

## VISIT 1

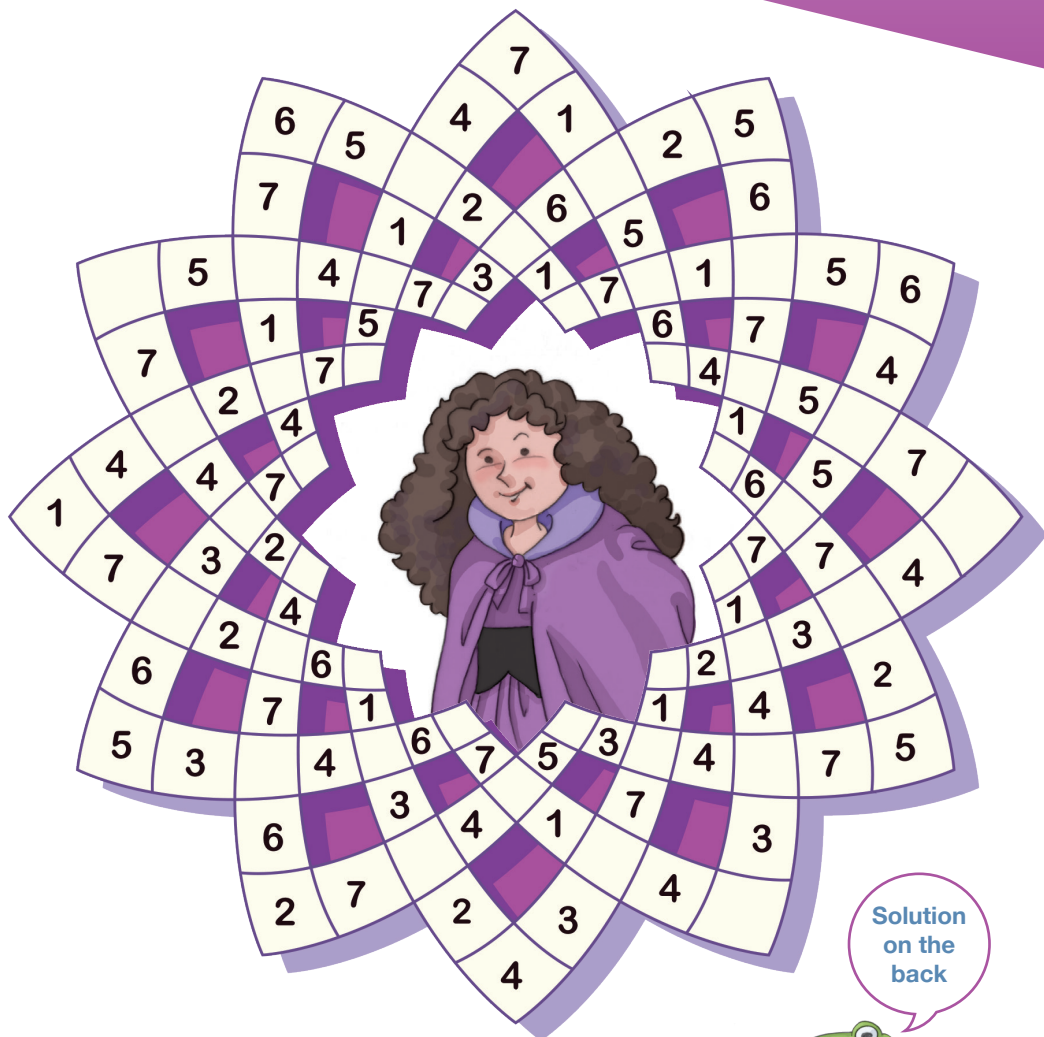
### Welcome to Fiona's Arcade!

Test your Sudoku skills while you wait for your FIONA appointment!



## Sudoku puzzle game

Fill in the empty boxes using numbers from 1 to 7. You can use each number only once per line or column.



