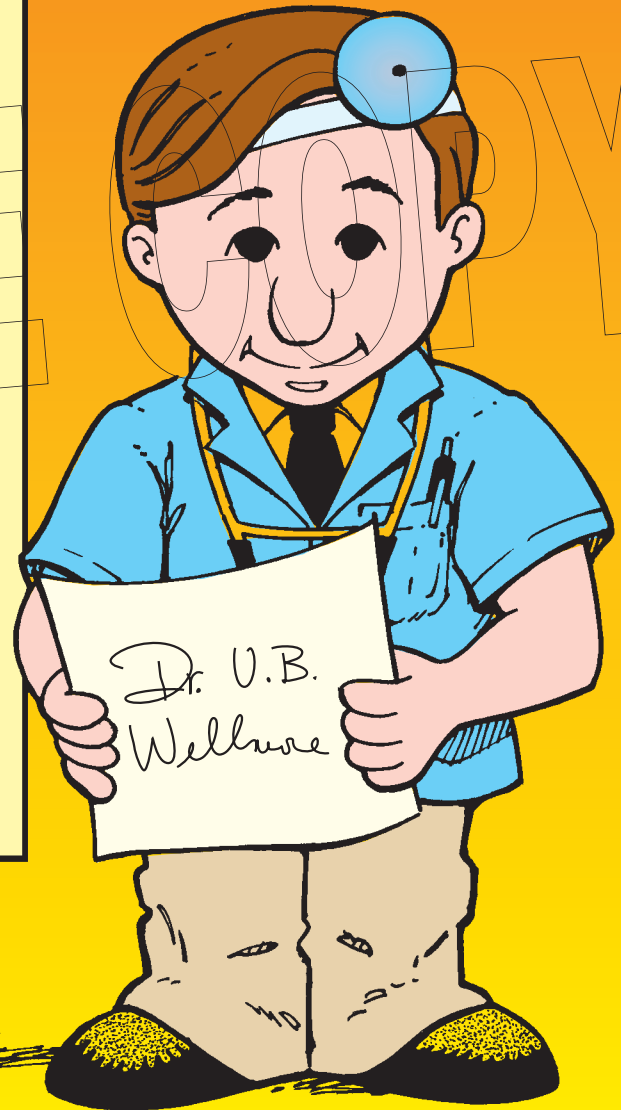


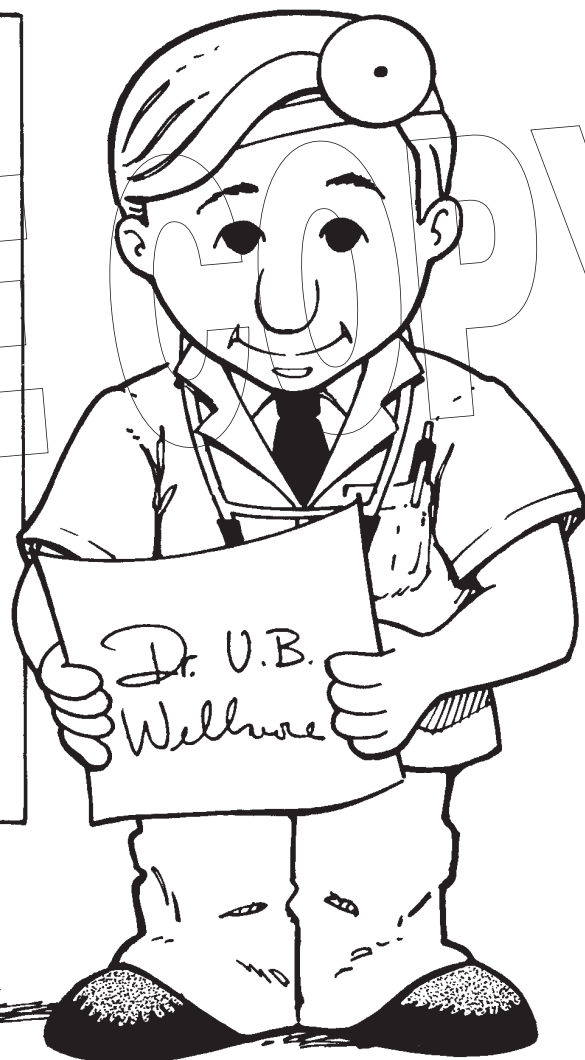
Healthy Bodies Don't Need Drugs!

