

DONNIE DINOSAUR'S



TOBACCO TROUBLE

LEARNING &

ACTIVITY BOOK

I'm Donnie Dinosaur
And I'm here to tell you,
About the trouble with tobacco
And the harm that it can do.

Nicotine is the dangerous drug
Found in tobacco of every type,
Like chewing tobacco, cigars, cigarettes,
And tobacco to smoke in a pipe.

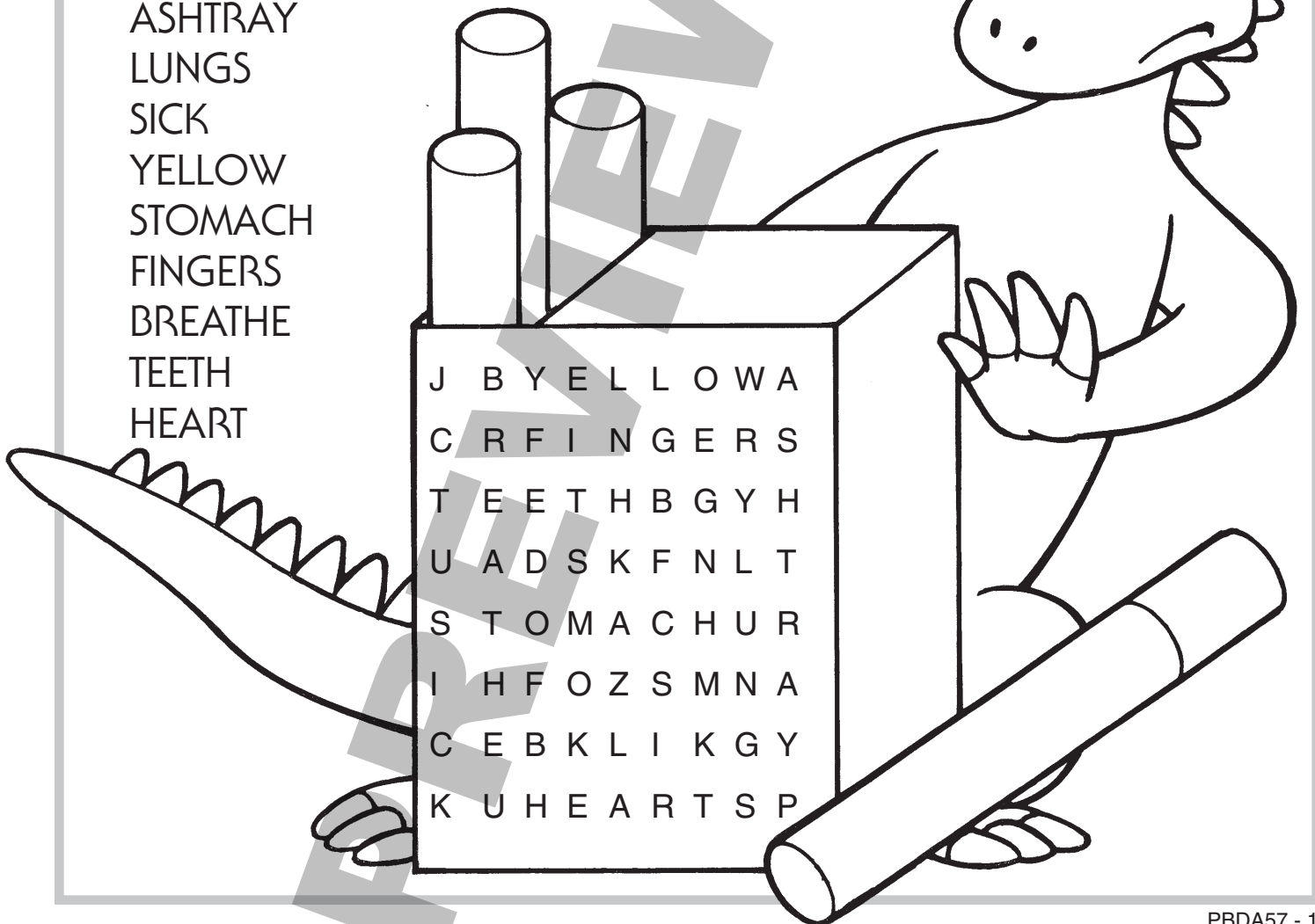


So what happens when people smoke?
It makes it hard to breathe and play.
Their teeth and fingers turn yellow,
And they smell like an old ashtray.