Solution  
on the  
back



FIONA



# FIONA'S CORNER



## TIPS & TRICKS TO MAKE NEW FRIENDS

*You might be the new kid on the block or maybe you are just having a hard time fitting in with your classmates...*

Here is FIONA's advice to help you make friends:



### Get involved in group activities

at your school or in your neighborhood – it's always a good way to get to know people with similar passions. Always check with your doctor if a sport is OK for you.



### If you get anxious about speaking

within a group of new friends, suggest a specific activity such as going to the movies, watching a game or visiting a museum – the shared experience will offer something to talk about.



### Don't say "yes" to everything

just to please and impress your friends. Peer pressure may lead to making wrong choices. Use your judgment and do not allow people to force you into doing something you don't think is right.



### Being popular on social networks does not mean having many friends.

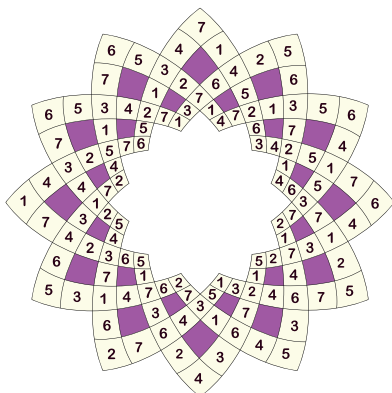
Don't substitute real life with social networks. Seek out "real" people.



### Volunteer - benefits of volunteering go far beyond helping others.

Research finds it provides many benefits for the person and the organization the individual is helping.

