

BRADY CLUB

Activity Book

brady.haea.org | Issue 26



The Brady Club Activity Book is now available in Spanish. Let us know if you'd like to receive your copy in Spanish!

Welcome to the Brady Club

Hi! I'm Brady the Bear and I'm here to help you better understand HAE.



Hi there, HAE Heroes!

Did you know that Hereditary Angioedema (HAE) comes in three different types? Let's learn a little about each one!

Understanding the Three Types of Hereditary Angioedema (HAE)



HAE TYPE I:

This is the most common type. People with Type 1 HAE have lower levels of a protein called C1-Inhibitor. This protein helps control swelling, and when it's missing, it can lead to the symptoms of HAE, like sudden swelling in different parts of the body.

HAE TYPE II:

People with Type 2 HAE have enough C1-Inhibitor, but it doesn't work the way it should. So, even though the protein is there, it still causes swelling because it can't do its job properly.



HAE WITH NORMAL C1-INHIBITOR [FORMERLY CALLED TYPE 3]:

In this type, the C1-Inhibitor levels are normal, but people still experience swelling episodes. Doctors are still learning more about why this happens, but it's a part of the HAE family too!

No matter which type you have, you are strong and brave! Remember, everyone's HAE is a little different, but we're all in this together!



Do You Know These Rainforest Animals?

Look at the animals in the pictures and unscramble the letters to reveal their names. As you unscramble, think about the sounds these animals make. Are they loud and noisy, or quiet and sneaky?



