



# Allergy Pals AGES 7-11

Online Mentorship for Kids with Food Allergies



Food Allergy Canada



# Participant Workbook

Allergy Pals Beginner

## Discover Together Time:

During every Allergy Pal session, you will have an opportunity to participate in Discover Together time with your peer mentor and group!

Reading the topics below will help you get ready for your sessions each week. It will also help you learn and practice new skills to use with your food allergies. Here's a list of your weekly Discover Together time:

Session	Topic	Discover Together Discussion	Page
One	Welcome and Introductions	As a group let's discover some future allergy goals!  What's one thing you want to do, learn, or achieve by the end of these sessions?	4
Two	Getting to Know Each Other	As a group let's brainstorm things we do to avoid an allergic reaction.  At the end we'll make a list together for everyone to have!	5
Three	Avoiding Allergic Reactions	Describe and talk about some people you can turn to for help. Who are they? How do they help you with your food allergies? They can be family, friends, coaches, etc.	6
Four	Avoiding Allergic Reactions	How can we always remember to take our auto-injector with us?  As a group let's brainstorm some tips and tricks and make a list to always remember!	7

Session	Topic	Discover Together Discussion	Page
Five	Friends and Family	As a group: Let's write a "thank you" letter on the next slide to all the people who've helped us with our food allergies.	8
Six	Isolation and Bullies	As a group let's think about the positives of our food allergies!  Think of one great thing and then one at a time answer:  Why do you think it's great? How does it make you feel? How would you share this with a new friend?	9
Seven	Allergies at School	Let's all pick our favourite things we learned or loved in our sessions together and share them with each other!	10
Eight	Treating Allergic Reactions	Can you remember your Allergy Goal from our first session?  Tell us about it! What was one thing you wanted to learn, achieve, talk about by the end of these sessions?	11

After each Session, you can do the Bonus Activities in this handbook for extra fun and learning!

At the end of every Allergy Pals Session you can add an Allergy Treasure to your Allergy Treasure Chest on pages 12-13.

If you get stuck on any Activities in this handbook, ask a parent or other family member for help!

# Discover Together Time Activities: Week One:

**Discussion:** As a group let's discover some future allergy goals!

What is one thing you want to do, learn, or achieve by the end of the Allergy Pals Beginner Sessions?

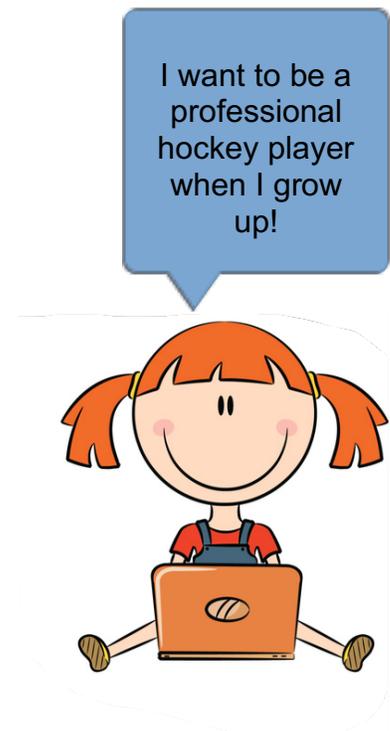
Use the space below to write down any goals you want to complete by week eight. It can be:

- ▶ Something you want to learn in the sessions
- ▶ Something you want to do or talk about with the group
- ▶ Something you want to create in the sessions

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **Bonus Activity:**

What are some other goals you have for the future?



# Discover Together Time Activities: Week Two:

**Discussion:** Brainstorm things we can do to avoid an allergic reaction.

In the space below list all the ways you can avoid an allergic reaction. Think of all the positive things we do to stay safe with our food allergies. At the end of your session you'll have a list to keep for the future!

My parents and I always tell restaurant waiters and cooks about my allergies!