## SOLUTION

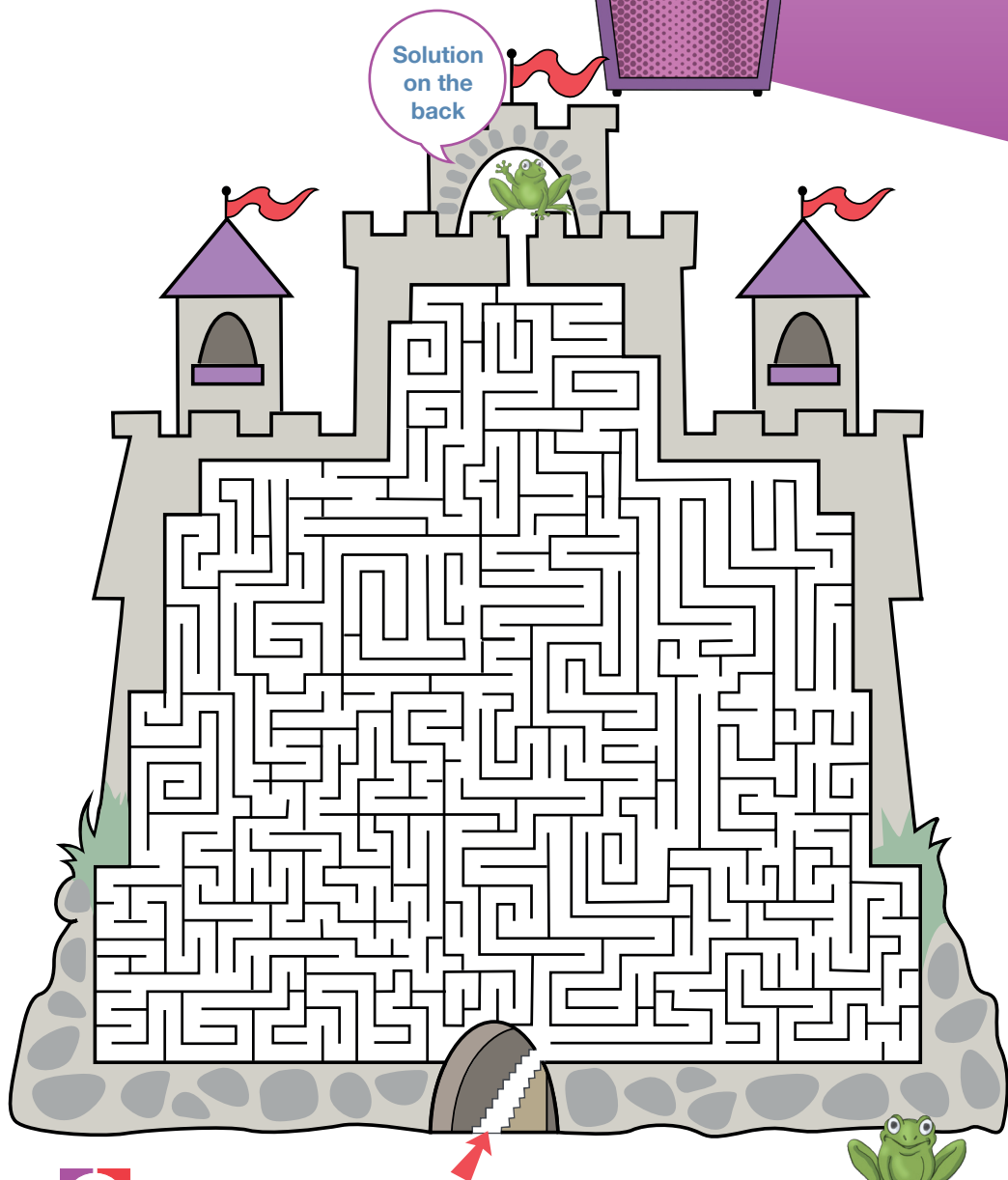


## VISIT 2

### Welcome to Fiona's Arcade!

Use your problem solving skills to help Fiona find her way to the top of the castle.

Solution on the back



**FIONA**





# FIONA'S CORNER

## TIPS & TRICKS TO SOLVE YOUR PROBLEMS

*Among the fun and excitement which fills teen years, you may also have to face challenges and problems. You are learning so many things during these years and things like homework deadlines, disagreements with parents and siblings or quarrels with friends can cause stress.*

Here is FIONA's advice to help you improve your problem solving techniques:



**Break up problems into smaller pieces** and tackle one at a time.



**Identify the problem** and understand why it is a problem. Brainstorm solutions until you feel ready to try your best option and then evaluate if it worked or if you have to try something else.



**Make "to-do" lists.**



**Don't put off your problems** if you need to apologize to someone do it, if you need to study for a test that is worrying you, tackle it ASAP.



**Sleep on your problems.** A good night's sleep (at least 8-10 hours) will clear your head and make you more rational.



**Let some things go.** You may not be able to solve some problems, so learn not to take it personally.



**Let off some steam by exercising.** You will be able to think better after you take a walk.

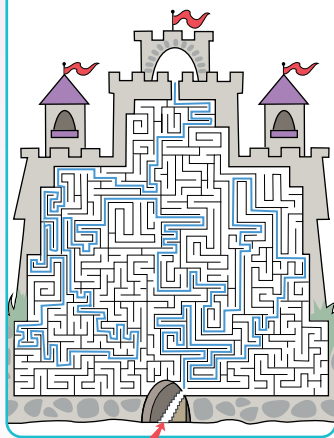


**Ask for help** if you feel you are not coping with your everyday troubles.



**Find your voice.** Find a trusted adult or friend in your life to share your thoughts and feelings with. Sometimes just getting to say things out loud can make your worries feel lighter.

