

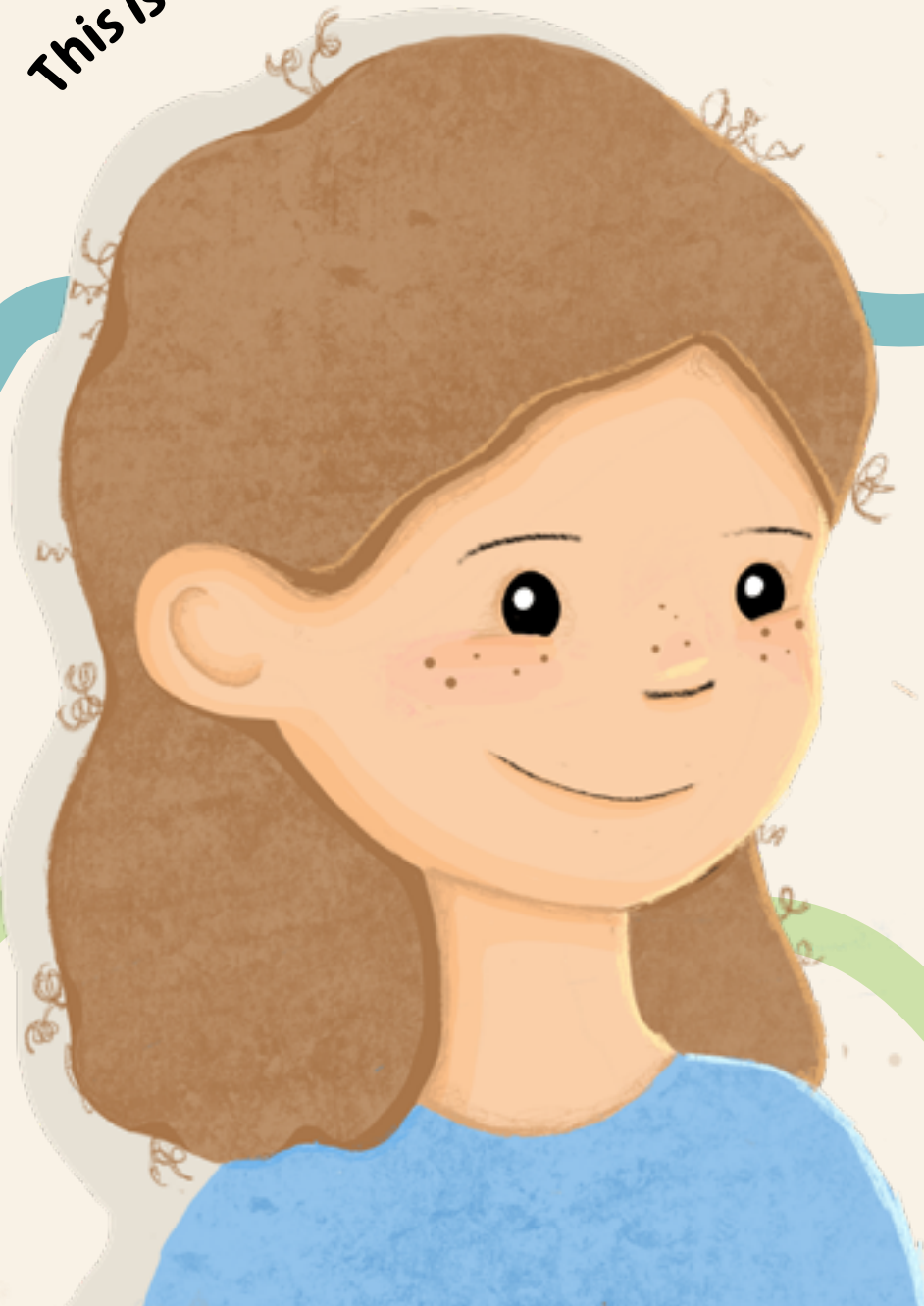
Breath by breath







This is Ellie.



She goes to school, likes painting, and spends time playing with her friends.









We all like different things.

That's what makes us

unique!

What are your favourite things to do?