Learning & Activity Book

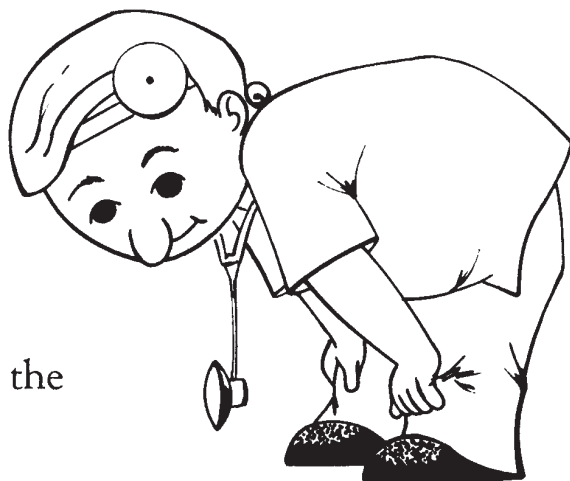


*I'm Doctor Ulysses Benjamin Wellmore,
Dr. U.B. Wellmore, for short.
I'll teach you how to keep your body strong.
So if you're ready to go, let's start.*

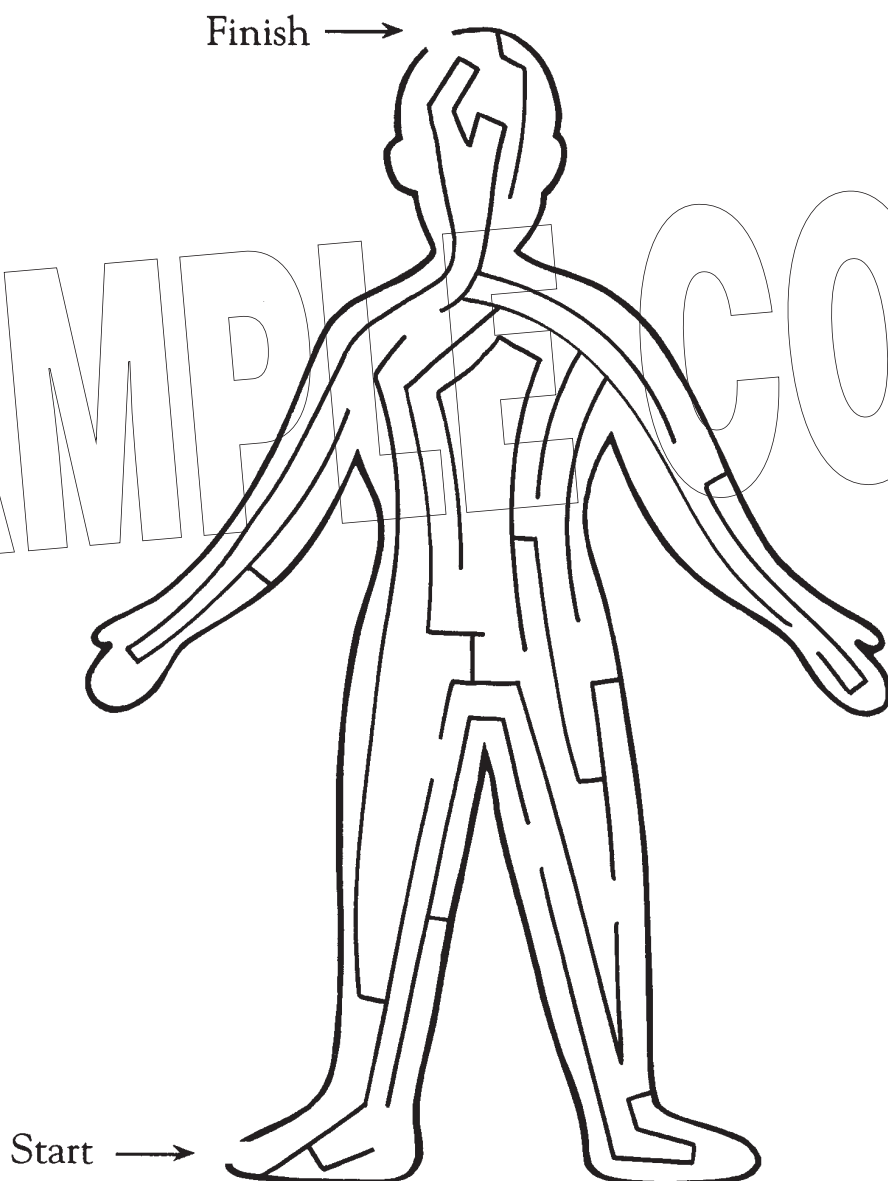
**HEALTHY
BODIES
DON'T NEED
DRUGS!**



*Your body is an important thing,
Of which you must take care,
From the bottom of your little toe,
To the top of every hair.*