## SOLUTION



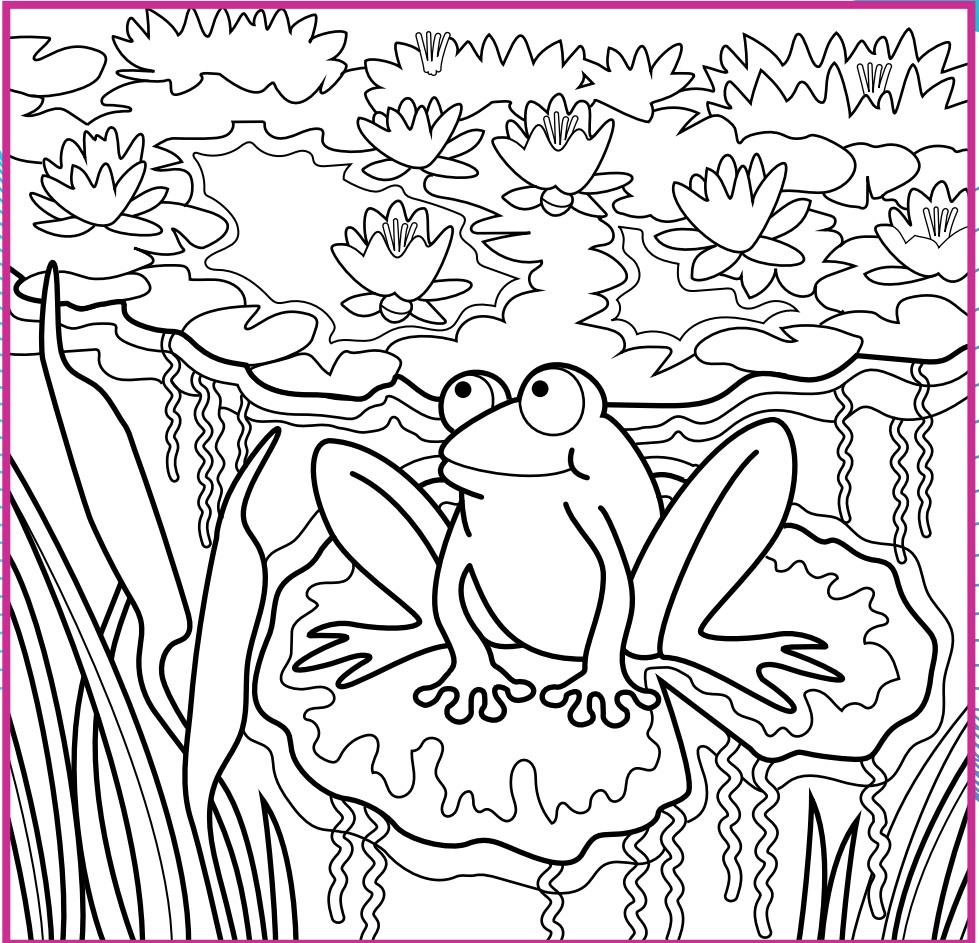


## VISIT 3

### Welcome to Fiona's Arcade!



Sit back, relax and color in FIONA's design while you wait for your FIONA appointment.



Flip over for tips on how to relax



**FIONA**



# FIONA'S CORNER

## TIPS & TRICKS TO HELP YOU RELAX

**Breathe.** One of the best ways to relax is to concentrate on your breathing. Slowing your breath down and lengthening each inhale and exhale will naturally help you wind down both body and mind.

**Try visualization techniques.** Close your eyes, picture yourself in your happy place and use all senses to enhance your inner movie and find relaxation.

**Sign up** for yoga, pilates, or martial arts classes.

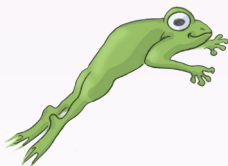
**Exercise.** You may think you don't have time to exercise when you are most stressed, but that is exactly when you need it the most! You will be able to relax better after some exercise and a good shower.

**Take mini-vacations.** Sometimes, when you seem to be going around in circles, it might be a good idea to take a walk to the park and clear your mind from any worries.

**Read a good book** that is not school-related and recommend it to a friend so you can share comments later.

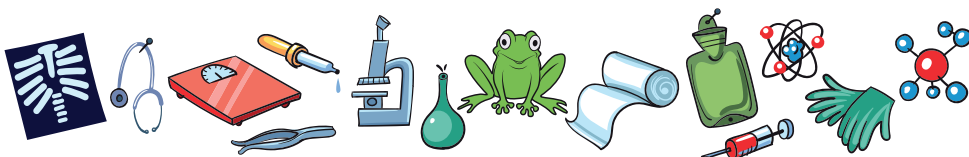
**Listen to music.** Research shows this can lower stress, improve moods and can have other healthy benefits.

