



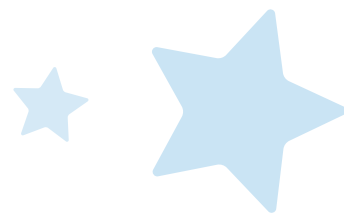
*I wish to be  
a football  
player again*

**Keannu, 17**  
germ cell tumor

**Make-A-Wish®**  
NORTHEASTERN & CENTRAL CALIFORNIA  
AND NORTHERN NEVADA

# SUPER STAR WISH GUIDE

# DEAR SUPER STAR,



**Congratulations! You are going to have a wish granted that is just for you!**

We have created a special Wish Game that, with the help of your family and other important people in your life– like your physical therapist or teacher– will help you consider all the things you like to do for fun and what makes you happy because those things make for perfect wishes!

Use this quiz and your creativity to create your own unique wish!

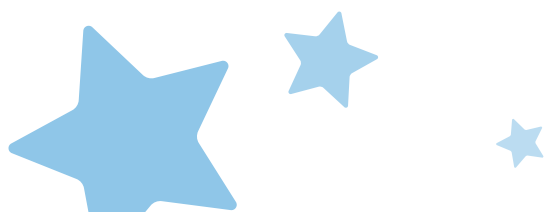
- In addition to your family, have your physical, occupational, behavioral therapists, teachers, and any other relevant medical provider complete the quiz by themselves or with your family.
- Complete the quiz with your family when you are most relaxed, like after a bath or before bed.
- Look at all the different wish categories, especially the ones listed under your favorite activities.
- Have your family write down two to three wish ideas.

Your wish granters will meet you soon! They want to learn all your wish ideas and want to know why they are your favorite.

Your wish ideas will then help Make-A-Wish plan your wish! Each wish goes through an approval process\* so it might take some time to create your perfect wish!

**A wish is filled with fun and excitement, and we are here to help! Happy Wishing!**

From,  
Your Friends at Make-A-Wish Northeastern  
& Central California and Northern Nevada



*I wish to have  
play equipment*

**Reagan, 4**  
pulmonary condition



*\*Each wish idea goes through an approval process based on many factors such as safety, medical approval and age appropriateness. Your Make-A-Wish team will inform you of the approval process and next steps.*



# THE WISH QUIZ

Choose the answer that best describes you!



## 1. What makes you the happiest?

- a. Exploring my environment or manipulating toys, objects, etc.
- b. Moving my body (i.e. clapping, dancing, hugging, going for walks, climbing, etc.)
- c. Being read to or talked to by my family, therapists or teachers.
- d. Watching educational videos or playing on a tablet or computer game.

## 2. What experiences/activities do you feel will benefit you the most?

- a. Having a calming or stimulating space at home to relax and learn
- b. Utilizing adaptive equipment to help me move my body indoors or outdoors
- c. Opportunities/devices to work on speech/language/communication
- d. Being introduced to new learning experiences

## 3. When are you the calmest?

- a. During bath time
- b. After physical, occupational, play, behavioral therapy sessions or after school
- c. When there is music playing or while playing/watching videos, tablet, or computer games
- d. When my teacher or family member is working with me on strengthening a skill or teaching me a new skill

## 4. When inside, what is your favorite activity?

- a. Manipulating or looking at toys with bright colors and lights
- b. Moving around the house or learning to sit, crawl, climb, or walk on my own
- c. Listening to music or singing with my family, or watching my favorite videos
- d. Playing with electronics, board games, educational toys, or using my imagination while I play.

## 5. When outside, what is your favorite activity?

- a. Feeling the sun and wind, looking at and smelling nature or listening to the birds and neighborhood sounds
- b. Going for walks, car rides, swinging, swimming, or playing sports
- c. Playing with a tablet, interactive toys, board games or sports with my family
- d. Going to school, visiting museums, camping or shopping with my family

## 6. What developmental goal have you been working on with your therapists/teacher?

- a. Providing more sensory experiences
- b. Positioning, body control, strength building, flexibility, hand or finger control
- c. Speech/language/communication
- d. Educational and play activities that focus on my understanding, memory, recognizing objects, problem solving

**Quiz Key:**

- If you answered mostly A, go to page 4 to see SENSORY related wishes.
- If you answered mostly B, go to page 5 to see MOVEMENT & OUTDOORS related wishes.
- If you answered mostly C & D, go to pages 6 & 7 to see SPEECH, LANGUAGE, LEARNING & COMMUNICATION related wishes.
- If you answered a mix of every letter, look at all the wish ideas to see if anything would excite and bring joy to you!

# SENSORY STIMULATION, RELAXATION AND SELF-REGULATION WISH IDEAS

## I WISH TO...

### TRAVEL

- Go on a road trip or have a camping experience
- Have a snow or beach experience
- Visit an art gallery or museum, see an orchestra or play
- Have a staycation
- Explore a national park

*I wish to have a staycation*

**Alex, 9**  
nervous system disorder



### BE OUTDOORS

- Have an animal experience like whale or bird watching
- Have an outdoor-themed shopping spree
- Be a veterinarian or zookeeper
- Visit a rodeo, farm or zoo
- Have a standing device
- Have a pet

*I wish to go to my favorite theme park*

**Shelby, 12**  
nervous system disorder



### EXPLORE TECHNOLOGY

- Have multi-sensory equipment or toys (i.e. bubble machine, sound machine, ceiling or wall projector, light fiber optics).
- Have adaptive gaming supplies
- Have an iPad or computer
- Have an electronic item that focuses on stimulation or relaxation
- Have a sensory area