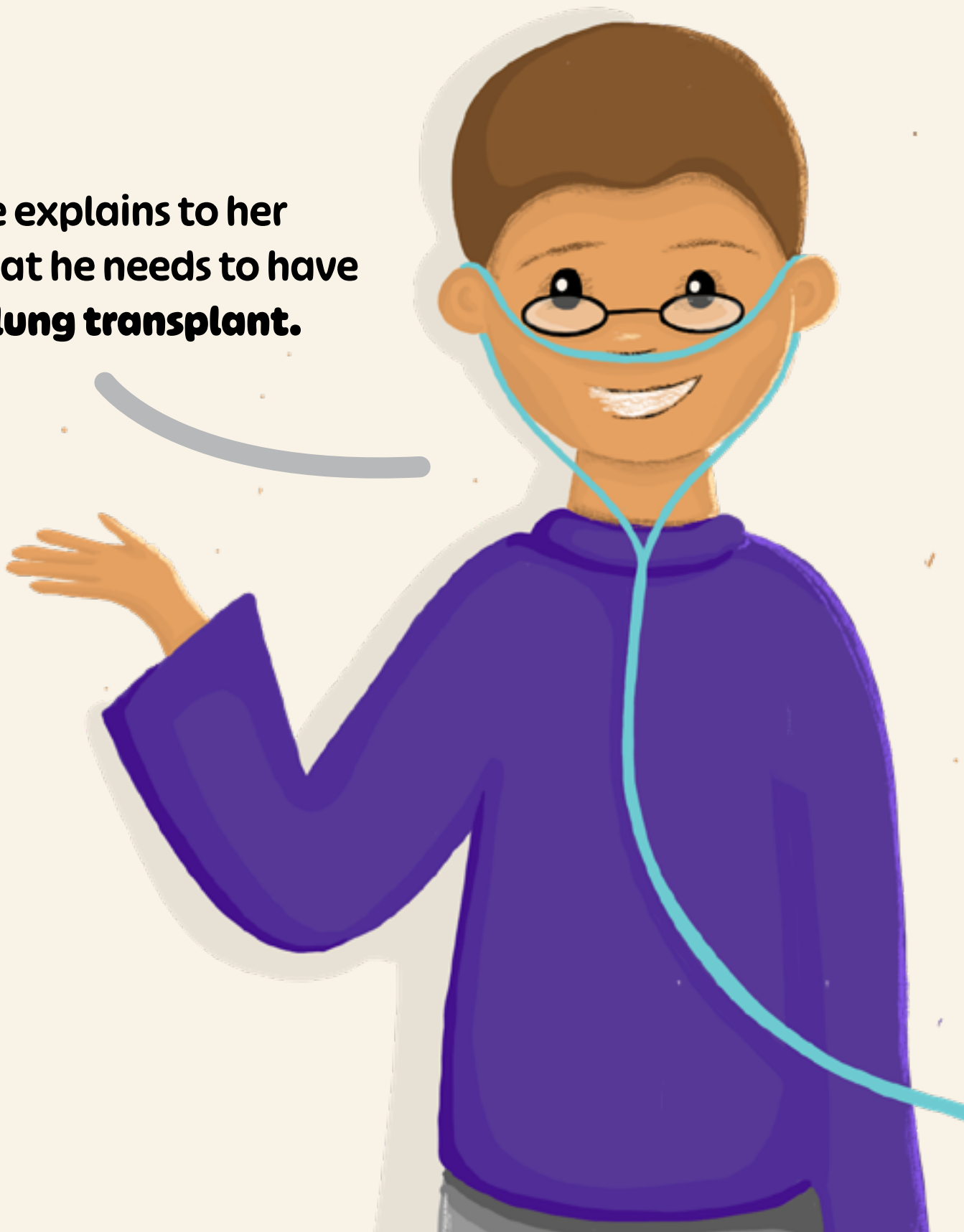
Draw them here!

Ellie enjoys doing her favourite things every day, and usually, nothing ever changes. But recently, something is a little different.

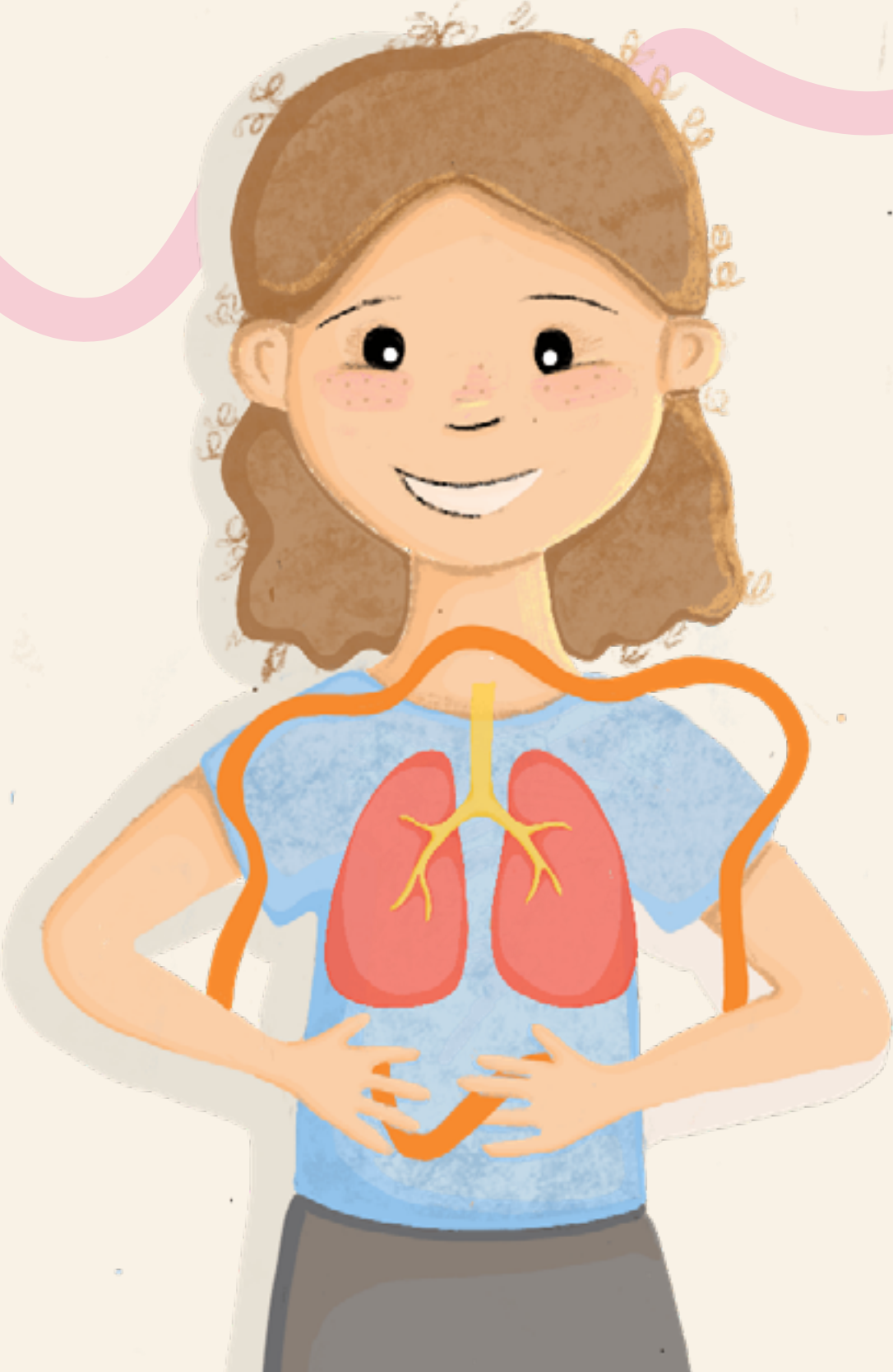



Ellie's dad uses an oxygen machine every day to help him breathe and give him more energy.