**Keep a journal.** Sometimes writing a problem down and detailing your feelings can help you view the situation with a different outlook.



# Welcome to Fiona's Arcade!

**Find 14 objects in the picture.**



### Solution on the back



# FIONA



# FIONA'S CORNER

## TIPS & TRICKS TO TACKLE SHYNESS

*It's perfectly OK to have a "shy style" when socializing. However, when shyness makes you uncomfortable around others and stops you from being yourself, it can keep you from experiencing new things or enjoying time with family and friends.*

Here is FIONA's advice to help you deal with shyness:

### ★ Think of conversation starters.

Beginning a conversation is often the hardest part: if you think of some ice-breakers beforehand, it will be easier to approach someone.

★ **Rehearse what to say.** Whether it's for a school presentation or a formal phone call, you need to practice what you have to say; write it down and say it out loud. You can also record your speech with your phone and then listen to see where you can improve.

★ **Be assertive.** Be your own advocate and use your voice to help others know what you want or need. Don't be afraid to stand up for yourself and let others know if they are stepping on your toes or making you uncomfortable.

★ **Sign up for an acting or a public speaking class.** You will have a chance to try out exercises to bring you out of your shell.



## VISIT 7

### Welcome to Fiona's Arcade!

*Find your way home through FIONA's star maze while you wait for your FIONA appointment.*



Four entrances and only one correct path to reach the home at the center of the star maze.



Solution  
on the  
back



**FIONA**














## FIONA'S CORNER

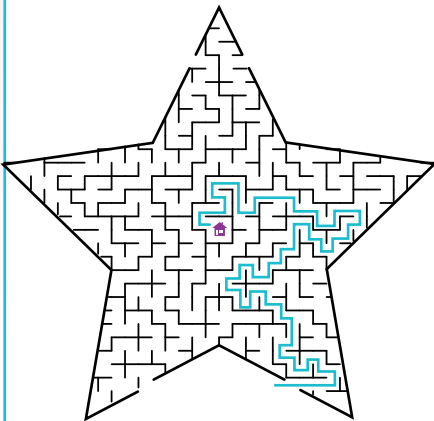
### TIPS & TRICKS FOR A GOOD NIGHT'S SLEEP

*Did you know that teens should sleep around 8-10 hours per night? Less sleep, or poor sleep, may affect thinking, emotions and physical abilities.*

Here are FIONA's good sleeping tips:

-  **Avoid caffeine and energy drinks**, especially in the afternoon and evening.
-  **Create a pre-bed routine** to help settle down, relax and be ready to fall asleep.
-  **Stick to a sleeping schedule.** Go to sleep at about the same time every night and try keeping a stable wake-up time. Your internal clock will work better!
-  **Make sure at least 4 hours have gone by** from any sport, training or physical exercise: going to bed when you are overheated may interfere with the quality of your sleep.
-  **Limit screen exposure before bedtime.** The National Sleep Foundation recommends no use of electronic devices, such as phones or tablets, for at least 30 minutes before bedtime. Using electronic devices before bedtime can make it harder to fall asleep and may affect the quality of your sleep.
-  **Your bed is meant for sleeping.** Try not to do your homework, watch TV, eat or use your cell phone while in bed.
-  **Create a sleep-friendly environment.** Fresh air, cool temperature, and dark, quiet, and tidy rooms have been proven to improve sleep.