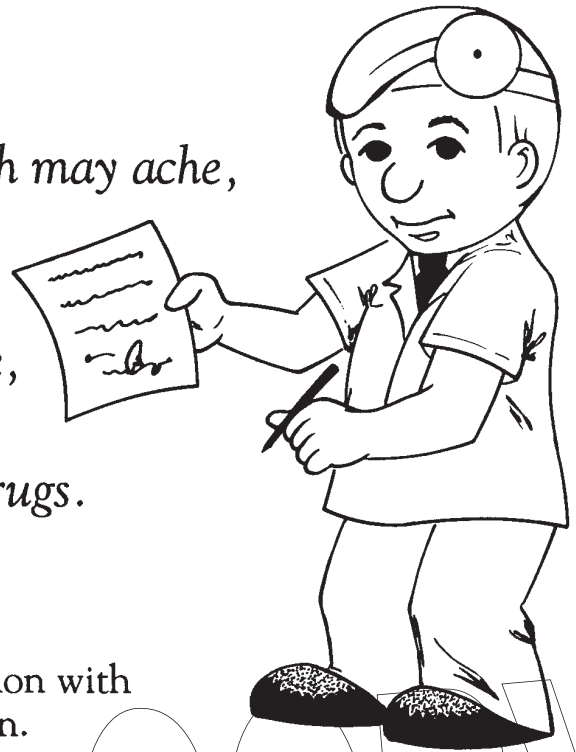


Starting at the toe, find your way through the maze until you reach the top of the head.



Sometimes people do get sick.
 It can even happen to you.
 Your head may hurt, your stomach may ache,
 You may even get the flu.

The Doctor will give you medicine,
 In a liquid or a pill.
 Prescribed medicines are special drugs.
 Only take them when you're ill.



All these words have something in common with being sick. Look for them across and down.