He explains to her that he needs to have a **lung transplant**.



Lungs are like balloons inside your chest that fill up with air and help you breathe.



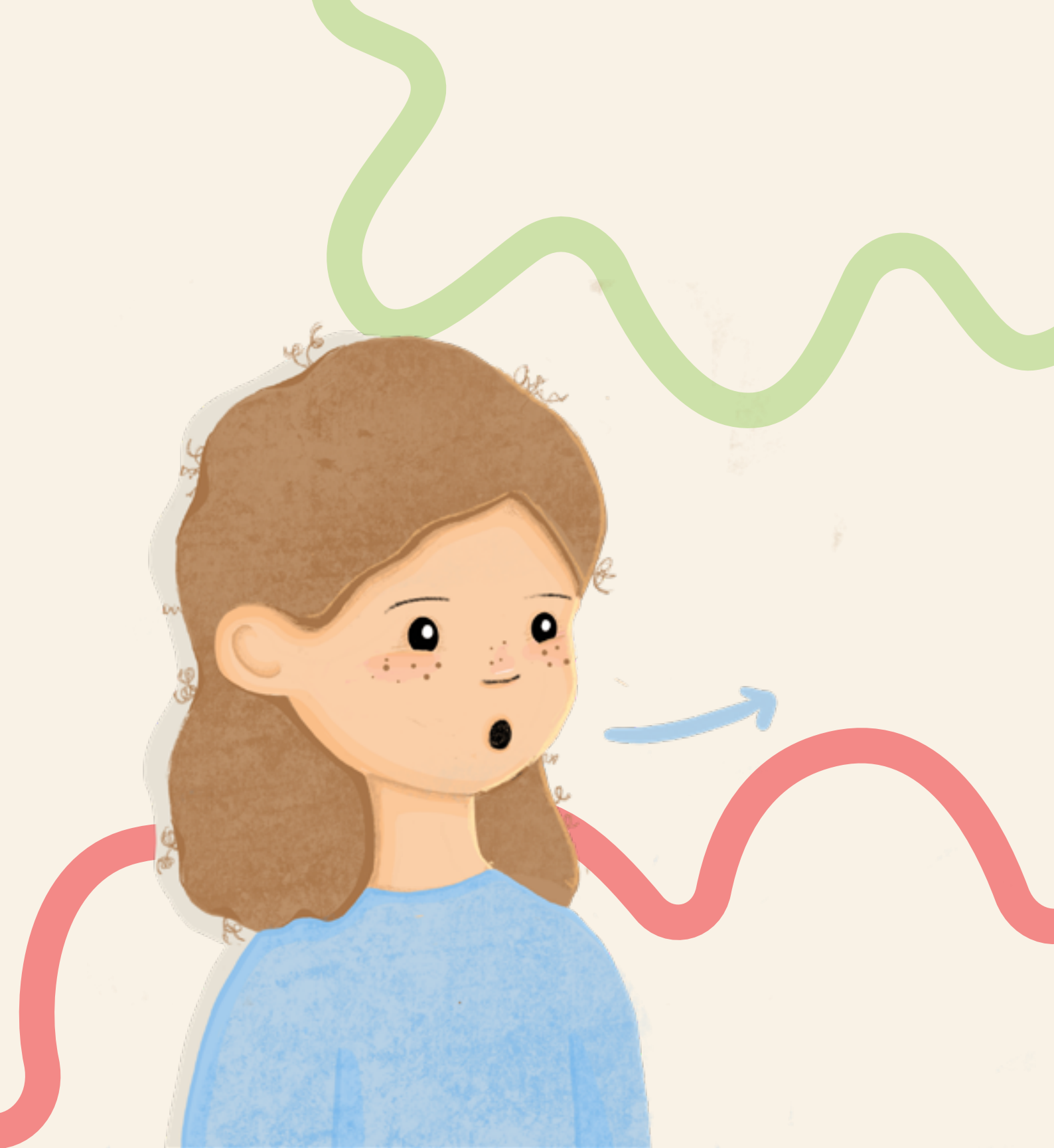


They work all the time
to keep us full of **energy**

