Cozy Port-a-Cat Cares Journal

By Ruth I Hoffman & Trevor Romain
Cozy
Port-a-Cat
Cares Journal

This Journal Belongs to
Cozy Port-a-Cat Cares Journal

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IN APPRECIATION FOR THE SUPPORT FROM

SERVIER
“Children are the world’s most valuable resource and its best hope for the future.”

President John Fitzgerald Kennedy
Dear Friend,

You probably have this journal in your hands because you are being treated for childhood cancer. Right now you are filled with all kinds of feelings. I found that writing and drawing in my journal helps me to understand my feelings, as well as keep track of my daily adventures.

A journal is a really great way to take care of yourself. I hope you will have fun filling it up.

Your pal,

Cozy Port-a-Cat
All About Me

My Full Name ______________________________________________

Age _____________ Height _____________ Weight _______________

Shoe Size _________________ Grade __________________________

Diagnosis __________________________________________________

My Favorite Things

Color __________________________ Book _______________________

Food __________________________ ____________________________

Song __________________________ Movie ______________________

_______________________________ ____________________________
All about me.
List people you know you can talk to about your cancer.

1. ______________________________________
2. ______________________________________
3. ______________________________________
4. ______________________________________
5. ______________________________________

Make this journal your own. Writing prompts are provided, but feel free to write or draw about anything you’re feeling.
In your journal you’ll find pages that look like this.

You can draw or write a warm ‘cozy’ for yourself or for someone you love.
I am special because...
Today I...

Date ____________________

Today I...

Date ____________________

Today I...
Today I...

Date ____________________

Today I...

Date ____________________
I'm Cozy
and
I'm here for
YOU!
Cozy Wordfind

doctor  
nurse  
procedure  
playroom  

clinic  
surgery  
radiation  
chemo
The hardest part about coming to the hospital is...
When I am getting a procedure I like to close my eyes and think about...
When I’m feeling sad it helps to...
All feelings are okay. It’s what you do with them that matters.
I feel lonely when...
Today I...
Today I...

Date ____________________

Today I...

Date ____________________
Today I...

Date ____________________

Today I...

Date ____________________
Today I...

Date ____________________

Today I...

Date ____________________
I'm Cozy and I'm here for YOU!
Cozy Wordfind

intra

venous

fingerp

oke

giftsho

p

xray

scan

journal

fever

transfusion
My favorite nurse is...
My favorite hospital PJs are...
When I’m bored in the hospital my family and I...
Date ____________________

Today I...

Date ____________________

Today I...
Date ____________________

today I...

Date ____________________

today I...
Today I...

Date ____________________

Today I...

Date ____________________
Today I...

Date ____________________

Today I...

Date ____________________
Today I...


Today I...

Date ____________________

Today I...

Date ____________________
I'm Cozy and I'm here for YOU!
I feel angry when...
All feelings are okay. It’s what you do with them that matters.
I am excited about...
Today I...
Today I...

Date ____________________

Today I...

Date ____________________
Today I...

Date ____________________

Today I...

Date ____________________
Date ____________________

Today I...

Date ____________________

Today I...
Today I...

Date ____________________

Today I...

Date ____________________
Date ____________________

Today I...

Date ____________________

Today I...
I'm Cozy
and
I'm here for
YOU!
My favorite thing to do with my IV pole is...
I am most proud of...
The best advice I have gotten is...
Today I...

Date ____________________

Today I...

Date ____________________
Today I...

Date ________________

Today I...

Date ________________
Date ______________

Today I...

Date ______________

Today I...
Today I...

Date ____________________

Today I...

Date ____________________
Date ____________________

Today I...

Date ____________________

Today I...
It makes me feel better when I...
Sometimes I cry when...
Cuddle me, quick!
I really miss...
Date ____________________

Today I...

Date ____________________

Today I...

Date ____________________

Today I...

Date ____________________

Today I...

Date ____________________

Today I...

84
Today I...
Today I...

Date ________________

Today I...

Date ________________
Today I...
Date ____________________

Today I...

Date ____________________

Today I...
Date ____________________

Today I...

Date ____________________

Today I...
I'm Cozy
and
I'm here for
YOU!
The funniest thing happened today...
If I had a friend diagnosed with cancer, I would tell them...
List 10 things that make me smile.

1. ___________________________________________
2. ___________________________________________
3. ___________________________________________
4. ___________________________________________
5. ___________________________________________
6. ___________________________________________
7. ___________________________________________
8. ___________________________________________
9. ___________________________________________
10. ___________________________________________
What scares me most is when...
When I am scared what helps me is...
My treatments will be over when...
When my treatment is over we're going to celebrate by...
Now that I am done with treatment, I want to...
When I grow up
I hope...
Today I...
Date ____________________

Today I...

Date ____________________

Today I...
Today I...

Date ____________________

Today I...

Date ____________________
Today I...
My friends and me.
This journal is filled with words and pictures that come from your heart. It’s an important piece of how you took care of yourself during your treatment for cancer. It is a treasure chest filled with your hopes, dreams and real feelings. Keep it somewhere safe so that you can look through it again and again and even use it to help you in the future.

Your friend Cozy