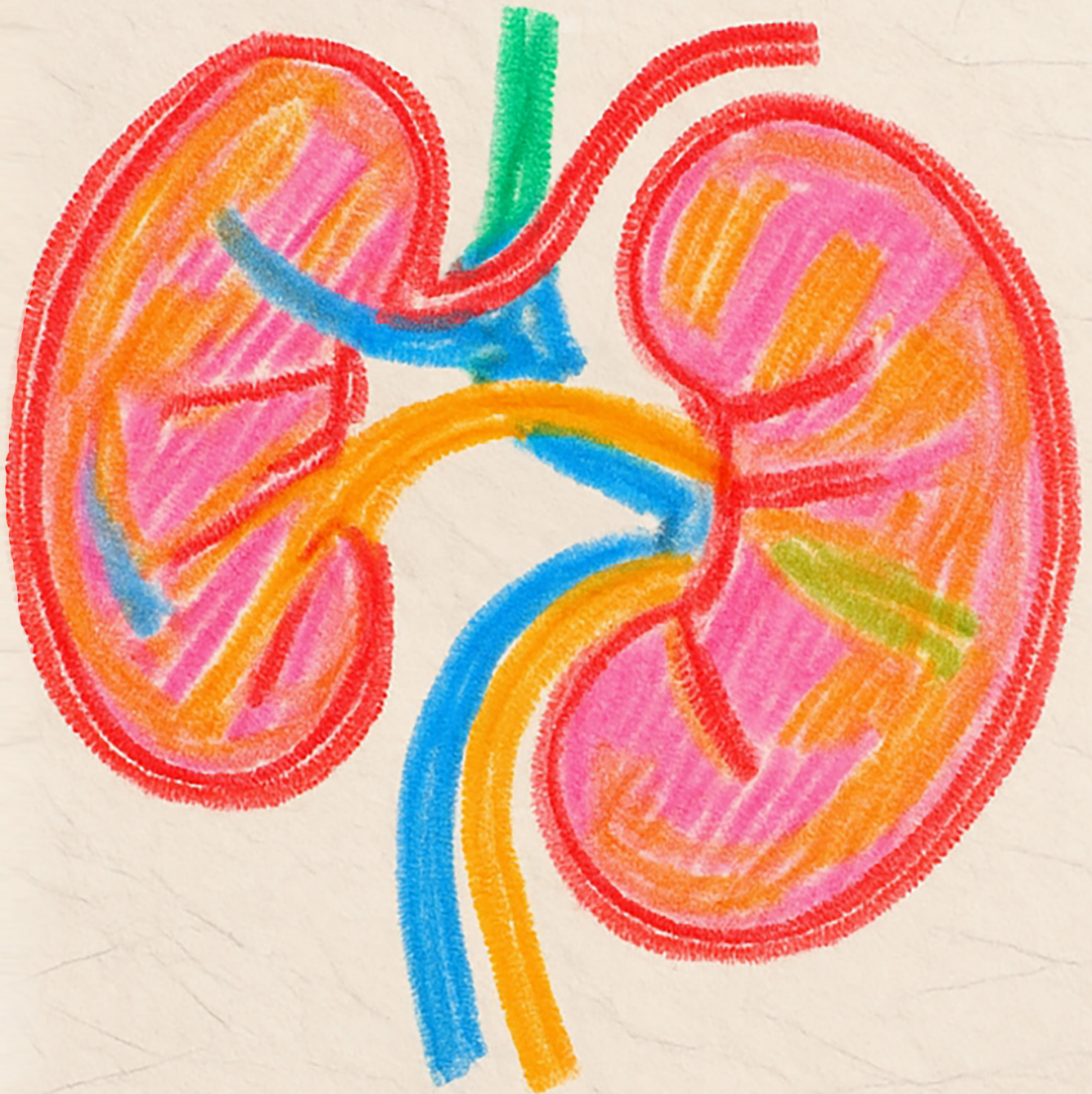


KIDNEYCARE

Activity Book



**Quality
Insights**
Renal Network 5



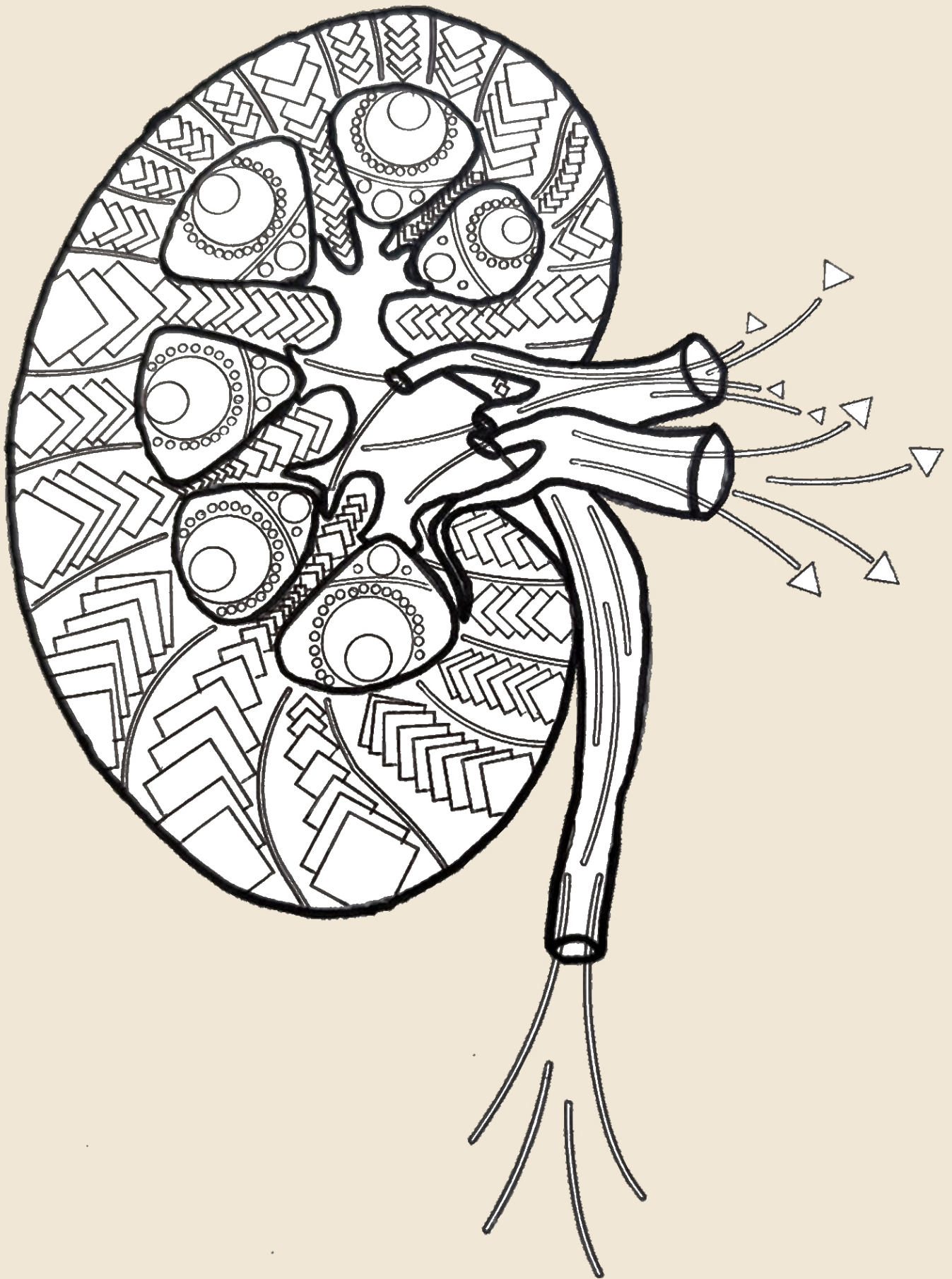
**Midwest
Kidney Network**