BED
FLU
PILLS

HEADACHE
MEDICINE
REST

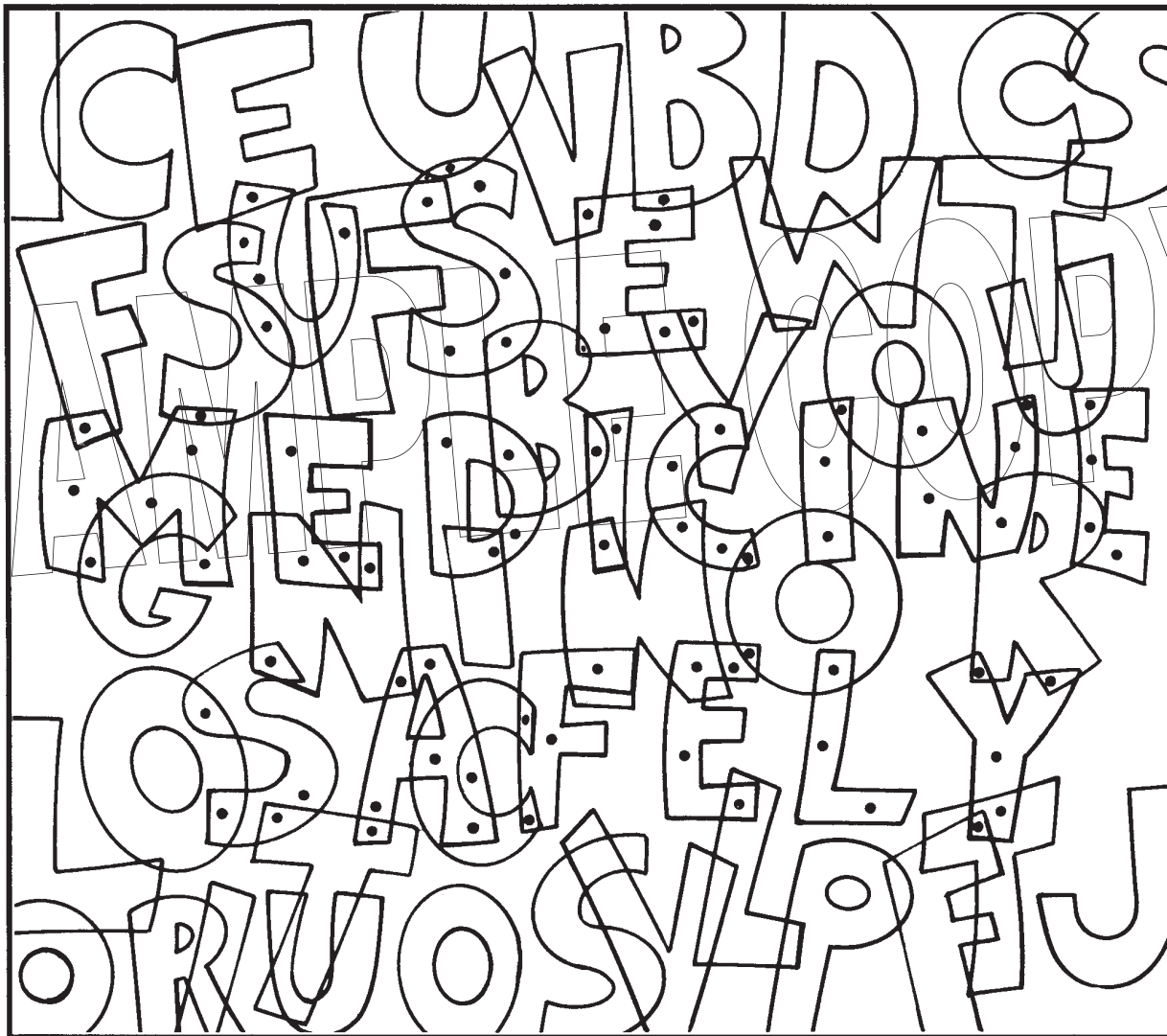
COUGH
COLD
FEVER

DOCTOR
SHOT
SNEEZE

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

*So if one morning you wake up,
And you're feeling bad,
Never take medicine by yourself.
Get help from Mom or Dad.*

Color in the spaces that have a dot to discover the secret message.



Medicine helps make sick people well. But if it is not taken safely, it can make people get sick.

Now first and most importantly,
 Listen closely and never forget:
 Healthy bodies always say "No"
 To drugs like alcohol and cigarettes.



To find the names of some dangerous
 drugs, follow the lines and write the letters
 in the boxes.

E R E B
 B E E R

N E W I
 [] [] [] []

H I S W K Y E
 [] [] [] [] [] []

G E C T I R T S A E
 [] [] [] [] [] [] [] [] [] []

I W E N
 [] [] [] []

L O C R O E
 [] [] [] [] [] []