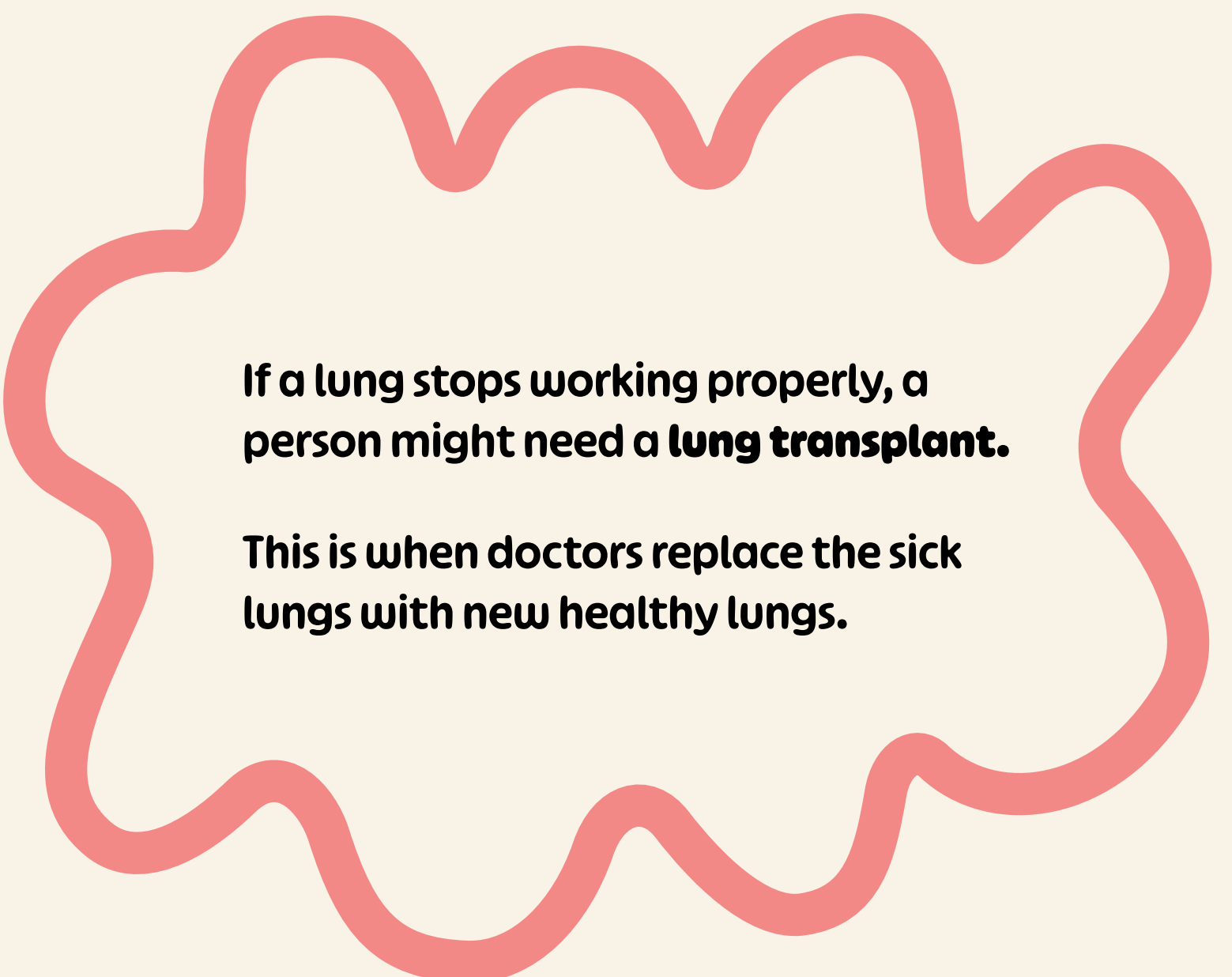
Try this to see how
your lungs work!



Take a big breath in.
Feel your chest getting bigger as
your lungs **“fill up”** with air.



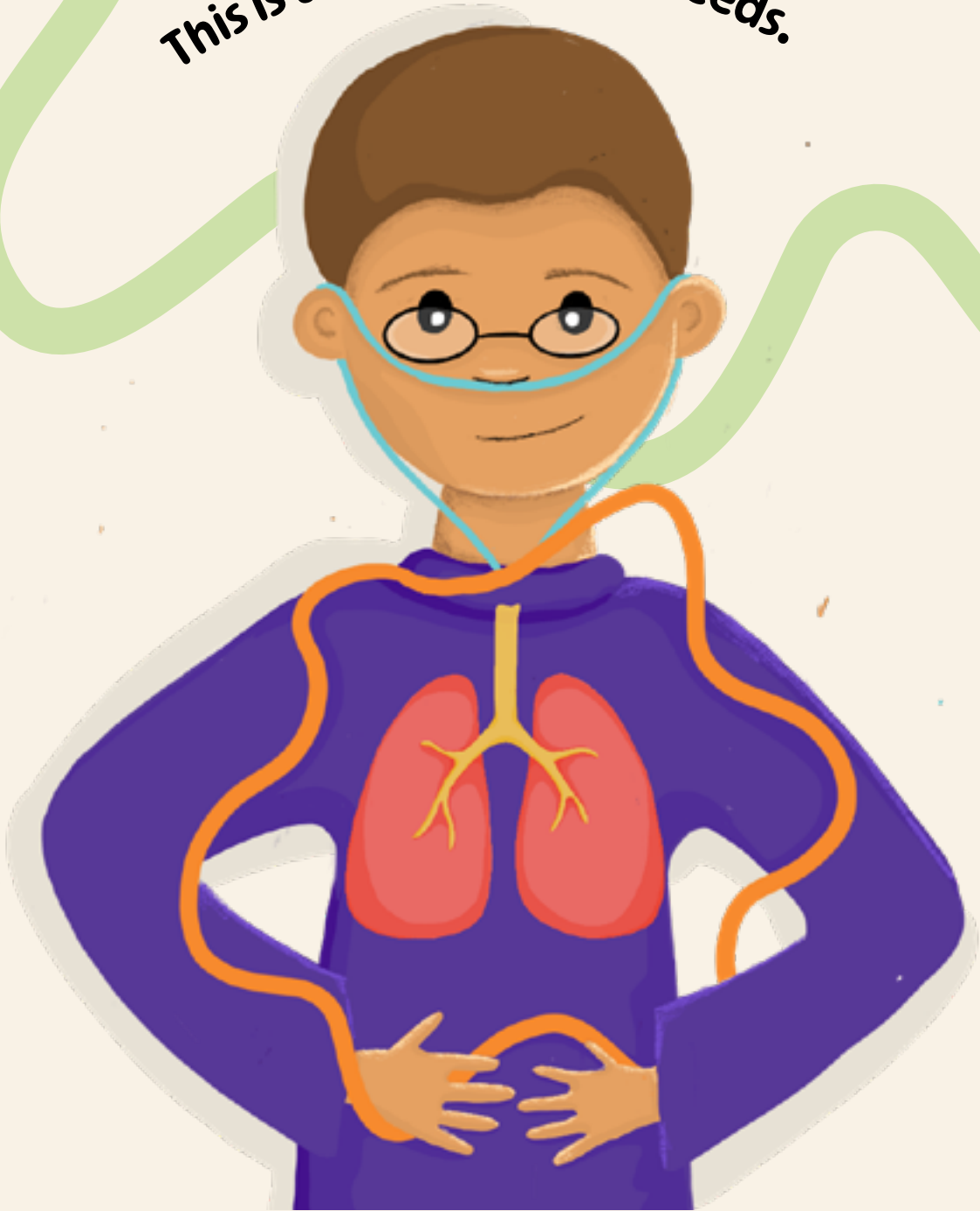
Now breathe out, like you are blowing out birthday candles.