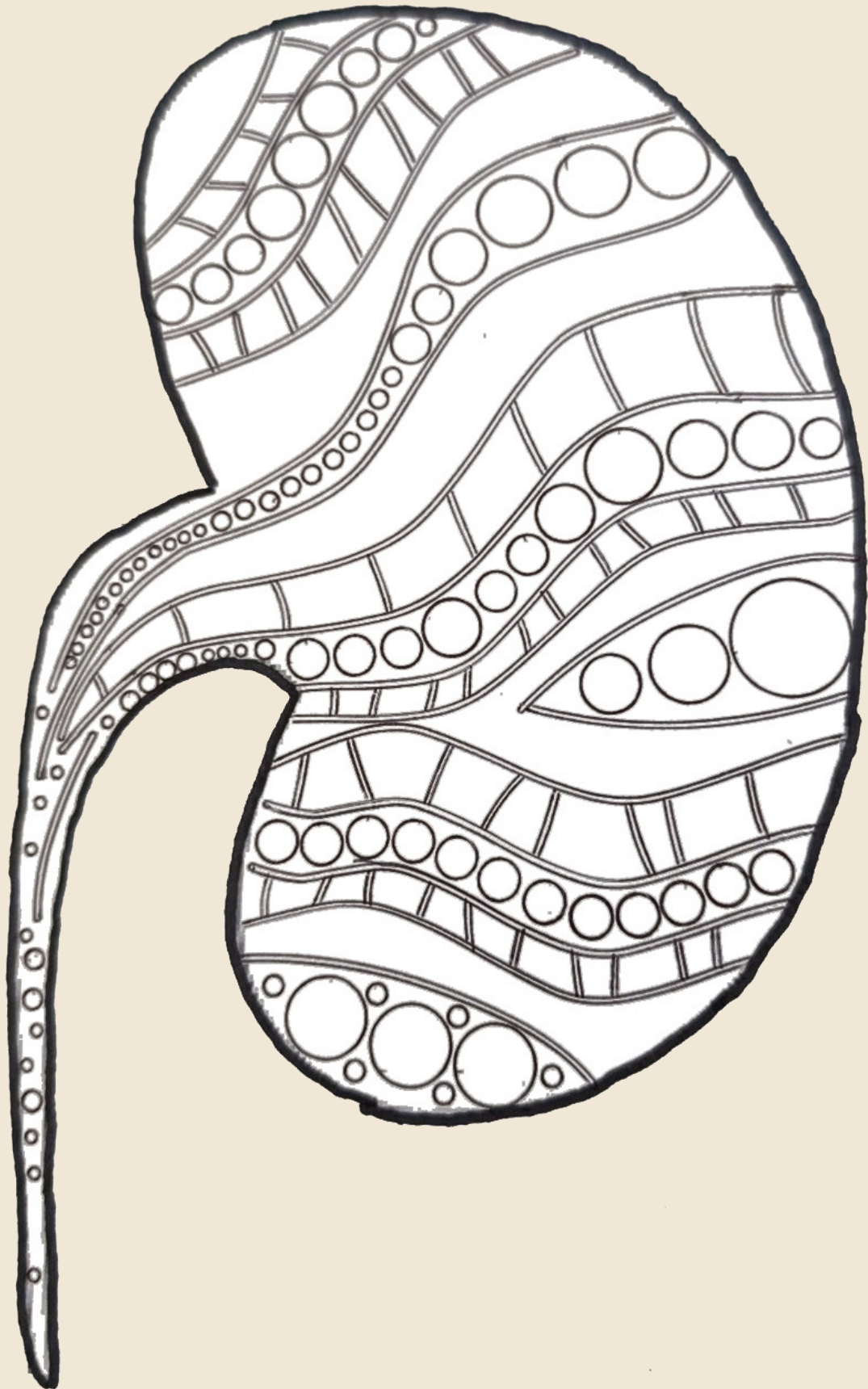
Passing time during dialysis is important for physical and mental well-being, allowing you to use the time productively, relax, or engage in activities like coloring and doing puzzles. This can help reduce stress and make the experience feel less like a chore, turning a medical procedure into valuable “me time.”