 eynomk



 nasek



 raguaj



 holts

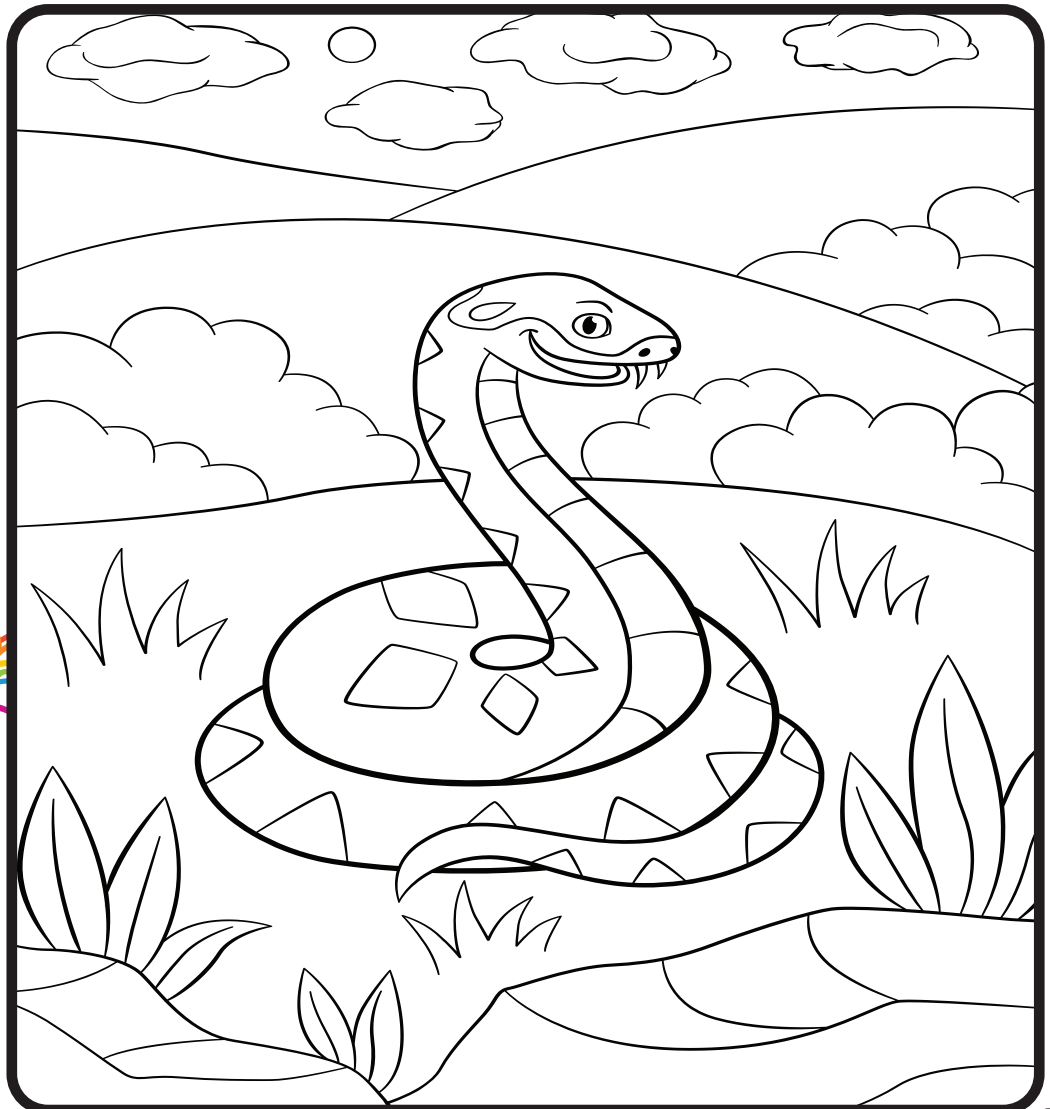


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Design Your Colorful Rainforest Snake!

Color the snake with bright, bold colors! Add fun patterns and designs to each part of the snake's body to reveal a beautiful and vibrant rainforest animal.

Let your creativity shine!



Monkey & Tropical Bird Watching Adventure!

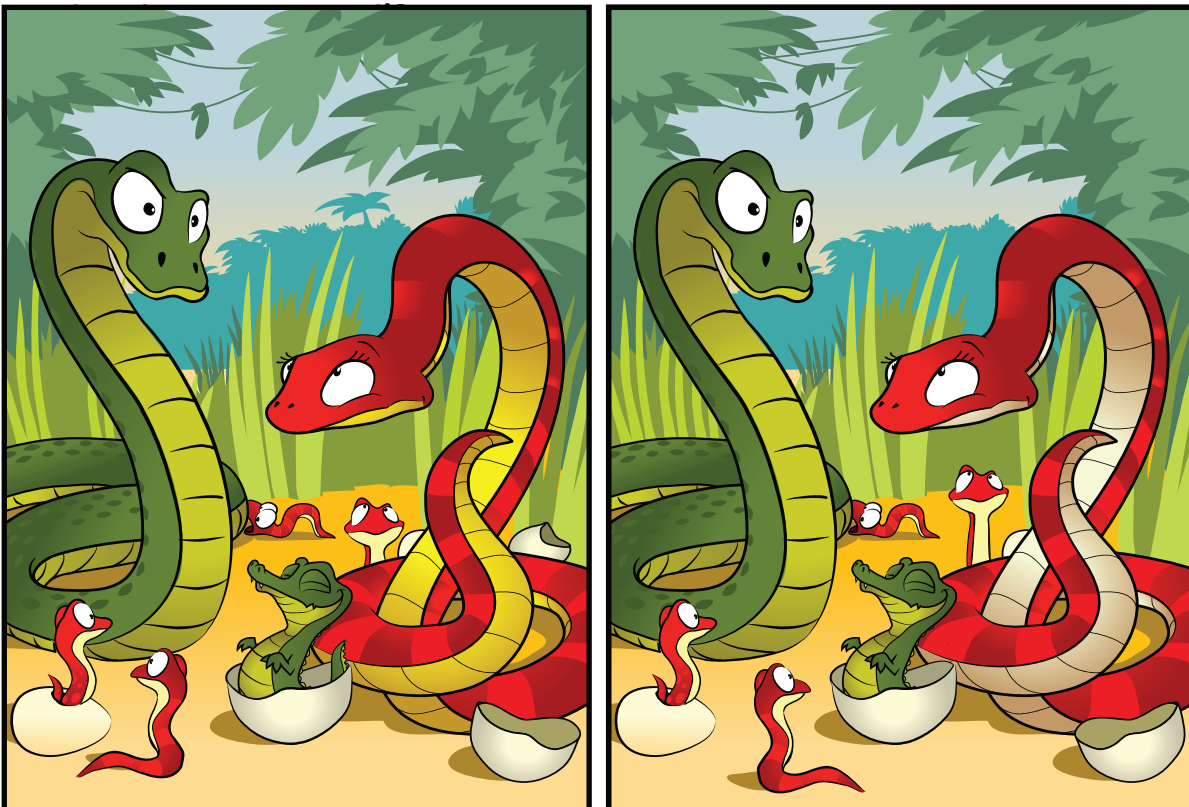
Spot the Animals:

In the jungle scene provided, look for hidden monkeys and colorful birds. How many can you find swinging and flying through the trees?



Hey there, Jungle Explorers!