Smoking harms a person's stomach.
It hurts the heart and lungs, too.
Smoking makes the body sick.
It really isn't a fun thing to do.

All of these words can be found in the sentences above.
They all have something in common with smoking.
Look for them across and down.

SMOKE
ASHTRAY
LUNGS
SICK
YELLOW
STOMACH
FINGERS
BREATHE
TEETH
HEART



Even though others may smoke,
It doesn't mean it's safe for you.
When you know something is wrong,
Don't do it because others do.

It's important to understand the difference between something that is good and safe to do, and something that is wrong or unsafe. Draw a "✓" by the things that are good to do, and draw an "✗" by the things that are wrong to do.



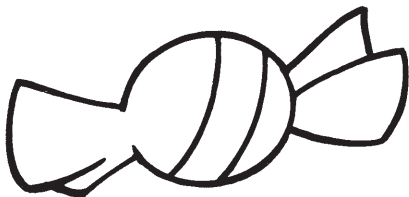
_____ Brush your teeth every day

_____ Tell your Mom or Dad a lie

_____ Cross the street without looking both ways

_____ Talk to a grown-up about a problem

_____ Steal a piece of candy from the store



_____ Go to school and study hard

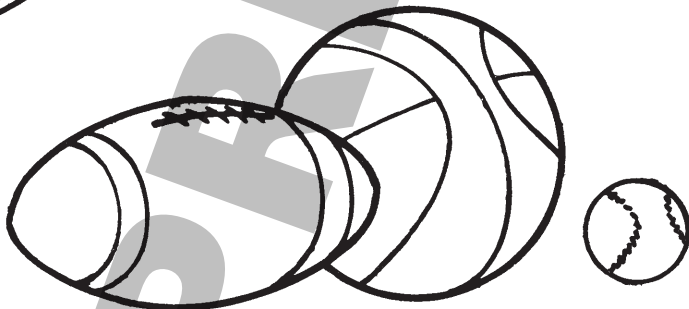
_____ Get in a fight with your brother or sister

_____ Use cigarettes, alcohol or other drugs



_____ Clean your room and keep it neat

_____ Share your toys with a friend



READING

HISTORY

So if a friend should tell you,
 "Be cool and take a puff."
 Say, "No thanks. It's not for me."
 "I'm smart. I don't need that stuff!"

Follow the instructions to find some fun and healthy things to do.

Cross out all the U's
 Cross out all the B's
 Cross out all the D's
 Cross out all the O's

Use the remaining letters and write them
 in order in the blanks below.

D P O L A B Y U

B O T A B L U K

U S O W D I B M

S U B I N O G O

Can you think of some other fun
 and healthy things to do?