### SOLUTION





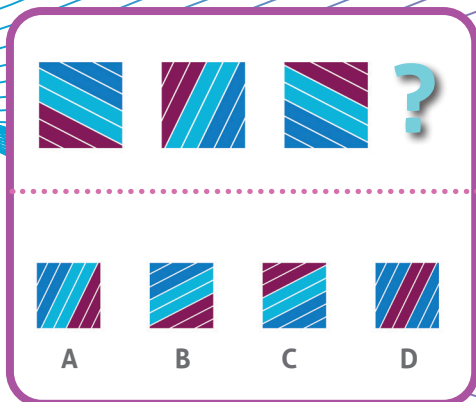
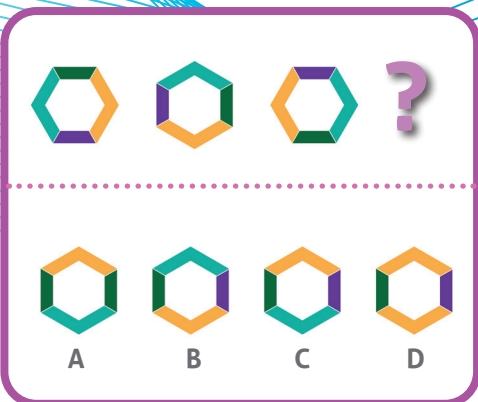
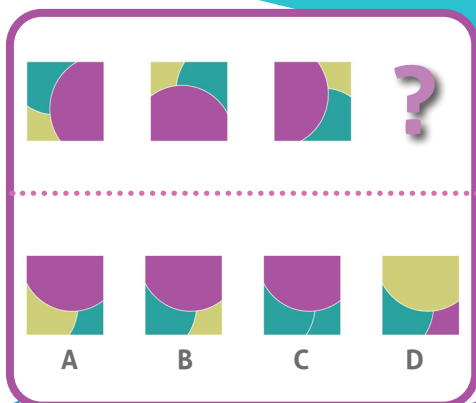
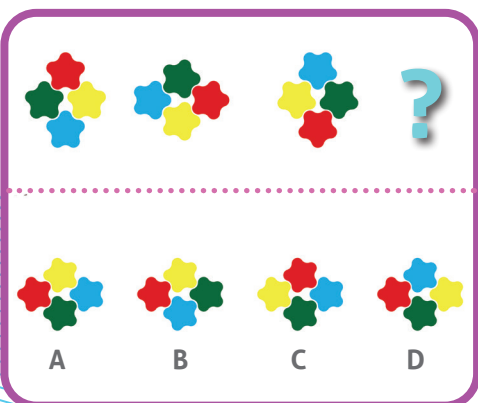
## VISIT 10

### Welcome to Fiona's Arcade!

Guess which pattern comes next in Fiona's picture sequences while you wait for your FIONA appointment.



Use your visual intelligence to choose the right pattern.



Solution  
on the  
back



FIONA



# FIONA'S CORNER

## TIPS & TRICKS FOR YOUR DIGITAL ETIQUETTE

*The internet, and everything that revolves around it, such as social networks, instant messaging apps and the like can bring benefits and opportunities but may also have negative outcomes. Informed and responsible use of the internet is a **MUST** to avoid trouble and ensure you use it safely.*

Here are FIONA's tips to improve your "netiquette" and train your "cyber manners":

**Remember everything you post online is public.**

It doesn't matter if you delete the content afterwards: if you've published it, it's traceable.

**Use different usernames and passwords for your accounts.** Many teens use the same ones for all of their accounts: if someone figures out your security information, they will have access to everything.

**Don't give out personal and confidential information online.** Never post your home address or give personal details to someone you do not know in real life.

**Be selective of what you post on the internet—**do not post pictures of yourself or others without their consent: sharing is not always caring!

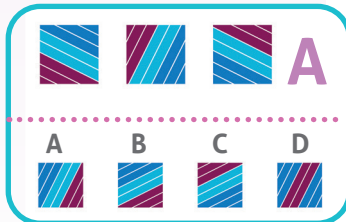
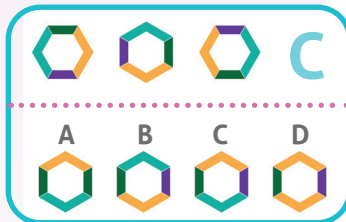
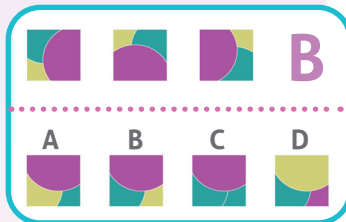
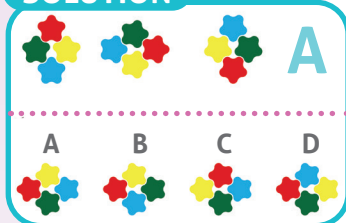
**Think before you post—**if you would not say it in real life, then you should not post it!