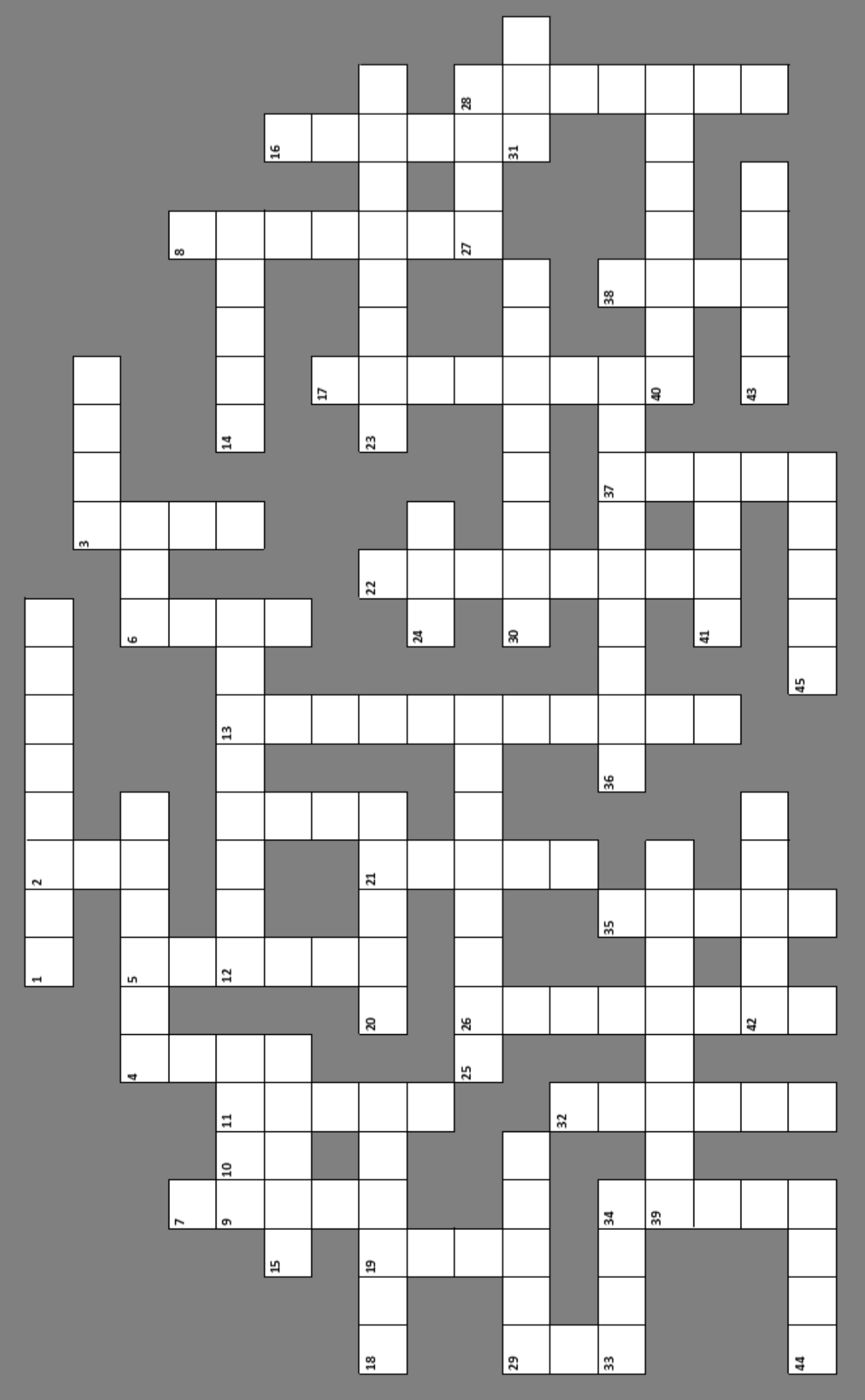
PASSING TIME DURING DIALYSIS

- DON'T WATCH THE CLOCK
- Crafts
 - Knitting, crocheting, embroidery
- Color
- Read
- Meditate
- Listen to music
- Sleep (use noise canceling headphones)
- Watch videos
- Education
 - Learn a language (Duolingo has a free app option)
 - Get an online degree, certification
- Employment
 - Ticket to Work (vocational rehabilitation)
 - Remote work
- Watch YouTube videos about the next project you want to complete
- Talk to a nearby fellow patient
- Write a letter
- Do crossword puzzles or word finds
- Play a game on your phone