If a lung stops working properly, a person might need a **lung transplant.**

This is when doctors replace the sick lungs with new healthy lungs.

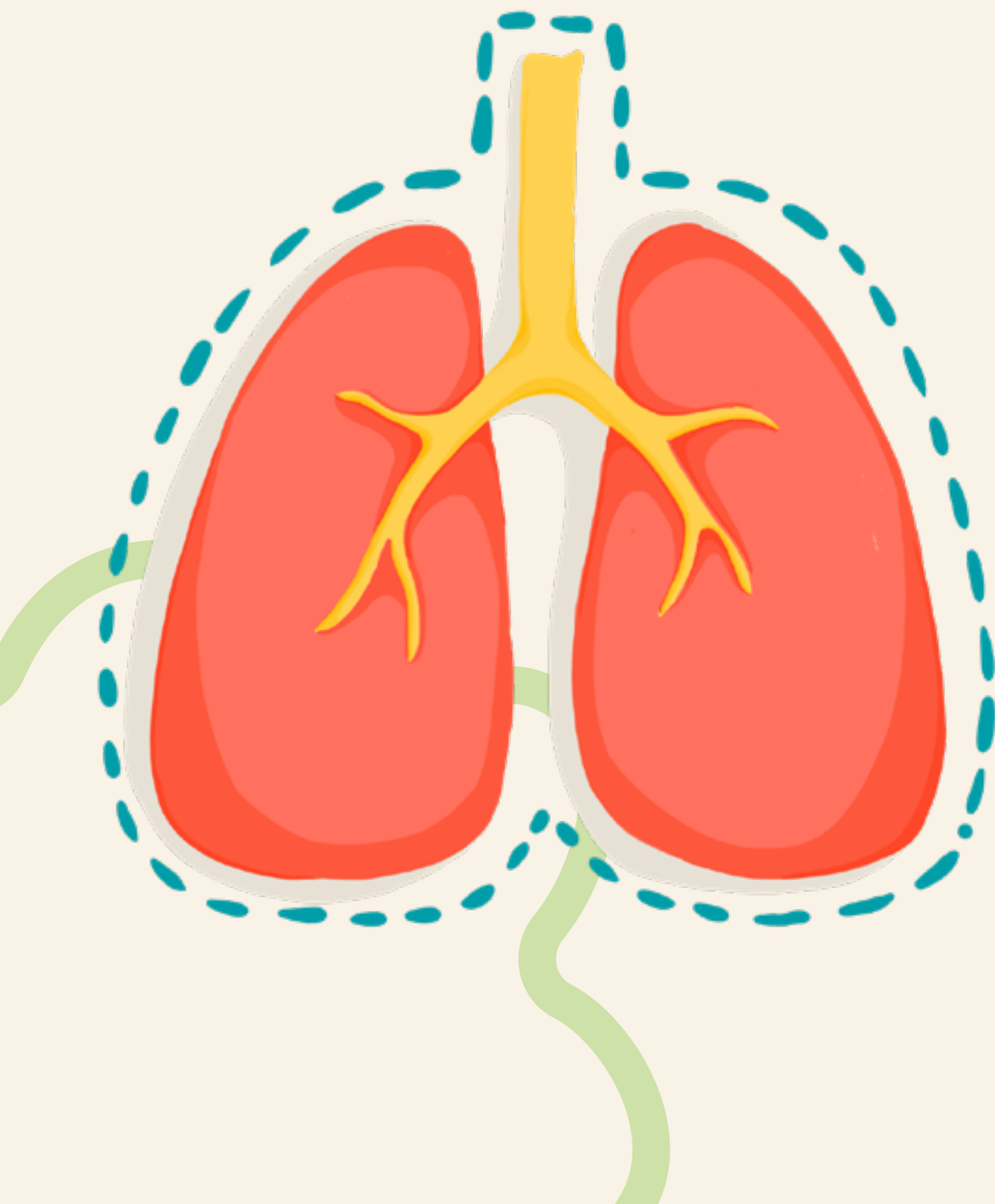
This is what Ellie's dad needs.





**Did you know that people who
need a lung transplant have to
go on a **waiting list**?**

This means they have to wait for a lung that is the **right size** to be found.