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## **Bonus Activity:**

Brainstorm five times or places when you might find your allergens

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



# Discover Together Time Activities: Week Three:

**Discussion:** Describe some people you can turn to for help.

Who can you talk to you about your food allergies? Describe who they are and how they help you with your food allergies. They can be family, friends, coaches, etc.

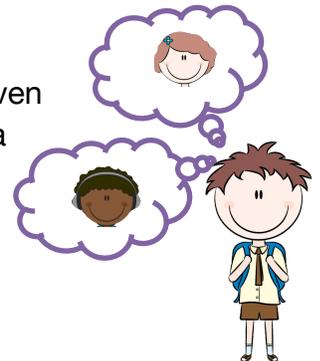
1. Name: \_\_\_\_\_
  2. How you know them: \_\_\_\_\_
  3. How they help with your food allergies: \_\_\_\_\_
- 

1. Name: \_\_\_\_\_
  2. How you know them: \_\_\_\_\_
  3. How they help with your food allergies: \_\_\_\_\_
- 

1. Name: \_\_\_\_\_
  2. How you know them: \_\_\_\_\_
  3. How they help with your food allergies: \_\_\_\_\_
- 

## **Bonus Activity:**

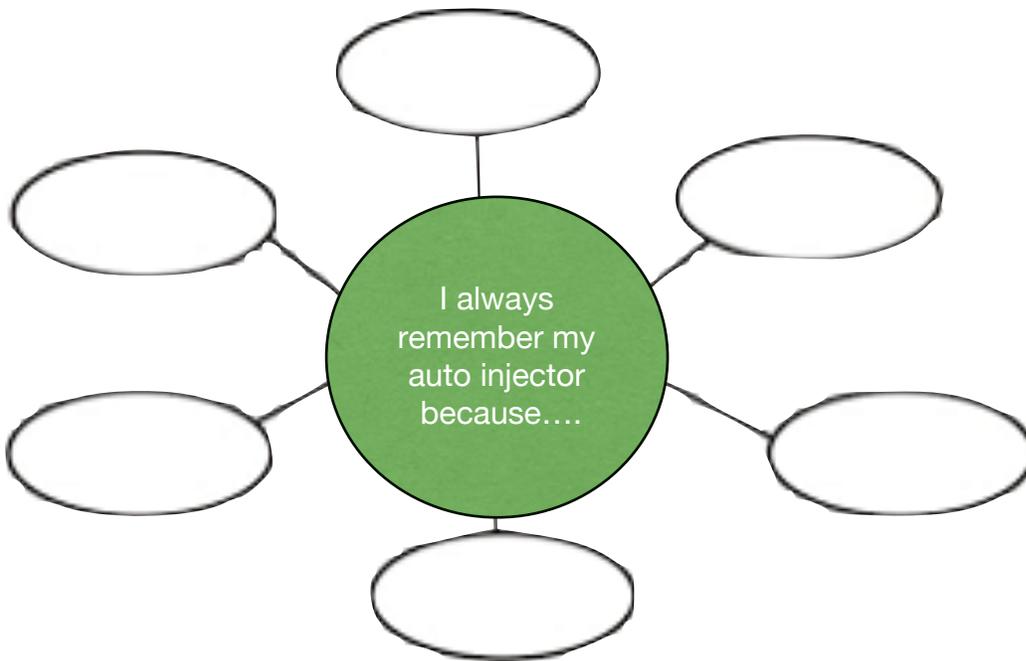
A person you listed above or talked about in the session can help you even more if they know what to do during an allergic reaction. It's a good idea to give them a copy of your Anaphylaxis Emergency Plan! Ask a parent or other family member to help you find and fill out the plan at [www.foodallergycanada.ca](http://www.foodallergycanada.ca)



# Discover Together Time Activities: Week Four:

**Discussion:** How can we remember to take our auto-injector with us?

How can we always remember to take our epinephrine auto-injector with us when we go somewhere? In your session, brainstorm some tips and tricks and make a list to always remember! Write down all the things you learned below:



## **Bonus Activity:**

What are some things that worry you about your food allergies? Write them in the box below. Talk about them with your friends and family to come up with ways to feel better.