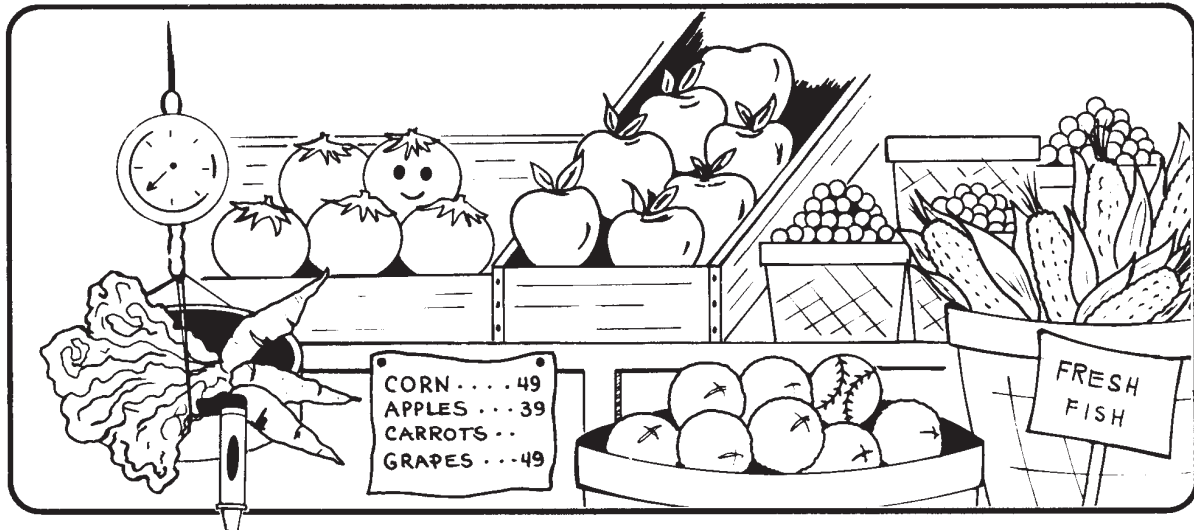
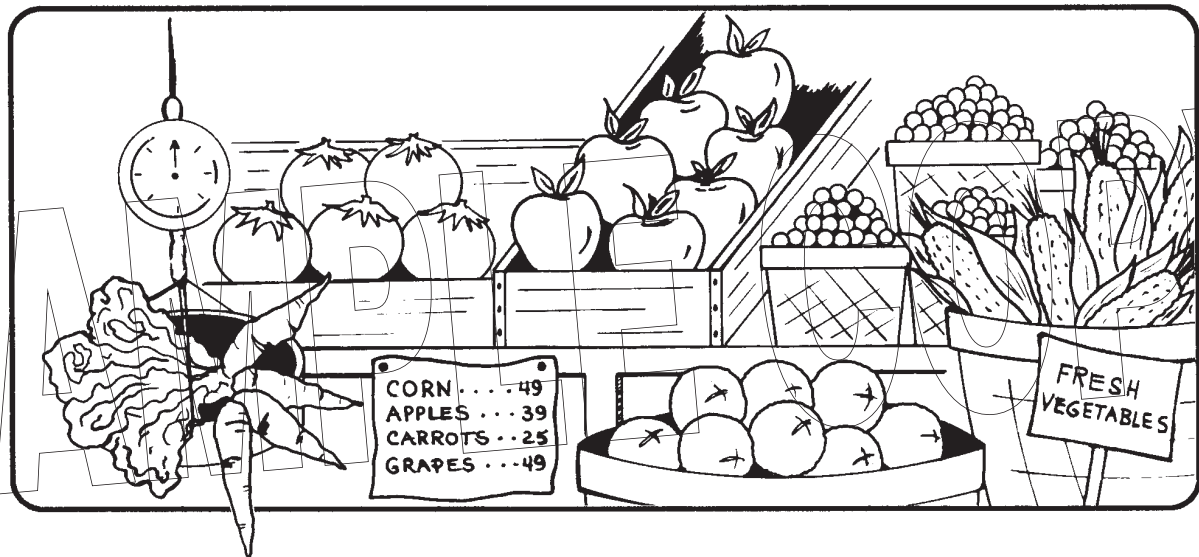
J A M U R N I A A
 [] [] [] [] [] [] [] [] [] []

W E N C H I G
 [] [] [] [] [] [] []

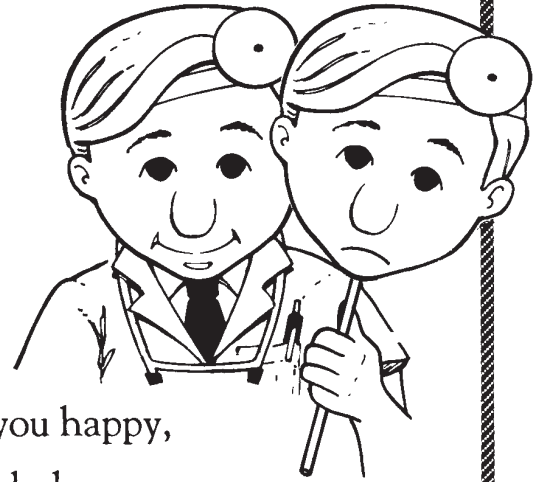
B O C T O A C
 [] [] [] [] [] [] []

Alcohol is a dangerous drug
That can cause harm and injury.
It can change the way you act and think
And make it hard to see.

Look carefully at the top picture. Then look at the bottom picture and find the eight things that are different.



Some people say they use drugs
Because they're feeling sad.
But drugs won't make you feel better.
They'll just make you feel really bad.



Read the questions below. If your answer makes you happy, draw a smile 😊 on the face. If it makes you sad, draw a frown ☹️.

How would you feel if ...