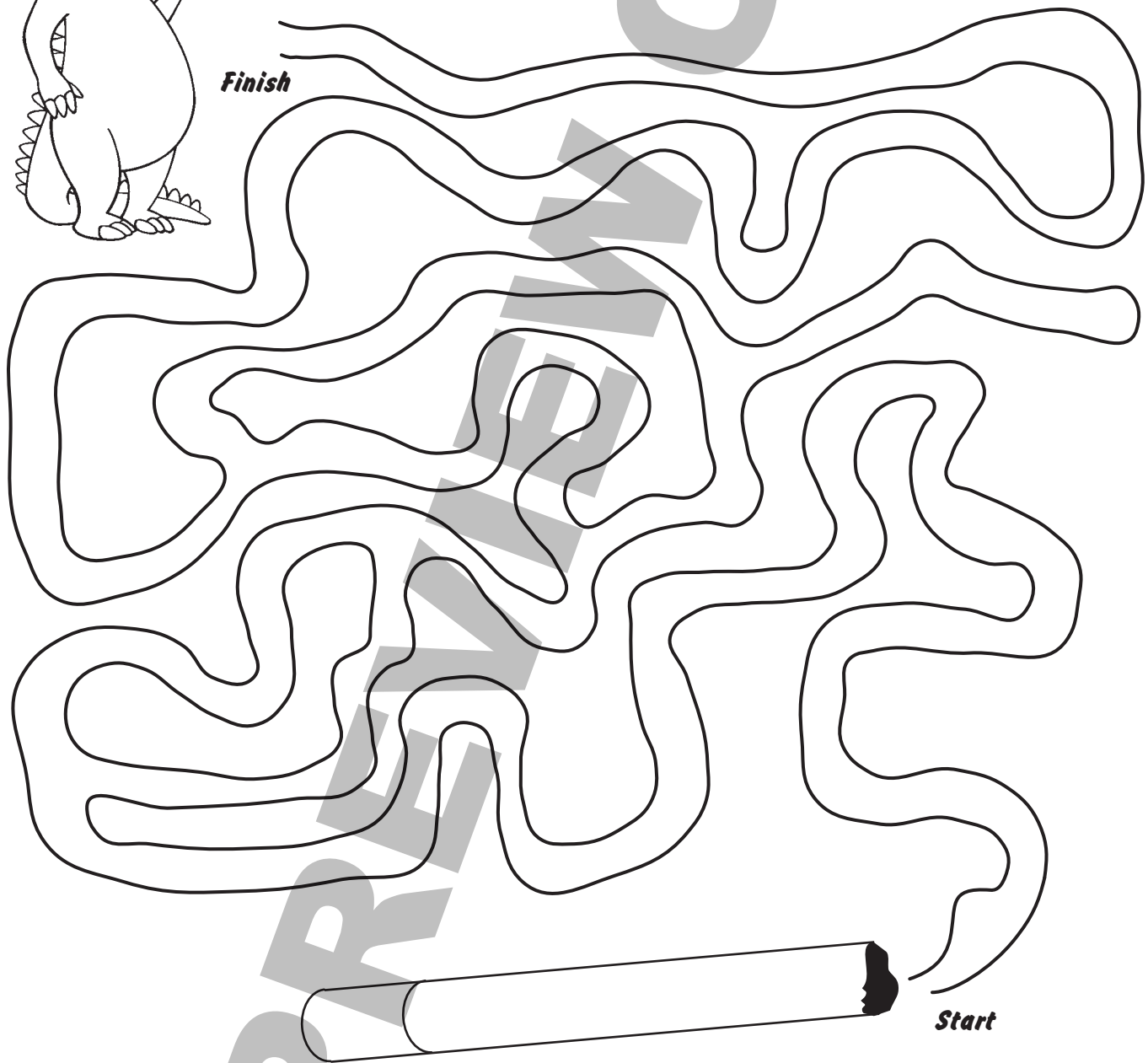


Cigarette smoke from others
Can make you cough and choke.
It's always best to remember,
Stay away from secondhand smoke.





Find the safe way through the maze to get away from the secondhand smoke.

Finish



If you ask people who smoke,
 Most would surely admit
 They wish they never started
 Because it's so hard to quit.

Start at the  and circle every other letter as you go through the smoke.
 Write the letters you have circled in order in the spaces below. The first one has
 been done for you.