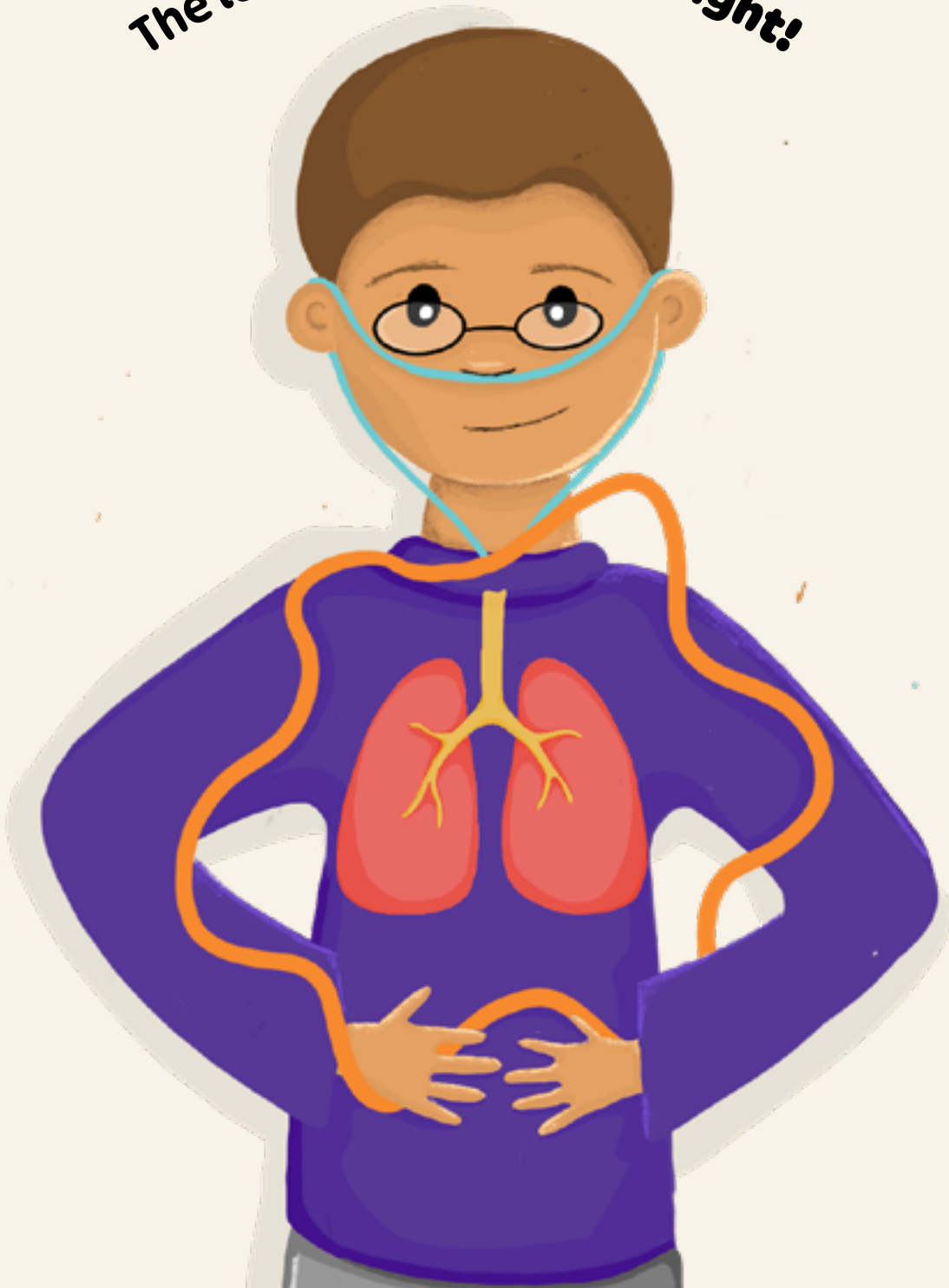
People come in all shapes and sizes!
Doctors need to make sure that the new
lungs aren't