You got an A+ on a test? 😊

You had a fight with your friend? ☹️

You won a game? 😊

You broke your favorite toy? ☹️

You lost a game? ☹️

You got a birthday present? 😊

You fell down and hurt your knee? ☹️

Someone gave you a new pet? 😊

If you ever feel sad, tell someone. Talking about your feelings will help you feel better.

*It's okay to say "No" to drugs
Because taking drugs is wrong.
No matter what others may tell you,
Taking drugs won't make you belong.*

If anyone offers you drugs say "No" and get away fast! Go tell your parents, a teacher, a policeman, or someone you trust.

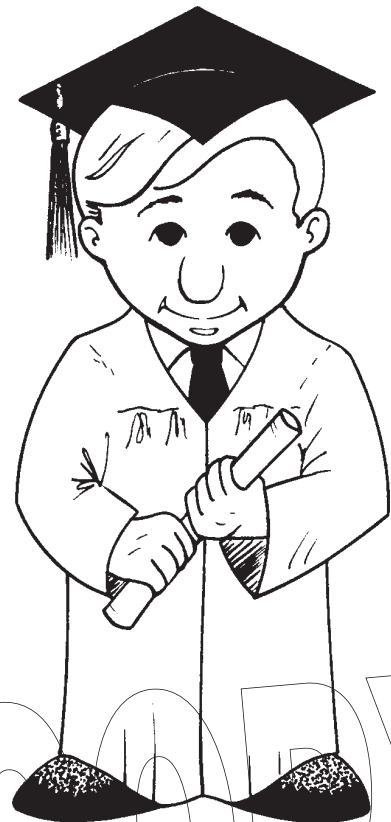
Find your way through the maze to safety.



SAMPLE COPY

Saying "No" can really be easy.
 You don't even have to feel shy.
 If someone offers you drugs,
 Stand tall and just tell them why.

"I don't need drugs."
 "They're against the law!"
 "My parents said, 'No way!'"
 "I want to be the President."
 Are all good things to say.



What do you want to be when you get older?
 Here is a list of exciting careers. Look for them
 up, down and across.

ACTOR
 ARTIST
 DANCER
 TEACHER

ASTRONAUT
 MUSICIAN
 POLICEMAN
 VETERINARIAN

ATHLETE
 ENGINEER
 FIREMAN
 SCIENTIST

LAWYER
 MOTHER
 NURSE
 PRESIDENT

CHEF
 DOCTOR
 FATHER

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

If you stay healthy and say "No" to drugs, you can be anything you want to be.

Healthy foods are important.
 And remember to always think
 If the things you put into your body
 Are safe to eat or drink.



Dr. U.B. Wellmore has listed 13 good foods to eat and drink to keep growing bodies strong. Fill in the missing letter for each word and place it above the number to decode the special message.

VEGETA ⁸ **B** LES

FRUI ⁵

ME ³ T

WAT ¹² R

FIS ⁶

NUT ¹³

CH ¹¹ CKEN

 ² GGS

MI ⁴ K

 ⁹ RANGE JUICE

C ¹ EESE

BREA ¹⁰

TURKE ⁷

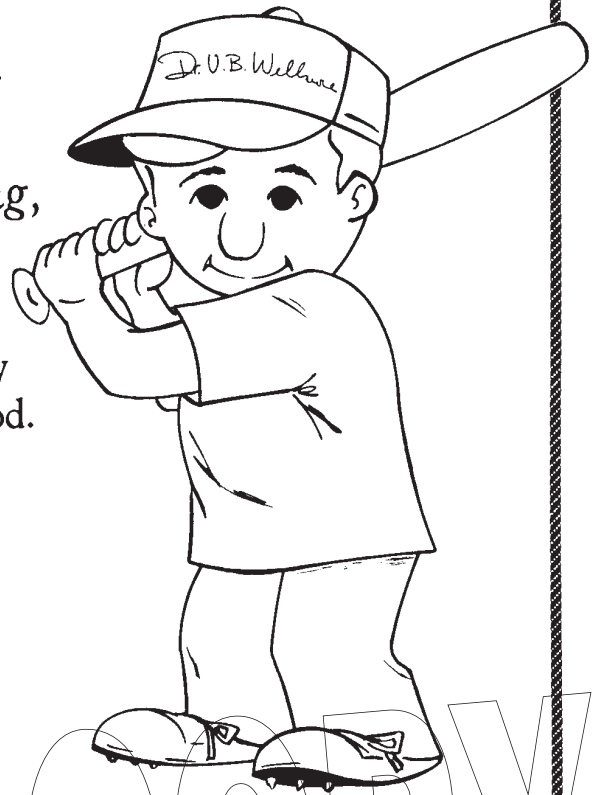
SAMPLE COPY

 ¹ ² ³ ⁴ ⁵ ⁶ ⁷

B ⁸ ⁹ ¹⁰ ¹¹ ¹² ¹³

DON'T NEED DRUGS!