 **(B)** W E T S C M H A P R
 T M O Z N L O Q D K T G
 V S N T Y A P R U T



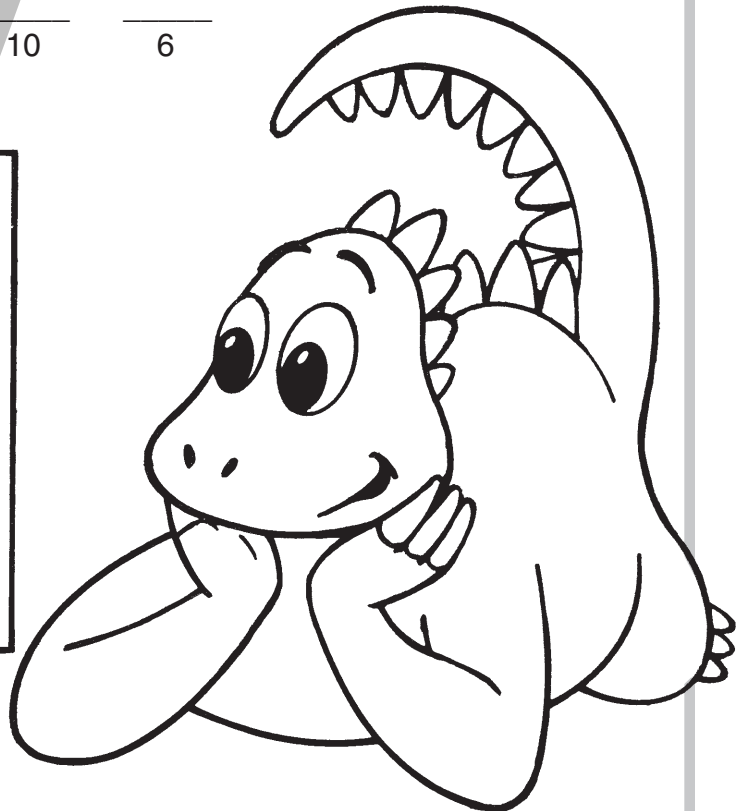
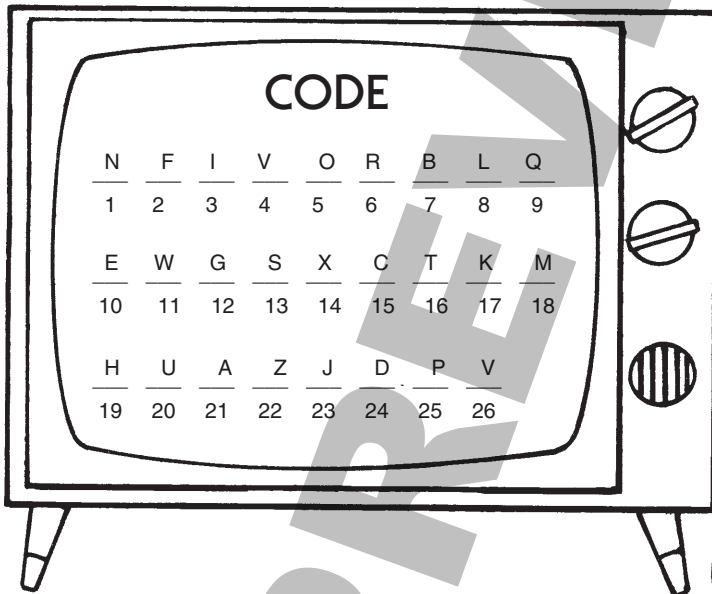
B _____

!

Some people try to make smoking look cool
 In magazines and on TV.
 But they never tell you about the bad things
 That could happen to you and me.