**Verify the content you post—**don't be a fake news spreader! Learn to separate correct information sites from spam spreaders.

**Don't open e-mails sent by addresses you do not recognize**

**Double check before you hit "send"—**whether it is a school e-mail or a comment on a social network, always read over what you write: every time you hit send, you are building your digital reputation.

### SOLUTION



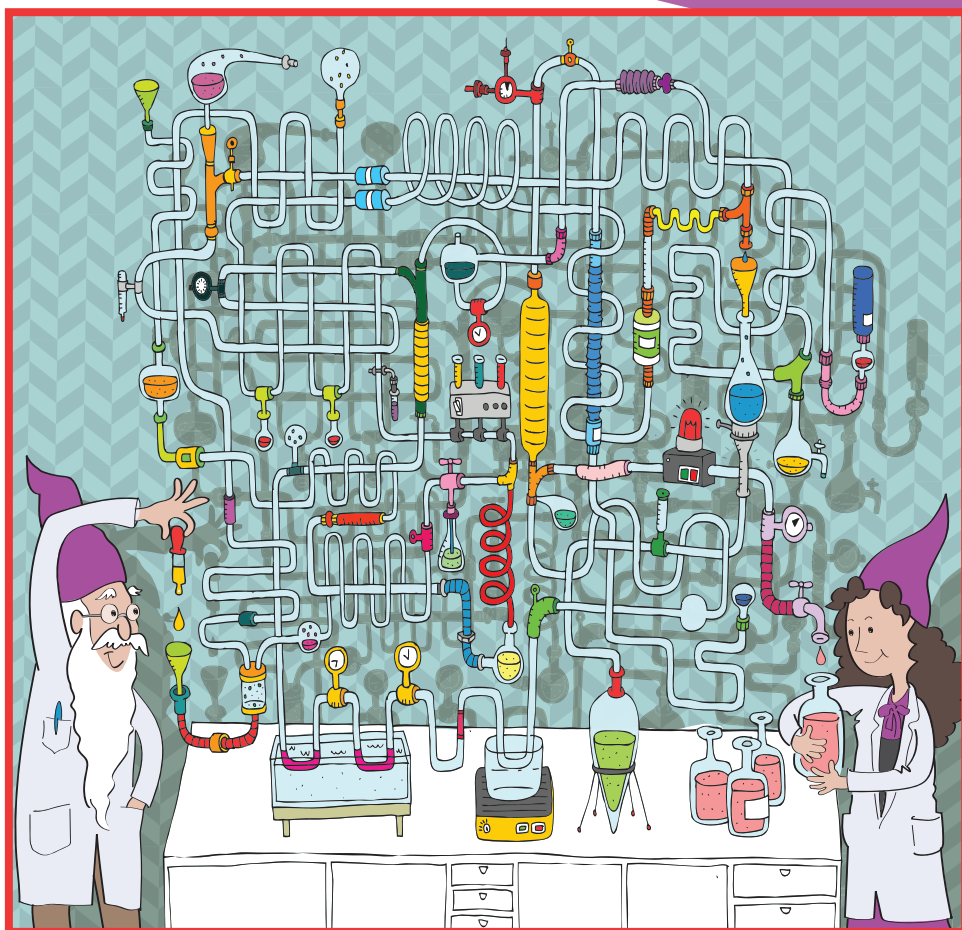
## FOLLOW UP

### Welcome to Fiona's Arcade!

*Help FIONA's scientist deliver a new drug to her while you wait for your FIONA appointment!*



Follow the medicine through the correct path so that it drops into Fiona's bottle.



