

Get yourself operation-ready with Dennis and Gnasher's 'Op, Op and Away' challenges. Complete some or all of the challenges below and get an exclusive A-Team sticker from your hospital.* Reward chart info here: roca.ac.uk/dennis-has-anaesthetic

Making healthy eating choices



CAN YOU EAT SOMETHING HEALTHY IN EVERY MEAL?
CAN YOU SWAP A SWEET TREAT FOR A HEALTHY ONE?

- Healthy diets include five portions of fresh vegetables and fruits every day.
- Everyone likes a treat but try to eat fewer foods which are high in fat and sugar like crisps, sweets and sugary drinks (including juice).
- Try to swap some treats for healthy snacks and water.

DENNIS HAS AN ANAESTHETIC!

BEANO



GEDDIT? THE A IS FOR ANAESTHETIC - AND AWESOME!

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BLAM!



Dream up some Dennis-worthy pranks!

BANISH THOSE DEVICES!

CAN YOU SLEEP FOR 8-10 HOURS EVERY NIGHT?

- Going to bed at the same time every night and getting a good night's sleep makes you feel happier, healthier and gives you more energy.
- Sleep is important for memory and learning at school.
- Let your brain enter the chill zone and switch off your electronic devices before bed!

Stay active like Billy Whizz

BILLY WHIZZ FEELS THE NEED... THE NEED FOR SPEED!

CAN YOU MOVE A BIT MORE EVERY DAY?

- Do star jumps... dance to music... play outside with friends... or walk to school. It doesn't matter what you do as long as you are active every day for at least an hour.
- Moving around as much as possible can help you maintain a healthy weight, give you more energy and lift your mood.



CAN YOU BRUSH YOUR TEETH FOR TWO MINUTES TWICE A DAY?

CAN YOU CUT BACK ON SUGARY FOODS AND DRINKS?



Keeping your gnashers clean and sparkly

- To have gnashers like Gnasher try to cut back on sweet treats and drinks that are bad for your teeth.
- Use the timer on your phone or put a clock in your bathroom to make sure you clean them for long enough.
- Remember to see your dentist regularly so they can check all your hard work!

*Check with your hospital if they are taking part in the Beano challenge. Unfortunately the RCoA won't be able to post stickers out to you, but you and your hospital can find printable versions of the stickers and other resources here: roca.ac.uk/dennis-has-anaesthetic