*I wish to have a virtual gaming shopping spree*

**Anthony, 7**  
nervous system tumor



### CUSTOMIZE MY INDOOR SPACE

- Have a sensory area or multi-sensory equipment (i.e. interactive play table, sensory ball pit, foam mats, foam climbing blocks, sensory ball pit or activity wall panel)
- Have sensory toys or equipment (i.e. spinning activity toy)
- Have a medical, therapy or massage equipment (i.e. chair or bed)
- Have a musical instrument or equipment, have music listening devices
- Makeover an area of my room

### ENHANCE MY BACKYARD

- Have adaptive equipment (i.e. swing or a pool lift)
- Make an area of my backyard wheelchair accessible
- Shopping spree for backyard items
- Have an outdoors sensory area
- Have a hot tub or water feature





# MOVEMENT & OUTDOORS WISH IDEAS

## *I WISH TO...*

### ENHANCE MY LIVING SPACE

- Movement items (i.e. foam mats, foam climbing blocks, sensory ball pit)
- Hot tub or water feature (i.e. pool lift)
- Adaptive outdoor equipment (i.e. swing, walkway)
- Make an area of my backyard wheelchair accessible
- Have a sensory area or accessories

*I wish to have a hot tub*  
**Ella, 5**  
 nervous system disorder



### GO OUTDOORS

- Have outdoor movement assistance items (i.e. all-terrain or beach wheelchair, specialty stroller or walker, gait trainer)
- Have an adaptive bike, tricycle or swing
- Have a specialty chair, like a rocking chair or activity/positioning chair
- Host a picnic with friends & family
- Have a hand therapy device



*I wish to have an adaptive swing*  
**Faith, 10**  
 seizure disorder

### HAVE A SPORTS WISH

- Spectate a sporting event (i.e. go to my favorite sport team's game)
- Go swimming, have assisted swim lessons
- Have a sports equipment shopping spree
- Try sports simulation video games
- Participate in Paralympic sports
- Meet a favorite athlete
- Have sports lessons

*I wish to have a power soccer chair*  
**Michael**  
 wish granted, 2020  
 neuromuscular condition



### TRAVEL

- Have a sensory movement travel experience (i.e. go to an accessible beach)
- Go camping (i.e. stay in a cabin)
- Visit a regional event or site (i.e. museum, national park)
- Have a staycation



### EXPLORE TECHNOLOGY

- Have an electronic item that focuses on outdoor movement or mobility (i.e. gait trainer, wheelchair, adaptive bike)
- Go to an arcade or have a game night



*I wish to have an adaptive bike*  
**Murray, 9**  
 nervous system disorder



# SPEECH, LANGUAGE, LEARNING & COMMUNICATION WISH IDEAS

## I WISH TO...

### TRAVEL

- Regional events & sites (i.e. observatory, museum, zoo)
- Have a sensory experience (i.e. snow, river, mountains or beach trip)
- Have an interactive experience
- Go on a treasure hunt
- Explore a new place
- National parks
- Staycation

*I wish to go to my favorite theme park*  
**Ziya, 5**  
genetic disorder



### EXPRESS MY INTERESTS, EXPLORE NEW PASSIONS

- Be or meet a science hero (i.e. astronaut, archaeologist, zookeeper, astronomer)
- Visit a zoo, museum, aquarium, theater, observatory or art exhibition
- Have star-gazing items or an experience
- Have items to support my interests
- Be my own unique superhero
- Have a home learning space
- Go on a dinosaur dig

*I wish to be a zookeeper for a day*

**Grace, 8**  
Hodgkin's Lymphoma



### BE PHILANTHROPIC, GIVE BACK

- Support a charity, school, hospital, cause or organization that is important to you.



### CUSTOMIZE MY INDOOR SPACE

- Have a play or entertainment space
- Have a movie night or experience
- Have a room makeover
- Have a home library

*I wish to have a room redecoration*  
**Ivan, 8**  
malignant brain tumor



### EXPLORE TECHNOLOGY



- Have an electronic device with speech/language/communication abilities or activities (i.e. eye gaze, braille computer, iPad with installed learning programs)
- Have a technology-themed shopping spree
- Go to my favorite convention
- Have adaptive games
- Meet a gamer

*I wish to have an eye gaze device*  
**Xavier, 5**  
neuromuscular condition



# SPEECH, LANGUAGE, LEARNING & COMMUNICATION WISH IDEAS CONTINUED...

## I WISH TO...

### CHARACTERS

- Be or meet a favorite character or actor
- Have a character-themed room makeover or shopping spree
- Go to a favorite theme park
- Have items to cosplay
- Be or meet a mermaid
- Have acting lessons

*I wish to have a character themed shopping spree*

**Jaelyn, 14**  
malignant brain tumor



*I wish to meet my favorite characters at my favorite theme park*

**Nathan**  
**wish granted, 2022**  
nervous system disorder



### FOCUS ON EDUCATION

- Have a shopping spree for clothing, electronics, and other school supplies
- Take classes to learn new skills
- Have a home learning space
- Be a careerperson for a day
- Have educational resources
- Have a home library



*I wish to go to my Sacramento Police Cadet Graduation*

**Miller, 12**  
neurological condition



### HAVE FUN WITH BEAUTY

- Meet or be a makeup artist, hair stylist, or other fashion icon
- Have beauty supplies (i.e. makeup)
- Take classes to learn new skills (i.e. cosmetology classes)
- Have a spa day



### PLAY MUSIC



- Have my own unique music experience (i.e. attend or create a concert)
- Have an iPad or a computer with downloaded music activities
- Be or meet a musician, singer, artist or DJ
- Have music-listening equipment
- Music therapy sessions
- Have a musical instrument

*I wish to have musical instruments*

**Esteban, 12**  
brain tumor