To stay healthy you need to eat right.
 Get good exercise everyday,
 Try jumping rope, skating, or running,
 Baseball, swimming or even ballet.



Use the secret code below to find the healthy things you can do to make your body feel good.

1. **S**
 5 16 14 22 2
2.
 18 13 14 24
3.
 12 14 17 11 4
4.
 13 17 19 18 14 19 6 2
5.
 3 12 14 7 21 14 12 12
6.
 2 15 2 13 6 23 5 2
7.
 13 23 18 2 14 21 23 16 2
8.
 13 2 14 18 14 21 25 25 16
9.
 11 7 1 19 14 5 22 23 6 5

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

You are very special.

There's no other just like you --

The way you smile, the way you laugh,

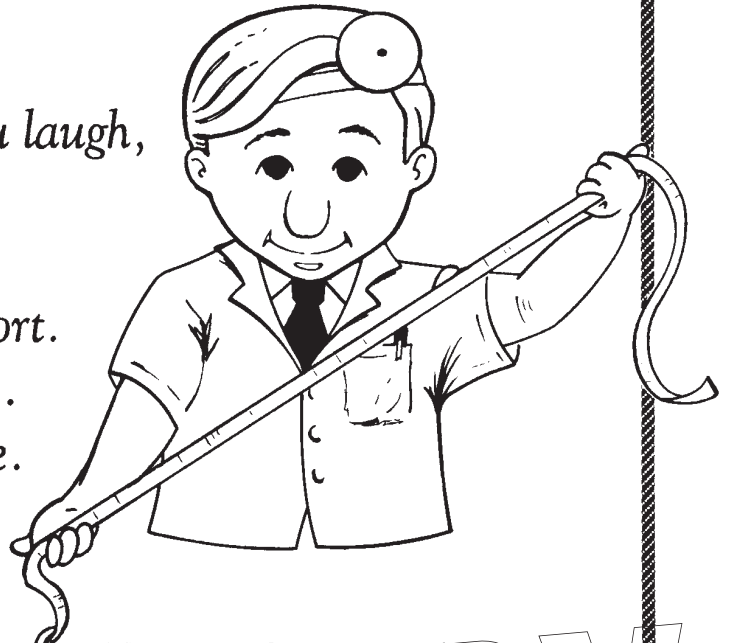
The things you like to do.

You may be tall, you may be short.

Your eyes may be brown or blue.

Everyone is different and unique.

You are special because you're you.



Draw a picture of yourself on the t-shirt.

Use your favorite colors.

In the space below, list three things that make you special.

SAMPLE COPY



I am
special
because ...

1. _____
2. _____
3. _____

Now you can be "wellmore" too.
 The choice is yours, you know.
 If someone offers you drugs, remember:
 Healthy bodies just say "NO."



Solve the addition problems below.
 Write the answers in the blanks.

A. $7+2=$ 9

H. $3+1=$ _____

B. $9+3=$ _____

I. $4+4=$ _____

O. $7+7=$ _____

C. $10+10=$ _____

J. $9+9=$ _____

P. $2+4=$ _____

D. $2+1=$ _____

K. $7+3=$ _____

Q. $8+3=$ _____

E. $3+2=$ _____

L. $1+0=$ _____

R. $1+6=$ _____

F. $8+5=$ _____

M. $0+2=$ _____

S. $8+7=$ _____

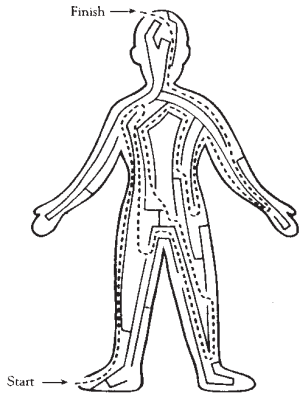
G. $5+11=$ _____

N. $12+7=$ _____

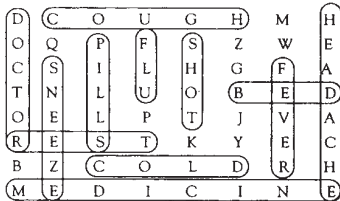
T. $5+12=$ _____

Write the sums from above in the circles beside the matching letters.
 Then connect the numbers to find the solution.