too big

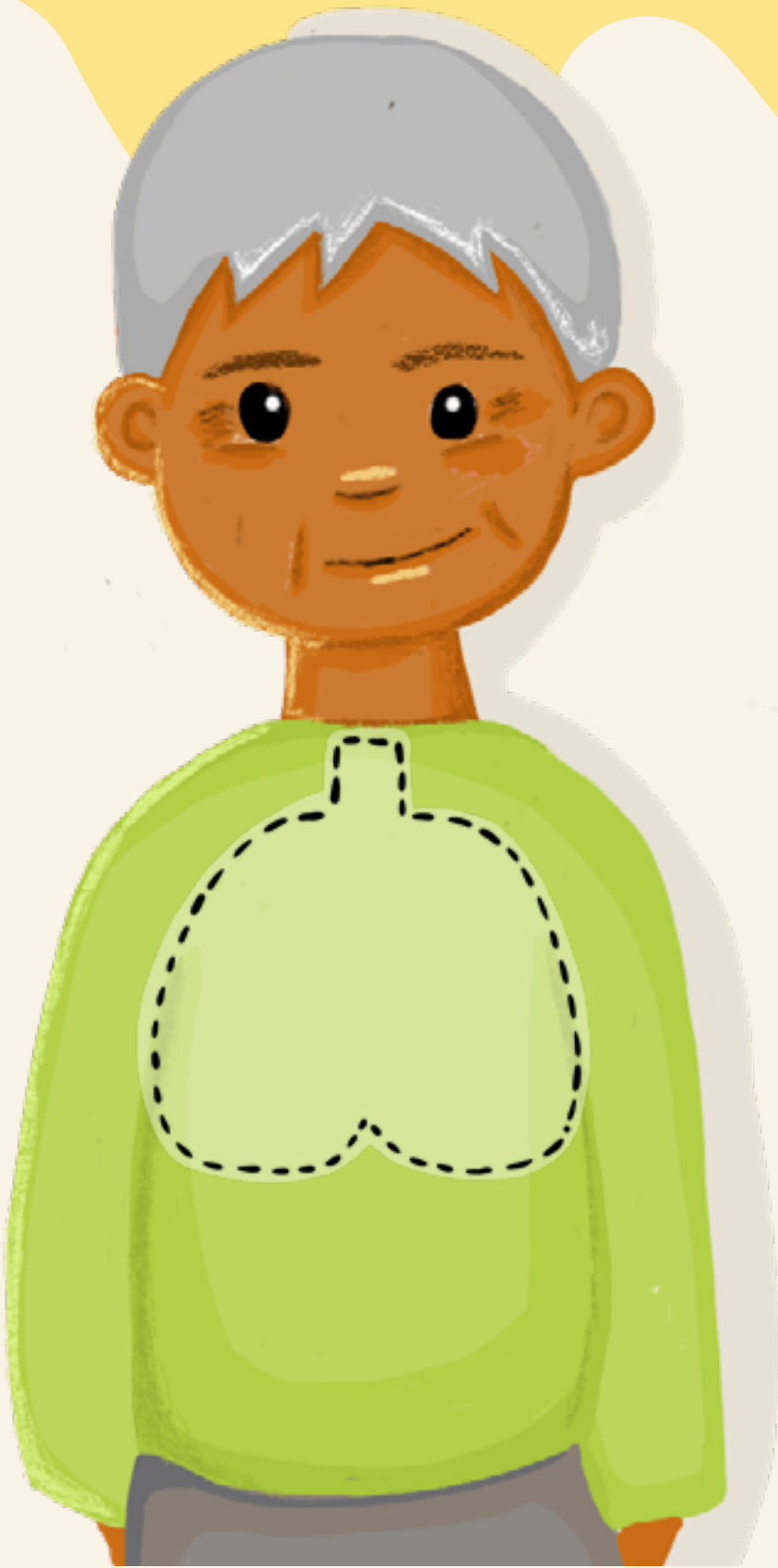
or
too small for a person.

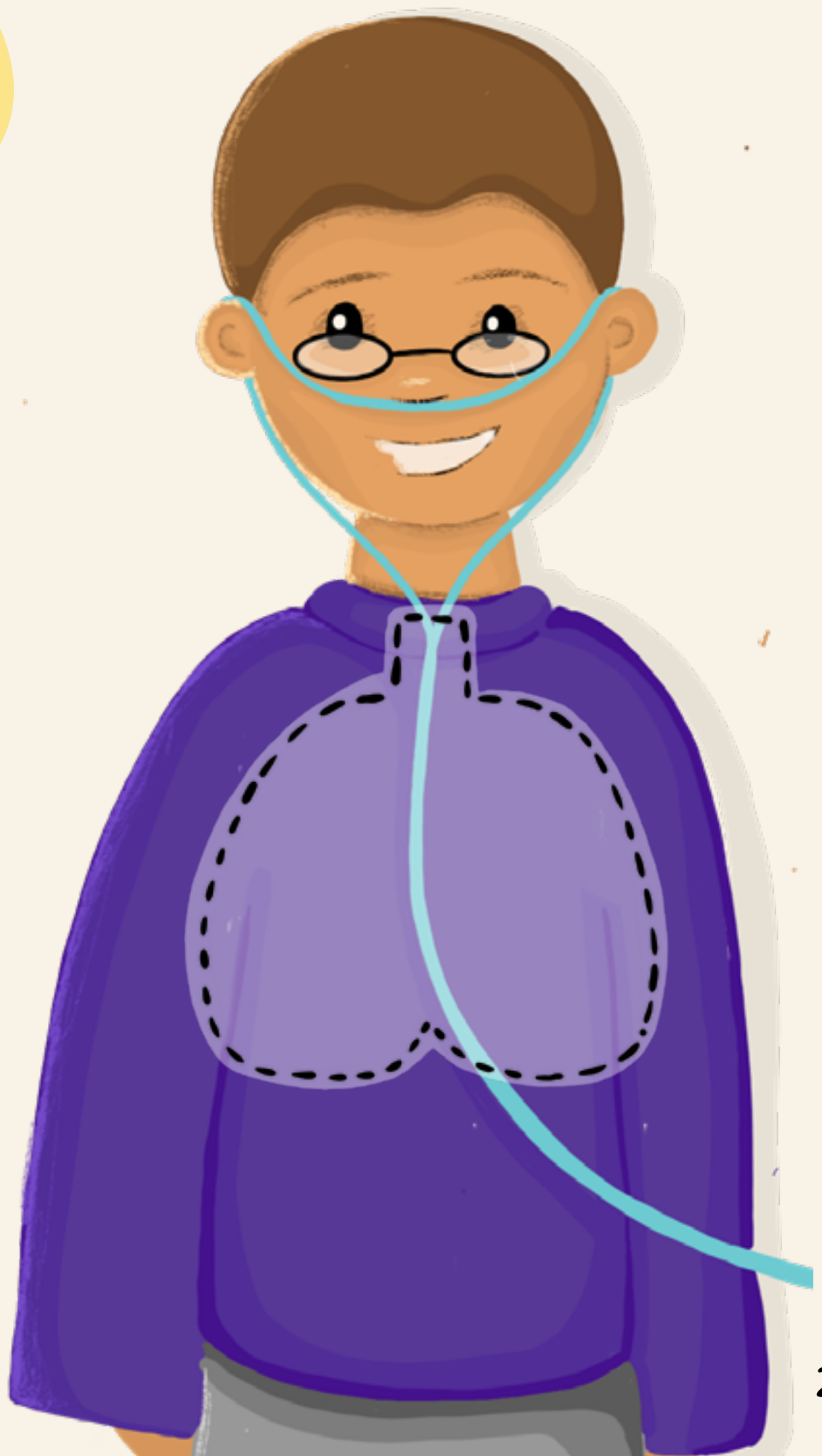


The lungs have to fit **just right!**



Draw lungs in the spaces below.
See how they are all different sizes!