# Discover Together Time Activities: Week Six:

## Discussion: Positives of food allergies

Think of all the positive things about your food allergies, and think about all the things you discussed in your session, then one at a time answer:

1. Why do you think it's great?
2. How does it make you feel?
3. How would you share this with a new friend?

### Bonus Activity:

Draw or write all the feelings that come to mind when thinking about your food allergies



# Discover Together Time Activities: Week Seven:

**Discussion:** What did you learn in during the sessions?

In the space below list or draw all the things your learned and talked about during the past seven sessions:

Session 1:

Session 2:

Session 3:

Session 4:

Session 5:

Session 6:

Session 7:

## **Bonus Activities:**

Brainstorm some solutions to an allergy challenge you have faced while spending time with friends or family. Follow the problem solving steps you learned in session:

1. Describe the problem
2. Brainstorm Solutions
3. Choose a Solution
4. Evaluate the Solution

# Discover Together Time Activities: Week Eight:

## Discussion: Remember your Allergy Goal

Can you remember your allergy goal from your very first Allergy Pals session?

Write it down below and ask yourself:

How did you achieve/do it?

Write down or draw anything else about the goal

Goal: \_\_\_\_\_

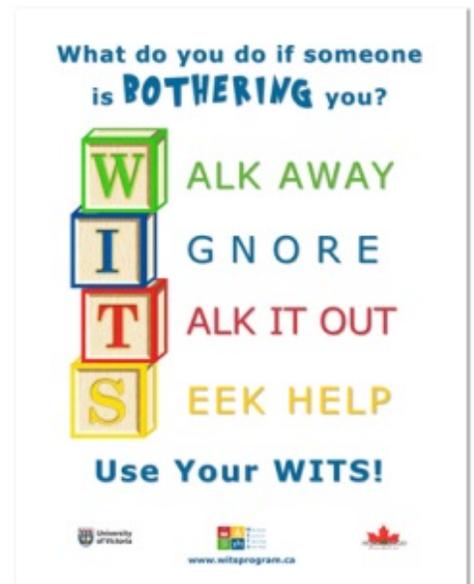
Make a plan for success with your food allergies by asking yourself:

1. What do you want to stop happening in your life?

- Use your WITS and draw or write down anything that makes you worried or feel bad about your food allergies