Solution  
on the  
back



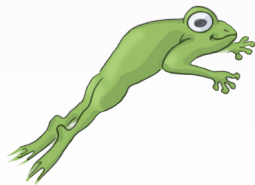
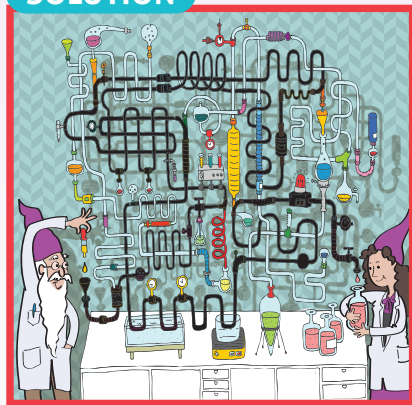
**FIONA**



# FIONA'S CORNER



## SOLUTION



## FACTS AND MYTHS ABOUT CKD

*When it comes to your health, try not to rely on Doctor Google for advice and make sure to ask your real doctor for correct information and resources on CKD. The internet is full of materials, but you may also stumble upon false info or myths.*

✗ **MYTH:** CKD only happens to the elderly!

✓ **FACT:** Kidney disease may affect people of all ages, ethnic groups and walks of life: even cowboys (Buffalo Bill) and royals (Prince Rainier III of Monaco) had kidney disease. Other VIP CKD patients include: Stephen Spielberg (movie director), Selena Gomez (singer and actress), Sean Elliott (ex NBA player), Freeway (rapper), Sarah Hyland (actress) and Pelé (soccer legend).

✗ **MYTH:** CKD is rare.

✓ **FACT:** Not quite; in 2017, the global prevalence of CKD, meaning the percentage of people with any stage of CKD, was 9.1% of the world population. This means that about 1 out of 10 people in the world has CKD.

✗ **MYTH:** I should drink lots of water because I have CKD.

✓ **FACT:** Your doctor will instruct you on the correct and healthy amount of water you should drink. A close monitoring of your fluid intake is recommended in CKD.

✗ **MYTH:** I should limit physical exercise because I have CKD.

✓ **FACT:** On the contrary, exercise is good for your health. Check with your doctor how much exercise you should get.



## SAFETY VISIT

### Welcome to Fiona's Arcade!

Match the pieces to complete FIONA's puzzle while you wait for your FIONA appointment!



Select the correct 4 puzzle pieces to complete the picture.



1



2



3



4



5



6



7



8

Solution  
on the  
back



FIONA







# FIONA'S CORNER

## TIPS & TRICKS FOR DEALING WITH PARENTS

*Teens and parents can sometimes be on opposite sides of a situation. It may be about house rules, homework, chores or unhappiness with expectations your parents have for you. You may feel your parents just don't understand your need for independence and your wanting to learn things for yourself. Try to cut them some slack and remember that your parents may be bossing you around at times because they care about you and want to support you through this part of your growth.*

Here is FIONA's advice to help you get along with your parents:

### PUZZLE SOLUTION

A-8

B-3

C-6

D-4

- ★ **Parents are human too!** They have emotions just like you and, if they feel tired, angry or threatened, they might occasionally over-react or say things they don't mean...
- ★ **Choose your battles carefully.** Don't turn every conversation into a fight, or else your parents are likely to shut down your requests.
- ★ **Pick the right time and place**—avoid bringing up touchy subjects or bad school news when your parents are rushing off somewhere or when you have an audience. Find a good time to approach them alone (maybe ask siblings to leave the room to avoid interruptions), when you both are in a calm place to have a healthy conversation.
- ★ **Make arguments about "you"**—try not to compare your parents' behavior to that of your friends' parents, as this will most likely irritate them.
- ★ **Listen when your parents talk**—don't interrupt them and use the 5 second rule: wait 5 seconds before someone has finished talking before you reply. Just like you, parents want to be listened to and be reassured that you have heard what has been said. It's important for both you and your parents to have the opportunity to share thoughts and feelings with each other.
- ★ **If you are angry**, take some time to calm down before facing your parents: it takes about 30 minutes to cool off and it's never a good idea to start off by yelling.

