

* Attention-Deficit / Hyperactivity Disorder (phew!)

** a medication that makes you sleepy



Level

Secret knowledge: ADHD is four times more common in boys than in girls

Here I am! Catch me if you can!

Hier bin ich! Fangt mich doch!



Hard to keep calm

Oskar

Ich kann Euch den Alphabet von A bis Z rausbrummen!!!

I can burp the whole alphabet from A to Z for you.

A constant live wire

Enjoys

trampolins; playing computer games until the doctor arrives; jokes; milk; roughhousing; skateboarding; chewing gum; anything that's fast

Dislikes

cleaning up; noise; sitting still; crowds; tomatoes

Favorite sentences

"I'm bored."
"I can't do that."
"I want a soft drink!"

Disorder ADHD*

Nicknames or Insults

Fidget. Class clown. Dreamer, slob, worrywart.

What causes it?

If only we knew...

How often does it occur?

More and more often

Does it go away?

No, but you can learn how to handle it.

Sometimes Ritalin** helps.

How should I approach Oskar?

Just like normal. Quietly, sincerely, welcoming. Join in the fun!

What should I avoid doing?

Making a fuss, being demanding, saying things like "Will you finally listen to me?" or "Stop fidgeting so much!" or "Will you sit still?"

What can I play with him?

Anything with cars. Anything that you would play with someone else. (It's just that Oskar might quickly lose interest and want to play something else.)

What's the dumbest thing about this condition?

You feel so jittery and freak out so easily. You mess things up without even meaning to.

Advantages

You are the creative type. Tons of ideas! ADHD is a good excuse whenever you "forget" your homework.

Xenia

Enjoys

dancing, laughing, music, chocolate pudding

Dislikes

Large crowds; not getting enough sleep; stress; noise; arguments; flashing lights; Brussel sprouts

Favorite sentences

"It happened again?"

Disorder

Epilepsy*

Nicknames or Insults

Gravel groveller, Spaz, Ms. Drops-A-Lot



Something's brewing in there and then lightning strikes



A helmet can help prevent injuries during seizures



In that case, I don't mind at all!

Äh... Gewiss macht mir nichts!

How should I approach Xenia?

Happily, kindly, normally

What should I avoid doing?

Don't force her to go on a rollercoaster.

What can I play with her?

Almost anything (except things like climbing trees).

What causes it?

The brain sends the wrong messages to the muscles.



Mam sieht ihr ja gar nichts an...

She doesn't look any different...

What's the dumbest thing about this condition?

"I can't ever be a vet."
You have to wear a life jacket even if you can swim. The medicine tastes gross.

How often does it occur?

Fairly often

Does it go away?

It sometimes does in adolescence. Medicine can make it better.

Advantages

You can pretend to have a seizure and get out of a day of school.

* children sometimes have seizures that might cause them to fall down, tense up, and thrash around. After this happens, they often don't recall what occurred and are very tired.

Secret knowledge: If you see a seizure take place don't panic or hold onto the child! Just make sure that Xenia can't hurt herself. Talk quietly to her - she can sometimes hear you.

Secret knowledge:



Level

LENNY

Enjoys

watching YouTube; meeting friends; his sister Lea; jokes; FC Barcelona; sunshine and warm days; playing giant ball

Dislikes

getting his hair cut; timed math drills; speech exercises**; peeing in a urine bottle; broken motorized wheelchairs

Favorite sentences

"Who wants to go get ice cream?"

Disorder

muscular degeneration

Nicknames or Insults

Sloppy, Smarty, lame, cripp

How often does it occur?

very rarely. Only develops in boys.

What causes it?

Genetic problems

Does it go away?

No. It will worsen with time. At some point, Lenny will only be able to move his eyes. Those with SMA do not grow old.

Bucket seat like in a race car

Steering via a joystick

Multifunctional panel (for school, for food, for reading comics, cool!)

Lighting

Lenny's electric wheelchair (electric mobility right up front...)

"Support wheels!" (helps to get up ramps, for example)

How should I approach Lenny?

Just talk to him - he understands everything, even though he might not say much himself.

What should I avoid doing

Being pushy about offering help, staring, messing around with the wheelchair, questions like "Are you feeling bad?"

What can I play with him?

Games (board, computer, card), finger puppets, getting into mischief

Seat belt (so fast!)

The seat can be adjusted, so you can sit way down low or be practically on your feet

Electric engine, can hit 20 km/h; the battery can run for 25-35 km

What's the dumbest thing about this condition?

He won't ever be able to play soccer. He needs someone to help him with EVERYTHING since the only thing he can move is his hands - even to scratch his foot if he gets an itch.

Advantages

Cool electric wheelchair with great top speeds. You will be treated like a king and never have to clean the house. You can watch and see everything.

HÖMMA! Fußball is out. Riesenball is getting in!

Didn't you hear? Soccer is out. Giant ball is in now!

Living with muscular degeneration is a very special experience. Lenny says: "My disease is normal for me. Although there are lots of things I can't do, that doesn't mean I'm unhappy or even sad. I don't miss those things that I never learned to." But his friend has a different opinion: "It's bad for me. My mind is completely healthy, but I'm trapped inside this body. I often feel worthless."

Leopoldine Victoria

Enjoys

Having books read to her; mandalas; bossing people around; carrot sticks; doing homework at home; playing house with her parents

Dislikes

exerting herself; sweets; adventures; field trips; parties; doing homework at the afterschool center

Favorite sentences

"I don't think I'm allowed to."

Disorder

Excessive Supervision

Nicknames or Insults

Princess; Mommy's darling

How often does it occur?

With increasing frequency

What causes it?

Parents who are overly afraid. (They might have experienced something bad as children, which is why they are this way.)

Does it go away?

When more siblings come along; when you move away from home; when parents die... or read this book!

Sweetheart! Would you like your sliced cheese sandwich with radishes? Or cucumber slices? Or cherry tomatoes?



Or would you prefer cream cheese with radishes or cucumbers or tomatoes? Or with chives? The chives are very fresh, and I could make you something with them.

Daddy's cell number

Shopping list for rolls: 4 plain, 1 pumpkin seed, 1 gluten free

Scooter equipped with a light

Leopoldine Victoria on her way to the bakery

Engelchen! Mallet das dein Knecht mit Radlischen & oder Gurken Scheibchen & oder mit Gochkrait-Tomatechen & oder millichicht deyer Frankfurter mit Radler oder oder Gochkrait oder Tomatechen & oder mit Schmitlauch & oder mit...
Mit Schinkenwurst!



With ham sausage!

How should I approach Leopoldine Victoria?

Suggest safe things to do, such as coloring mandalas or reading tame books (nothing from Klett Kinderbuch Press!)

What should I avoid doing

Taking her to a waterpark or to go free climbing; making dares; playing Truth or Dare; saying "Good grief! They won't let you do that?!"

Bag with exact change, cell phone and bandages (just in case)

What can I play with her?

Play Barbies or house; read a book out loud; color

What's the dumbest thing about this condition?

Everyone thinks she's boring. She isn't allowed to go anywhere with a group. She remains dependent on her parents.

Advantages

You never get in serious trouble. You don't need any bandages. Everything stays very clean and neat. (Grade: Neatness - A+)

Don't you want to take a drink along?

Better to have helicopter parents than ones that don't care!



Level

Secret Knowledge



Level

Secret Knowledge

* Giant ball is soccer for wheelchair users: Gyms-tic balls are used and these have to be sent over the opponent's baseline with the wheelchair. Hands and feet are off limits.

** Exercises to improve articulation and speech patterns

*** From SMA: Acronym for Spinal Muscular Atrophy