wash
your hands really well
after exploring the
great outdoors.*



My Nature Journal



Date: _____

My discovery: _____

Description: _____

Where I found it: _____

It was interesting because: _____

My sketch:

Date: _____

My discovery: _____

Description: _____

Where I found it: _____

It was interesting because: _____

My sketch:

Date: _____

My discovery: _____

Description: _____

Where I found it: _____

It was interesting because: _____

My sketch:

Date: _____

My discovery: _____

Description: _____

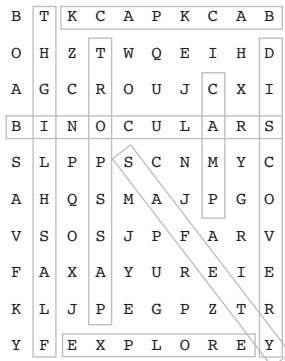
Where I found it: _____

It was interesting because: _____

My sketch:

Answer Key

Page 2 — Word Search Adventure



The Best Explorers Are Always Prepared!

Ask your parent or guardian to help you fill out the card below and cut it out of this book. Then, keep it in a place that you'll remember, such as your backpack or sports bag, or taped inside a notebook.

Just in case I need help...

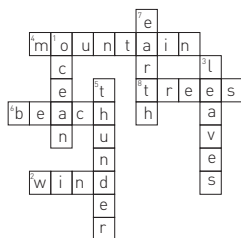
Name of a person who can help me: _____

Who is this person? _____

Where I can find this person: _____

Phone number: _____

Page 3 — Sight and Sound Crossword Puzzle



Page 4 — Sports Scrambler

1. fishing
2. swimming
3. hiking
4. tennis
5. bike riding
6. golfing
7. bowling
8. dancing

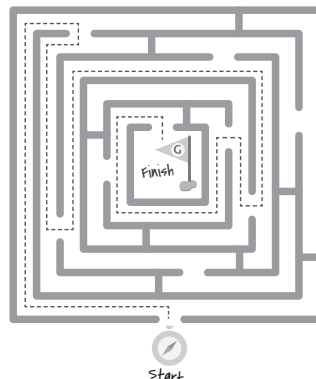
Page 8 — Fact or Fiction Trivia Challenge

1. false
2. false
3. true
4. false
5. true
6. true
7. false
8. true

Page 6 - Word Search Challenge



Page 7 - The A-MAZE-ING Outdoors



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