Ellie's dad is on this list, waiting for his new lungs. Sometimes, she wonders when this operation will happen.



But soon, she learns that everyone has to wait a different amount of time to find the right match.



“My mum waited **two years** for a lung!”

“My dad waited **three months** for a lung!”



Now that Ellie knows her dad is ready and waiting for his operation, she still does all the things she loves.

She knows that she does not have to worry all of the time.



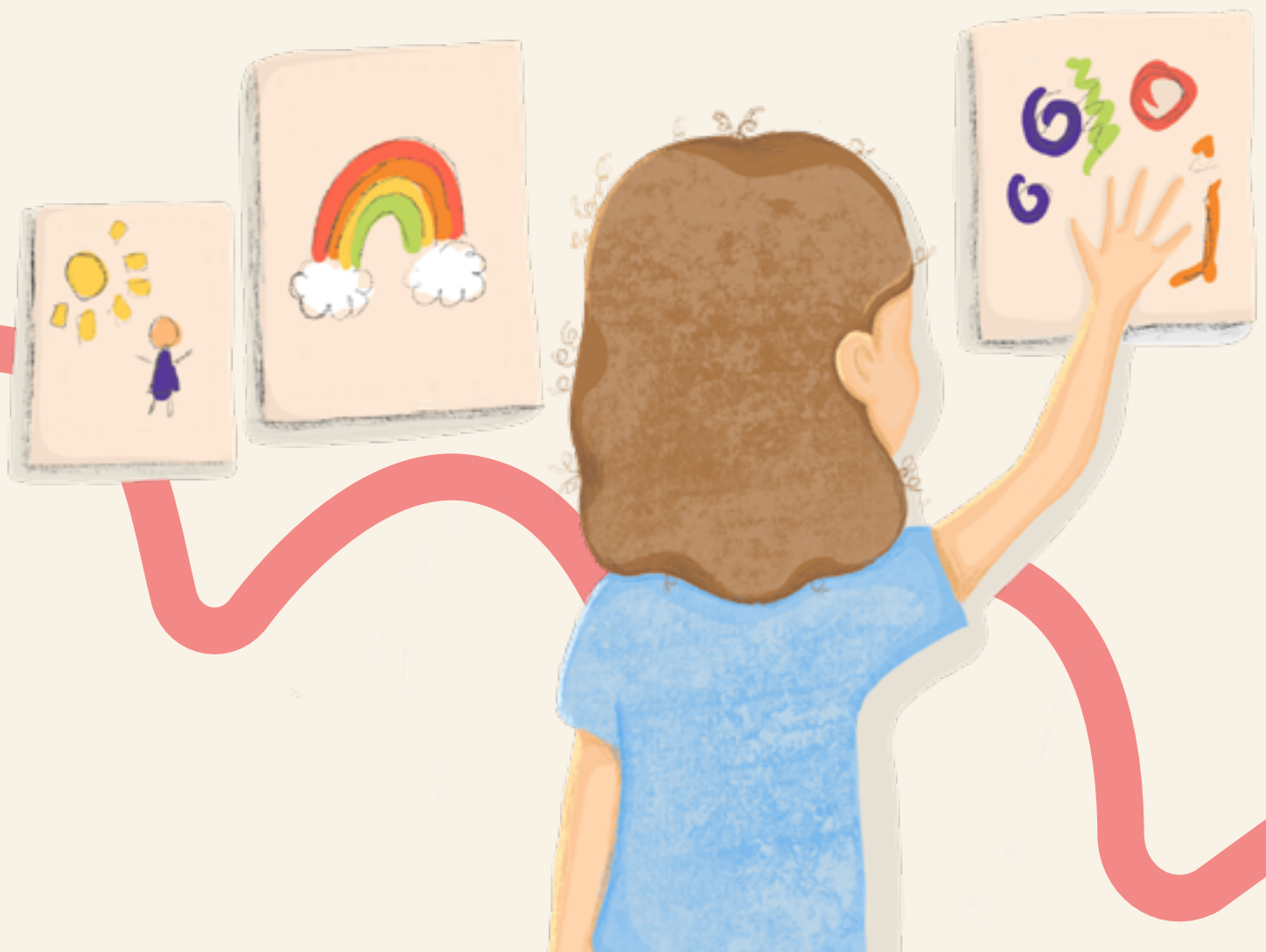
Doing her favourite things make her feel better. It also makes her Dad feel better too.



Ellie still feels a lot of **big** emotions.



She knows that this is **normal and okay**. It helps her sometimes to draw about how she feels.



Sometimes, Ellie finds it difficult to say what mood she is in. When this happens she likes to give a colour to each feeling and draw it out.



**You can try it too
if you like.**

I feel...




Happy



Love



Sad




Expressing our feelings is so important. It can make us feel so much better!



Ellie can't see her dad all of the time because being sick makes him feel tired.





**Good thing that people are
always happy to help her!**



There are ways to tell people that you love and care for them, even when you can't see them!



Ellie's dad loves when she draws for him. It makes him feel **happy**.

**Use these pages to draw
something for someone
you love.**



**Use these pages to draw
something for someone
you love.**











Written and designed by Katie McCorley (2025)
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