2. What do you want to keep happening in your life?

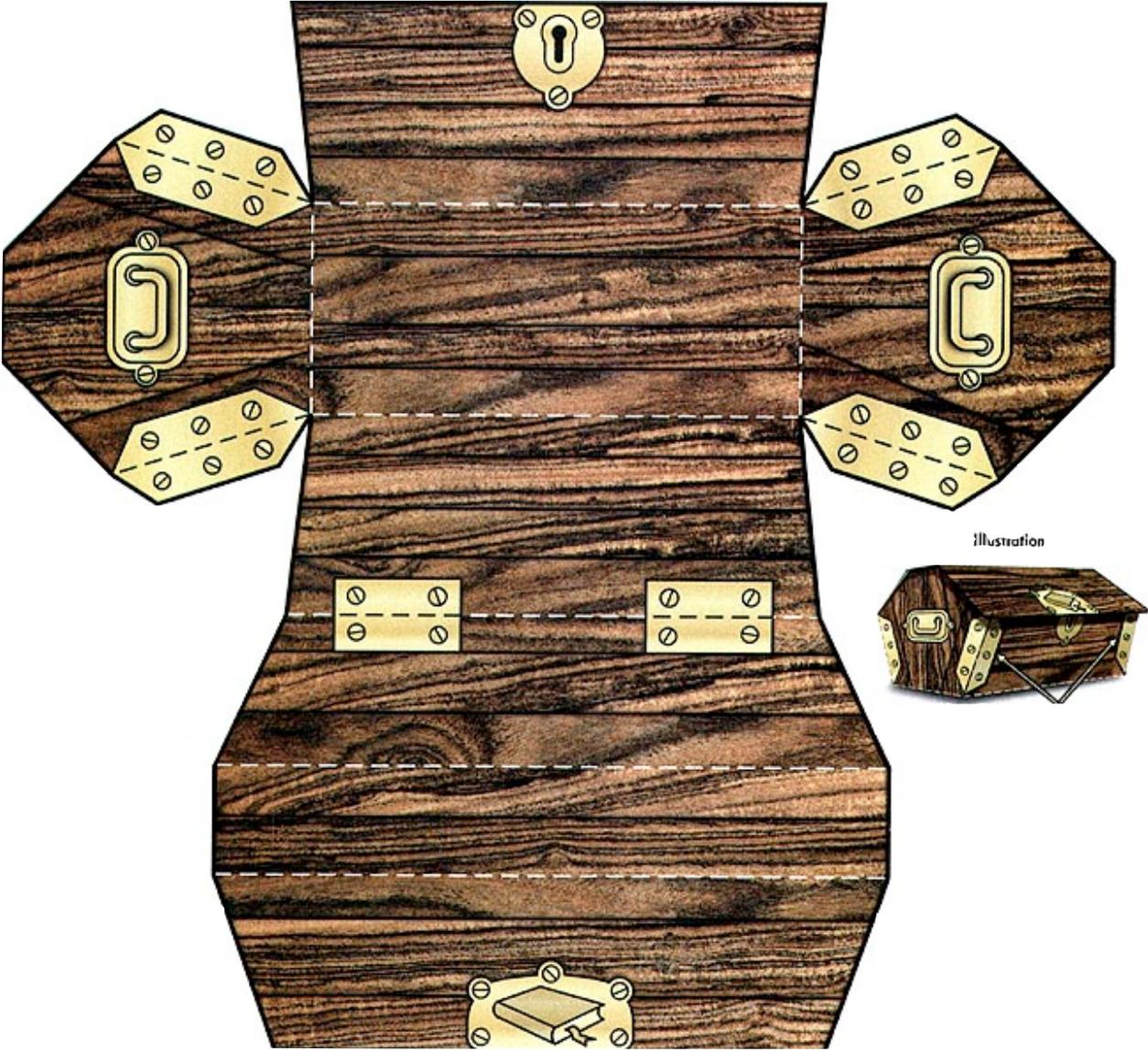
- Think of all the great things about your food allergies



# Bonus Activities

## Allergy Treasure Chest

After every Allergy Pals Group session, write down something helpful you've learned, talked about, or practiced in the session on one of the coins below. That's your Allergy Treasure for the week! Cut out the Allergy Treasure Chest below. Fold and glue it together, using the dotted lines as a guide. Then, cut out the coins and use the chest to store your Allergy Treasures!



# Bonus Activities

Allergy Treasure Chest



# Bonus Activities

Allergy Treasure Chest

Use the space below to complete your bonus activities from above!



# Bonus Activities

Use the space below to complete your bonus activities from above!



Audrey Adilman, Jacki Maxwell, Suzanne Wilkinson (1994) *Core Lessons for Life Skills Programs*. Province of British Columbia, Minister of Skills, Training and Labour and the Centre for Curriculum and Professional Development. Cowichan, BC.

Shirley Allen, Mickey Mehel, Sally Palmateer, Ron Sluser (1995) *The New Dynamics of Life Skills Coaching*. YWCA of Metropolitan Toronto. Toronto, Ont.

Trevor Cole (1999) *Student Manual and Workbook for Elementary and Middle School Students: to accommodate Kids Helping Kids*. Peer Systems Consulting Group Inc. Victoria, BC.

Judy Strother Taylor (2003) *Training New Mentees: A Manual for Preparing Youth in Mentoring Programs*. National Mentoring Center for the Office of Juvenile Justice and Delinquency Prevention, US Dept of Justice. Portland, OR.