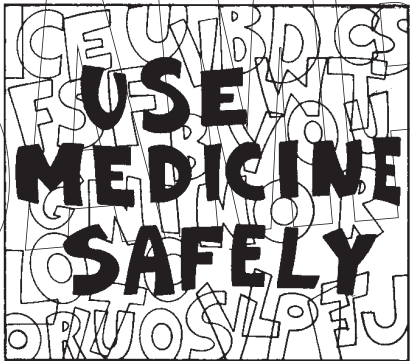
M ○ ○ R
 L ○ D ○ I ○ B ○ J ○ C ○
 P ○ ○ H 9 ○ A ○ F N ○ T ○
 E ○ ○ K ○ Q ○ G
 ○ ○ ○ S



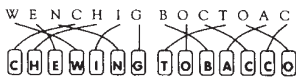
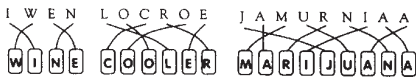
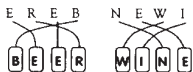
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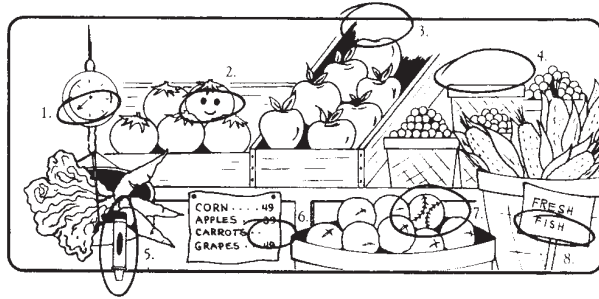


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ANSWERS:



Page 7

- VEGETA B LES
- FRUI T
- ME A T
- WAT E R
- FIS H
- NUT S
- CH I CKEN
- E GGS
- MI L K
- O RANGE JUICE
- C H EESE
- BREA D
- TURKE Y

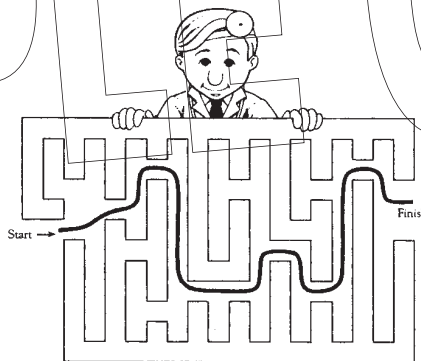
H E A L T H Y

B O D I E S

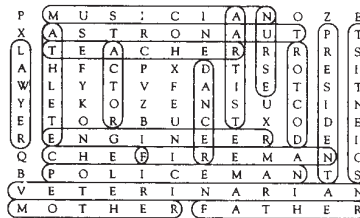
How would you feel if ...

- You got an A+ on a test? 😊
- You had a fight with your friend? 😞
- You won a game? 😊
- You broke your favorite toy? 😞
- You lost a game? 😞
- You got a birthday present? 😊
- You fell down and hurt your knee? 😞
- Someone gave you a new pet? 😊

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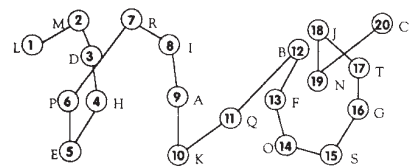
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1. S K A T E
2. D R A W
3. L A U G H
4. R U N
5. D A N C E
6. P L A Y
7. B A L L
8. R I D E
9. R E A D
10. G Y M N A S T I C S

Page 12

- A. 7+2= 9
- B. 9+3= 12
- C. 10+10= 20
- D. 2+1= 3
- E. 3+2= 5
- F. 8+5= 13
- G. 5+11= 16
- H. 3+1= 4
- I. 4+4= 8
- J. 9+9= 18
- K. 7+3= 10
- L. 1+0= 1
- M. 0+2= 2
- N. 12+7= 19
- O. 7+7= 14
- P. 2+4= 6
- Q. 8+3= 11
- R. 1+6= 7
- S. 8+7= 15
- T. 5+12= 17



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SAMPLE COPY