NIA AND THE NEUROSTARS

Mylie's

Pain Toolkit

Support for children aged 4 to 8 who live with pain.



Understanding pain, together

Picture cards, diaries, wall posters and support plans for home, school and clinic.

Louise Anderson

Occupational Therapist and Pain Psychologist · The Psychologist Tool Kit

How does our body feel pain?



Professor Neuron

Now imagine you've bumped your elbow on a table. Let's follow the message together.

1 Your elbow gets bumped

If the bump is hard enough, special nerve endings in your elbow can send a warning message.

2 The message travels

It travels along nerves to your spinal cord. Other nerve cells can pass the message on to your brain.

3 You might feel pain

Your brain makes sense of the messages from your elbow. What's happened to you before, how you feel and what you're doing can all affect how much the bump hurts.



Follow the warning message

Nerve endings in your elbow

↓

Nerves

↓

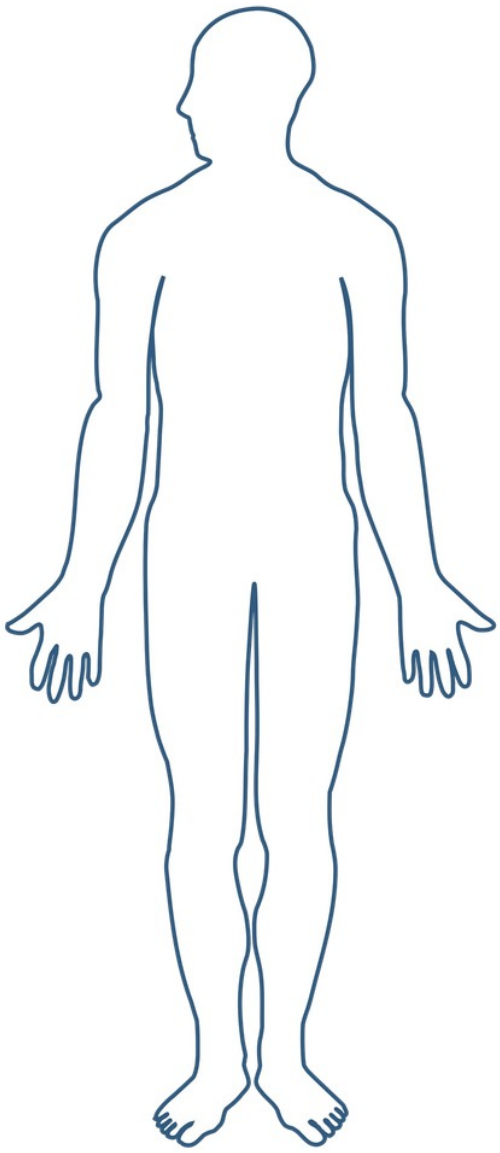
Spinal cord

↓

Brain

Where do I feel pain?

Where do you feel pain? You can point to the spot on the picture or on your body. You can mark the picture or tell someone where it hurts.



What does it feel like there?

You can use your own words or draw how it feels.

What would you like me to know?

You can tell someone what your marks or colours mean.

Gentle breathing

Get comfortable. You can sit or lie down. Let your hands rest wherever they feel comfortable.



1. **Breathe in gently**
   Take a gentle breath in through your nose, if that feels comfortable.
2. **Breathe out slowly**
   Let the breath out softly through your mouth.
3. **Try another gentle breath**
   Breathe in gently, then slowly breathe out. Try this a few times if it feels comfortable. Stop whenever you like.

PREVIEW / LOUISE ANDERSON

What I want school to know

Think of a school day when you were in pain. Use the boxes to show what was hard and what might help.

My name _____ Class _____ Date _____

How pain affects my school day

What helps me take part

Perhaps you need a quieter place, a break or help with one part of a lesson.

Feelings cards

Choose a feeling, or add a word of your own.

My feelings

Worried



Mylie's Cards

My feelings

Sad



Mylie's Cards

My feelings

Frustrated



Mylie's Cards

My feelings

Angry



Mylie's Cards

My feelings

Every feeling is welcome

How are you feeling? You can point to more than one.



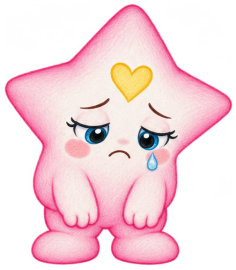
Happy



Calm



Tired



Sad



Worried



Unsure



Angry



Frustrated

Another feeling

Draw it or write your own word here.

You might feel a few things at once. Take your time to find the pictures or words that fit you.