

In This Issue

- He's A Champ!
- Thank Your Teacher!
- Making Friends

He's A Champ!



Let me tell you about a real champ! Matthew is 8 years old and loves to play basketball and other sports. He has an orange belt in karate and this year he learned to ride a horse and ski. What a busy year! Matthew has been treated for bipolar disorder for 3 years now and is doing well in school and making friends. Like many kids with bipolar disorder, Matthew has to get his blood tested to make sure his medicine is at the right level and his body is healthy. What does he think about that? Let's listen to what Matthew says, "When I was going to have a blood test I couldn't eat any food. When I got my blood test they couldn't find the vein. My mom put the cream on the wrong arm. A blood test without cream feels the same as with cream." Matthew is very brave when it comes to blood draws even though his veins are hard to find. He feels better if he can watch. Matthew we think you are a real Champ!!!

Making Blood Draws Easier For Kids

Thank Your Teacher!



Your parents probably taught you that saying "Thank You" is a nice thing to do. They are right! Have you thought about how you will say "Thank You" to your teacher before you move to the next grade? Teachers really like gifts that come from your heart. Here are a couple ideas: -Make a card-Write a poem-Draw a picture-Print a certificate- Whatever you do don't forget to say "Thanks" to that special teacher. Mom and Dad can say "Thanks" too! Have you considered finding that special teacher in your life and sending them a card? It's never too late to tell someone how much they are appreciated.

Featured Tip



"If I have trouble thinking of happy things, I say Butterflies, Butterflies, Butterflies, because they are so delicate and beautiful they help you think happy thoughts." Julia, age 9

Do you have a tip to share with other kids with bipolar disorder? Please let us know.

Email us: tracy@bpchildren.org

Teacher Appreciation Gifts



Teacher's Rule With Class Pin



Ideas for Teacher Appreciation

Those Who Care
Teach Keychain

Making Friends



A real friend can be hard to find...and keep. Kids with bipolar disorder may have extra difficulty in this area. So what can you do to meet and keep friends? First look for opportunities to make friends. Sometimes friends come in unusual places so don't count people out before you get to know them. Once you meet a new person think about how you like to be treated and try to treat your friend like this. After a new friend becomes a really good friend you may want to talk to them about your bipolar disorder. It may help them understand that there are times you won't feel like yourself. What if you said mean things to your friend when you weren't feeling well? Don't hesitate to apologize! Everybody makes mistakes and hopefully your friend will understand. What if your friend doesn't want to be friends anymore? Well that happens sometimes to **everyone** and it's no fun!

If you don't have any friends right now focus on the skills you need to make friends. Here are some tips to help you!

12 Tips for Making and Keeping Friends

Make Your Own
Teacher
Appreciation
Gift!

[Kids Crafts for Teacher
Appreciation Week](#)

[Homemade gift
projects](#)

[Printable Teacher
Thank You Cards](#)