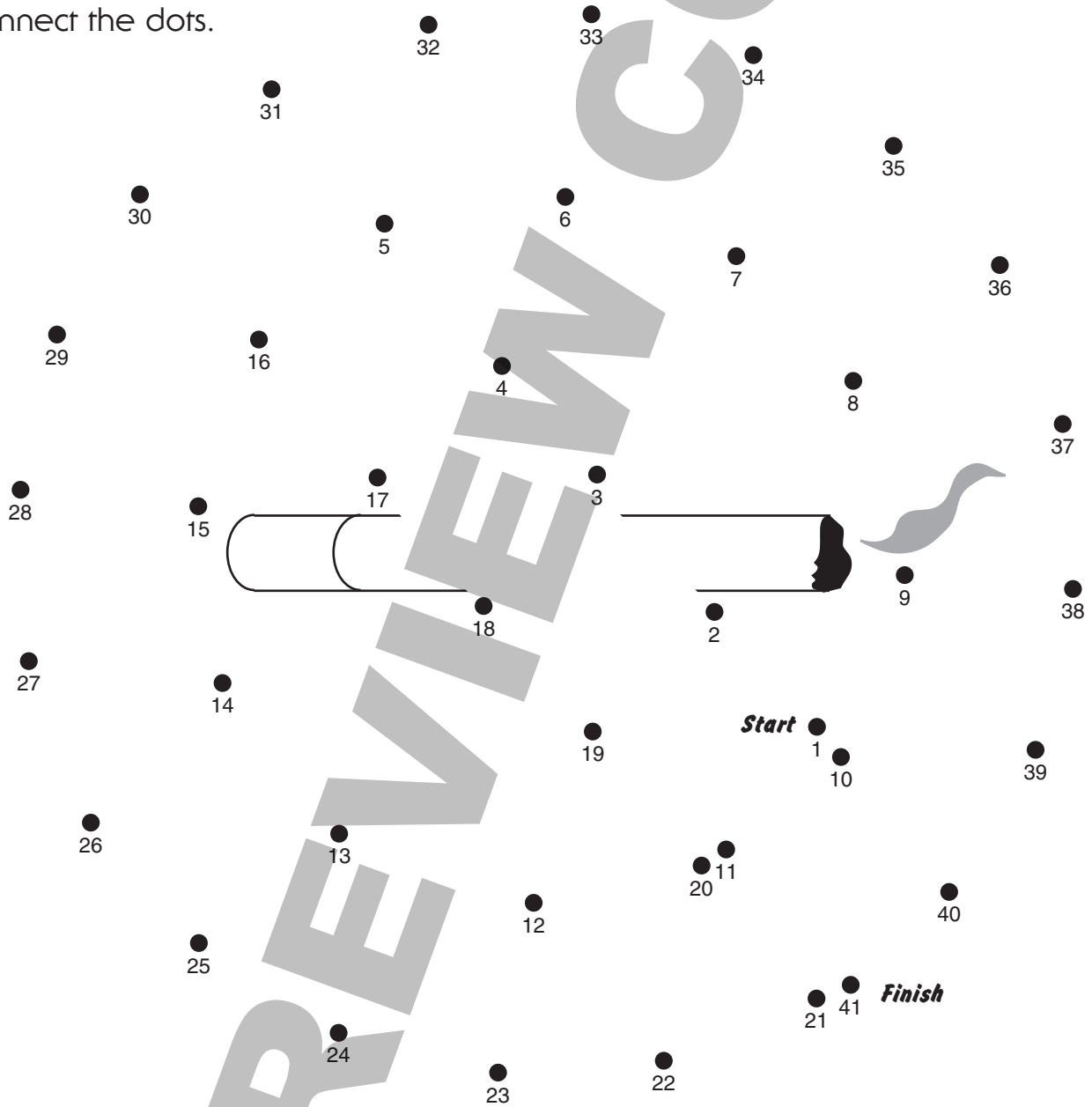
Sometimes commercials on TV and ads in magazines can be confusing because they don't always tell you everything you need to know. Help Donnie discover the truth about smoking by using the special code below.

13	18	5	17	3	1	12
15	21	20	13	10	13	
15	21	1	15	10	6	



Tobacco is bad for your body.
There's no doubt about it.
If someone offers you tobacco,
Don't just say "No," shout it!

Connect the dots.



Start

Finish

THANKS FOR NOT SMOKING

Treat your body with respect.
 Eat good foods that are nutritious,
 Like fruits, vegetables, milk and cheese.
 All are healthy and delicious.

Help Donnie find all the healthy foods on his shopping list. Circle the foods that are good for growing dinosaurs and kids!

SHOPPING LIST

Bananas
 Milk
 Cheese
 Carrots
 Fish
 Nuts
 Bread



So here's some advice from a smart dinosaur
Around since 81,000,000 B.C.,
Say no to tobacco and all of its troubles
And you'll live a healthy life like me.

Draw a picture of you next to Donnie.



DONNIE DINOSAUR SAYS



PREVIEW