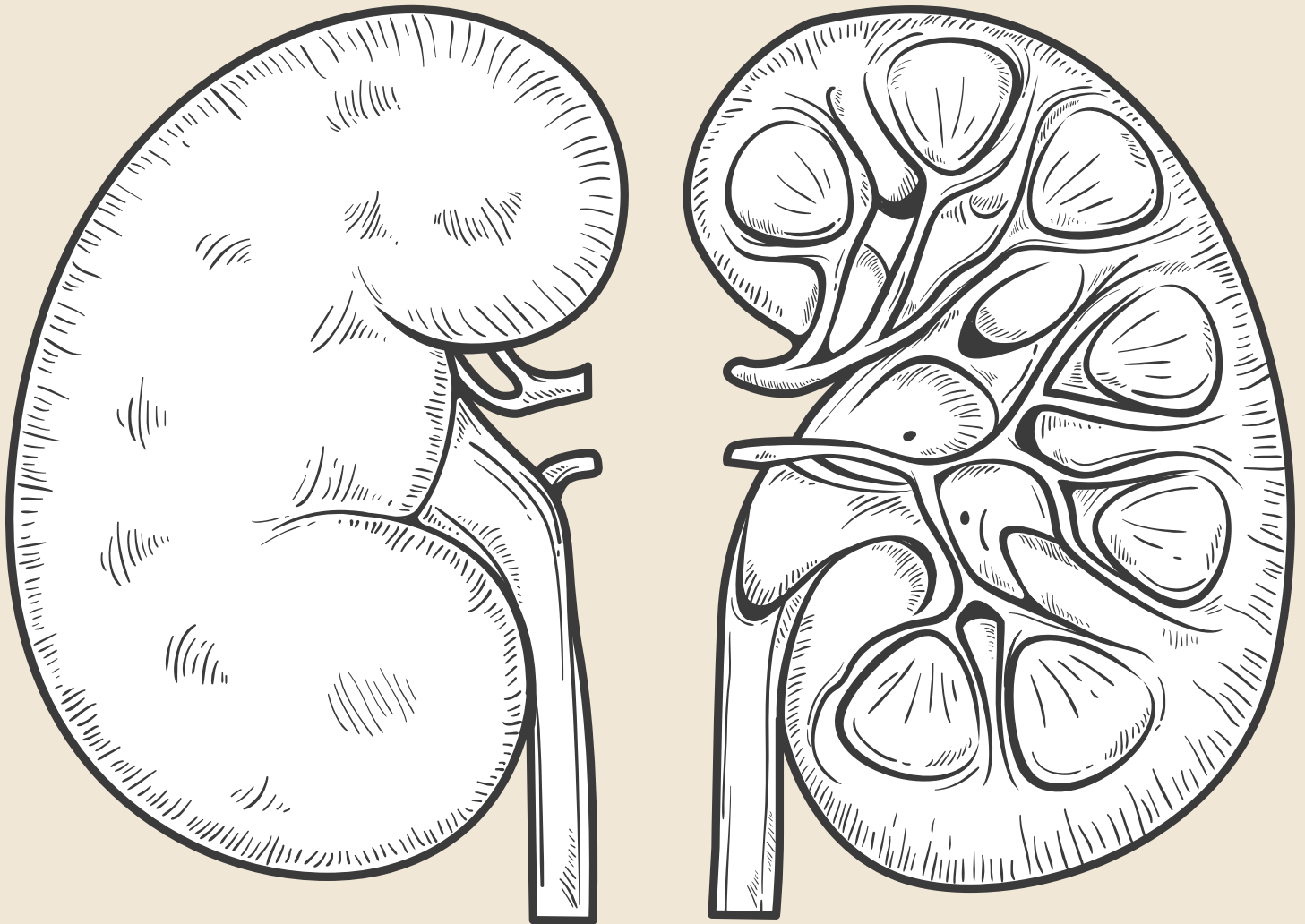
RANDOM TRIVIA CROSSWORD CLUES

Across

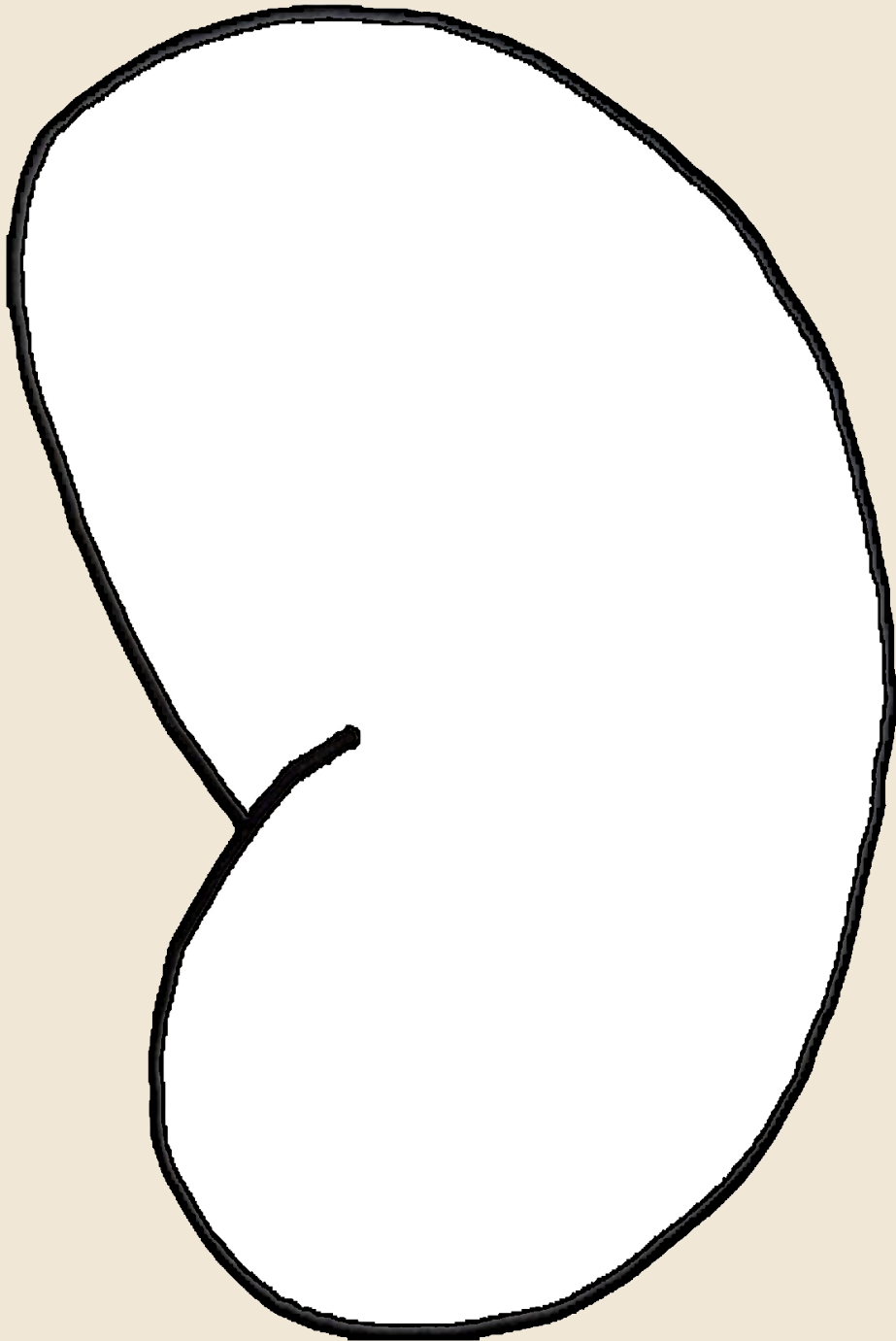
1. What does the G in GOAT stand for?
3. What does the acronym TLDR mean?
Too long didn't _____
4. Chandler Bing's middle name
6. How many kidneys do humans have?
9. Lion's sound
12. Social media platform that originated the
dancing hotdog
14. Another word for student
15. Capitol city of France
18. Five cents
20. Partner to Laurel in the 1930's
23. What don't invertebrates have?
24. Color of Rudolph's nose
25. A baker's dozen
27. Destruction or disintegration
29. Number of countries in Europe
30. Interlacing yarn loops
31. Making stitches with a needle and thread
33. No ifs, ands or _____
36. What city did the Beatles originate from?
39. Author of Gone with the Wind
40. Those who move rhythmically to music
41. A flower with thorns
42. Inaugurated as US President in 2009
43. Nationality of Vincent Van Gogh
44. Longest river in the world
45. How many colors are in a rainbow?

Down

2. An adult female sheep
3. Move about aimlessly
4. Planet known as the red planet
5. Largest country in the world by land area
6. One of the original Jackson Five
7. Member of the Rat Pack
8. Main profession of the Nintendo character Luigi
10. Conjunction used to link alternatives
11. Passage between rows of seats
13. Only bird that can fly backwards
16. Sport played at Wimbledon
17. An animated orange cat
19. Baby cow
21. Was extremely fond of
22. One of the Teenage Mutant Ninja Turtles
26. London airport renamed in 1966
28. Long-standing rival
29. Untruth
32. Capitol city of Canada
34. Finish the jingle: Have a Coke and a _____
35. Major job of the kidneys: _____ the blood
37. Large body of water
38. Tie the _____



MAKE YOUR OWN DESIGN TO COLOR!



ACTIVITIES YOU CAN DO WHILE ON DIALYSIS

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

Crocheting
Knitting
Coloring
Reading
Meditating
Music

Sleeping
Movies
Education
Work
YouTube
Conversing

Writing
Crosswords
Puzzles
Games



**Midwest
Kidney Network**

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