Get ready for the ultimate jungle challenge! Deep in the rainforest, two jungle scenes are almost the same... but not quite! Can you spot the 10 hidden differences between them? Look closely and use your eagle eyes to uncover each secret detail. Find them all, and you'll prove you're a true jungle adventurer, ready to discover hidden treasures in the wild! Are you up for this rainforest quest?



Find 10 differences

Rainforest Toucan

Grab your crayons, markers, or colored pencils, and get ready to color a bright toucan!

Start by coloring its beak with fun, vibrant colors like yellow, orange, and green, then use black or dark grey for its body and yellow or white for its chest. Add a jungle background with trees, flowers, and leaves to create the toucan's rainforest home.

Once you're done, share your colorful masterpiece with family and friends!



Jungle Journey Maze!

The jungle is full of twists and turns! Help the monkey navigate through the maze, avoiding obstacles to reach their rainforest hideaway.

Are you up for the challenge? Let's explore the wild jungle and find the way home!

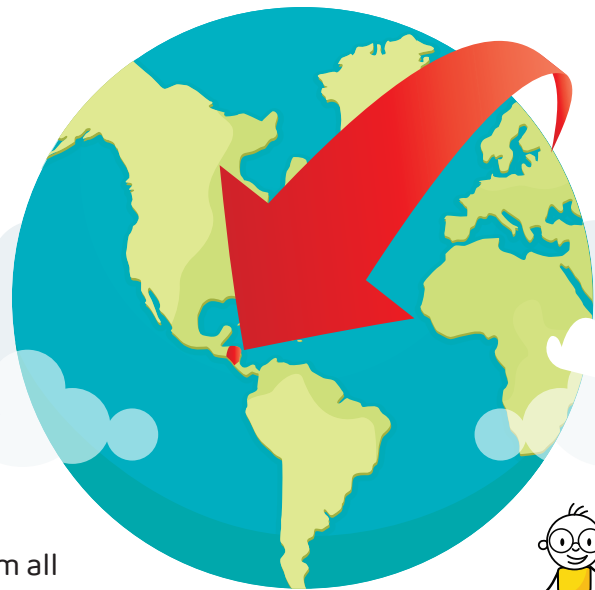


Brady's friends from around the world!

Let's learn more about our friends from Costa Rica

Did you know the Brady Club is for kids with HAE from all around the world?

Did you know the Brady Club is for kids with HAE from all around the world? The US HAEA partners with the HAE United Kingdom, HAE Australasia, HAE Canada, HAE Spain, HAE South Africa, HAE Poland, and HAE Latin American countries to provide kids around the world access to the Brady Club. Let's learn more about our friends from Costa Rica!



Can you find Costa Rica on a map?

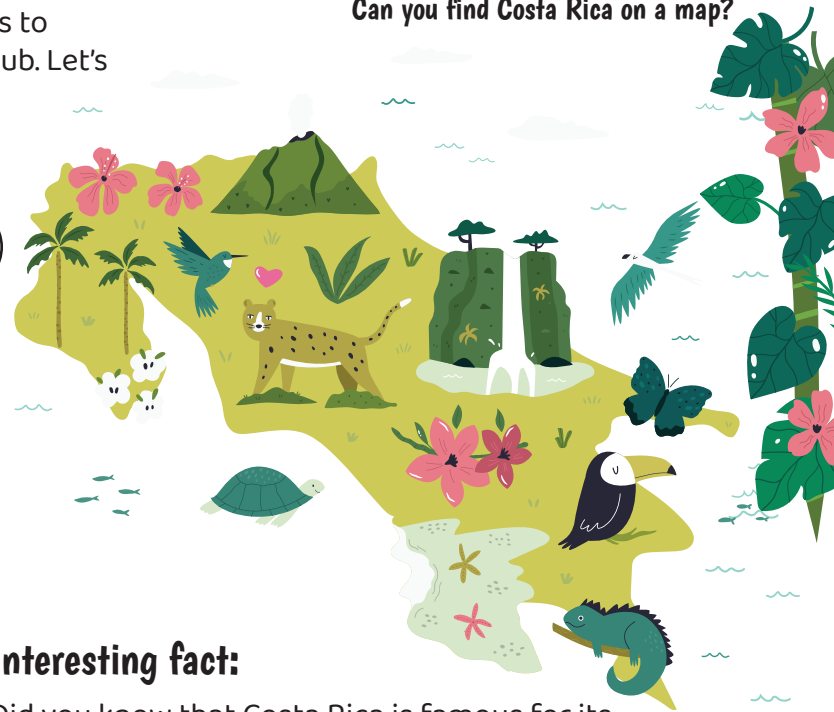
Hi! I'm Carlos, and I have HAE!



