

DRUG FREE PLEDGE!



I promise to keep my body healthy and strong and to always be the best that I can be. I will say "No" to drugs because they are unhealthy. I pledge that I will make healthy choices and I will always

LIVE FREE! DRUG FREE!



**THE ONLY
WAY TO BE!**

Feel-Good Word Find

Keep yourself healthy and strong by getting plenty of exercise and participating in lots of different activities. Here is a list of healthy things you can do to make your body and mind feel good. Look for them up, down, backwards, and across.



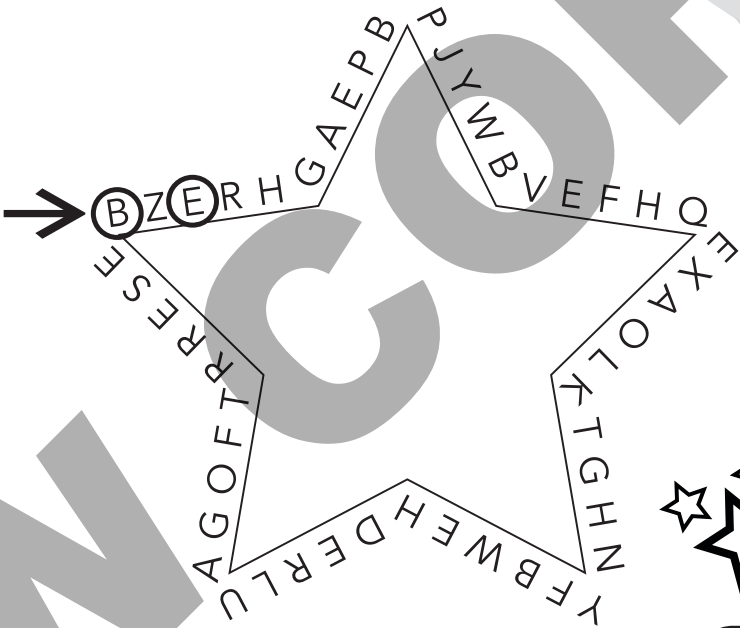
S	X	T	P	S	B	B	V	K	P
W	O	M	K	S	W	I	M	L	L
Y	U	A	J	R	T	C	L	A	A
J	T	U	E	R	O	Y	C	W	Y
E	R	A	P	L	S	C	O	G	Z
E	D	W	T	Q	W	L	H	Q	Y
S	T	M	I	I	R	E	Y	A	B
N	K	I	K	N	H	I	L	A	K
U	U	I	R	W	A	R	D	A	L
O	Z	R	P	W	E	C	N	A	D

Word Bank

- WalkSwim
- RunSkip
- BicyclePlay
- SkateRead
- JumpDraw
- DanceWrite

Puzzle Out the Mystery Motto

When you treat your body with respect, you'll feel good about yourself. Start at the arrow and circle every other letter. Then, write the letters you have circled in the spaces below. The first two are done for you.



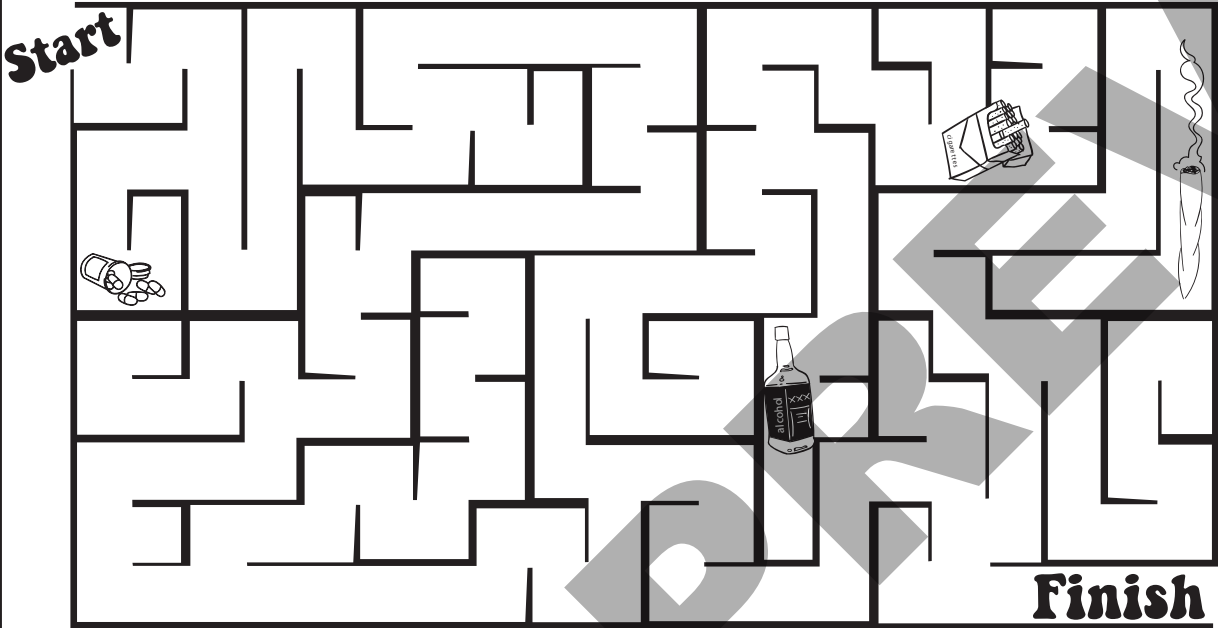
Answer:

B E _____,

_____!

A-Maze-ing Drug-Free Path

Avoid the dangers of drugs and find your way to a drug free lifestyle!



Color Me Drug-Free!

Color the things that are healthy foods and activities and put an 'X' over the things that can hurt you.



Stay Strong Secret Message

It's up to you to make the right choices that will keep you happy and strong. Use the secret code below to fill in each blank with the missing letter of the alphabet. The first one is done for you.

T
15 5 23 10 5 6 15 5 21 4 !
6 5 14 21 16 15 16 4 18 24 1 6
5 21 4 6 5 14 14 10 6 15 16 5
9 10 5 12 15 9 14 12 25 22 10 !

Secret Code:

A=5 B=26 C=13 D=4 E=10 F=22 G=1 H=9 I=25 J=3 K=23
L=12 M=2 N=21 O=16 P=19 Q=11 R=18 S=6 T=15 U=24
V=7 W=20 X=17 Y=14 Z=8