And I'm Isabel, Carlos's sister!



We live in Costa Rica, and we'd love to tell you all about it!



Interesting fact:

Did you know that Costa Rica is famous for its incredible biodiversity? It's home to over 500,000 different species of plants and animals, which means it's one of the most diverse places on Earth!

In Costa Rica, people often say "Pura Vida," which means "Pure Life." It's used to say hello, goodbye, or even to express a relaxed and happy attitude toward life.



One of the favorite foods in Costa Rica is "gallo pinto."

It's a tasty mix of rice and beans cooked together with spices and often enjoyed with eggs or meat for breakfast. Yum!

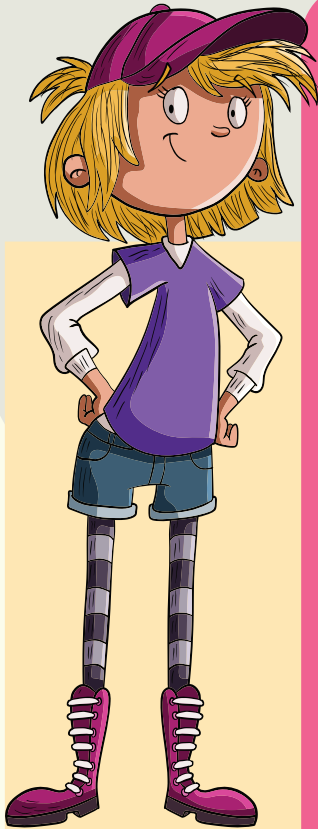
Costa Rica is a wonderful place full of vibrant wildlife, delicious food, and friendly people. Isn't it exciting to learn about different cultures? Keep exploring and discovering new things about our amazing world!

I am #BeyondHAE



What do you like to do #BeyondHAE? The phrase #BeyondHAE represents everything that you and your family does to enjoy life beyond Hereditary Angioedema (HAE).

In this issue, we interviewed Kayel and Kyra about their experiences with HAE.



Hi Kayel, what do you like to do #BeyondHAE?

"I play volleyball, along with other sports like basketball and softball. I also dance including hip hop, ballet, and lyrical. When I'm at home, I like to play with my sister."

What do you do that makes you feel better when you're having an HAE attack?

"Having my Mom beside me makes me feel better!"

What advice would you give other kids with HAE?

"Stay calm and always tell your parents. Don't hide it."



Kayel



Kyra

Hi Kyra, what do you like to do #BeyondHAE?

"I like to play sports like basketball and softball. I also tumble and dance – ballet, tap, hip hop, and jazz. When at home, my sister and I like to jump on the trampoline and play with our dog, Camo."

What makes your sister feel better when she's having an HAE attack?

"Praying with her."

What advice would you give other kids who have a sibling with HAE?

"Making get well cards for your siblings helps them know you care."

Brain Teasers

Fun Rainforest Riddles for Kids

Leafy Layers

I'm the top layer of the rainforest, where the tallest trees grow.

Monkeys and birds love to live here, high in the sky.

What layer am I?

Answer:

The Canopy



Sticky Situation

I hang out in the rainforest, moving very slowly.

I spend most of my time in trees and sometimes have moss growing on me.

What layer am I?

Answer:

Sloto



Rainforest Musician

I live in the rainforest and can be very loud.

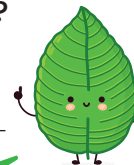
I hop around and sometimes sing at night when it's wet.

I am small but have a big voice.

What layer am I?

Answer:

Frog



Words of Wisdom

We asked two teenagers with HAE what advice they would give their younger selves – here's what they had to say.



Hi, I'm Kaylee, I'm 18, and I have HAE. If I could go back in the past and give my younger self some advice, it would be that HAE shouldn't hold me back. I always wanted to play baseball and dance, but I was so afraid of what it would do to me, and now I regret it. I wish I had learned how to play sports and participate in other physical activities, but I was always too afraid to try. Now I know it's not so scary; I just have to be careful.

"Hi, I'm Kati. I was diagnosed with HAE when I was really young. I wish I could tell my younger self not to worry and that everything will work out just fine. I'd tell myself not to be embarrassed about my HAE, and life will be better when you embrace it."

