



# How can you have a healthy life?

Use the game on page 2 to discover the ANSWERS for a healthy life. Play the game with a friend. You will need a counter each and one dice. Some healthy answers will rocket you ahead. Beware of bad choices that will set you back. If you are sent back, you cannot use the rocket in the square you are sent back to. Write the ANSWERS you find in the spaces below.

A \_ \_ \_

N \_ \_ \_ \_ \_ \_ \_

S \_ \_ \_ \_ \_ \_ \_

W \_ \_ \_ \_ \_

E \_ \_ \_ \_ \_ \_ \_

R \_ \_ \_ \_ \_

S \_ \_ \_ \_ \_ \_ \_

## HEALTHY LIFE WORD FIND

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

Find the words on the left in the Word Find above. They may be up, down, diagonal, backwards or forwards.

AIR	ATTITUDE	SUNSHINE
EXERCISE	TRUST IN GOD	WATER
FOOD	NUTRITION	WISDOM
HEALTH	POSITIVE THINKING	WORK
HEART	FRIENDSHIPS	
LIFE	GOOD CHOICES	
MIND	SELF-CONTROL	
REST	STABLE EMOTIONS	

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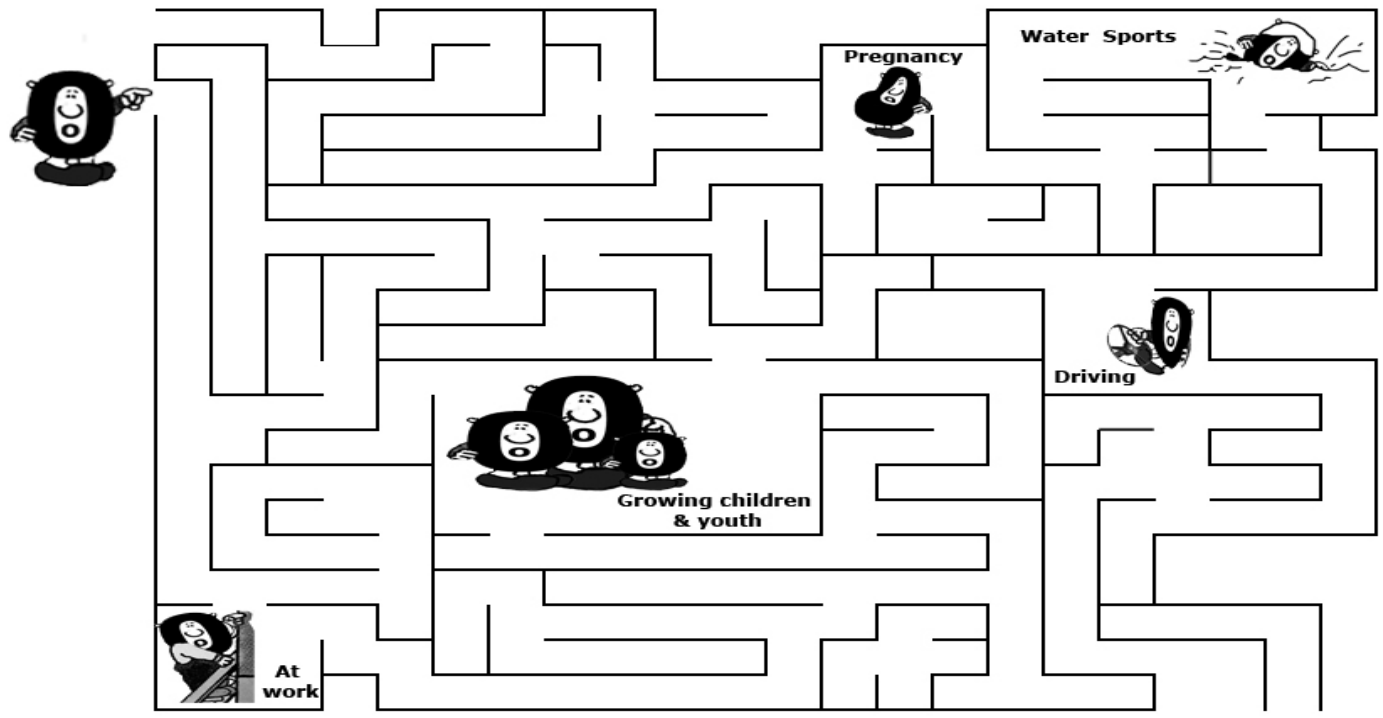
Website:

http://www.dfk.com.au

Have you discovered the ANSWERS for a healthy life? Write them on page 1 <b>END</b>	<b>POOR CHOICES</b> Used alcohol and drugs! Go back to the start. <b>49</b>	<b>SELF-CONTROL</b> Use moderately and in balance those things that are good. <b>48</b>	<b>TOO MUCH REST</b> Stayed in bed all day! Don't be a sloth! Go back to 42 <b>47</b>	<b>SELF-CONTROL</b> Say "No!" to the things that harm your body. <b>46</b> Make wise choices.
<b>NO EXERCISE</b> Sat inside watching TV all day - Go back to 34 <b>41</b>	<b>REST</b> Too much sleep is worse than too little sleep. <b>42</b>	<b>43</b>	<b>44</b>	<b>TOO LITTLE REST</b> Stayed up late - go back to 40 (no rocket use) <b>45</b>
<b>REST</b> 8 hours sleep a day is the best! <b>40</b>	<b>39</b>	<b>EXERCISE</b> Muscles that are not used become weak. <b>38</b>	Helped mow the lawn - go ahead to 42 <b>37</b>	<b>36</b>
<b>BAD SUNSHINE</b> No hat or sunscreen, was sunburned - go back to 24 <b>31</b>	<b>WATER</b> Drink plenty of water. Wash regularly to cleanse your body. <b>32</b>	<b>33</b>	<b>EXERCISE</b> Strengthen your muscles by daily exercise. <b>34</b>	<b>LACK OF WATER</b> Did not drink water or wash your hands - go back to 32 (no rocket use) <b>35</b>
<b>SUNSHINE</b> Helps to kill bacteria & changes chemicals in our bodies into vitamins. <b>30</b>	<b>29</b>	<b>28</b>	Had fun hiking with a friend - go ahead to 34 <b>27</b>	<b>26</b>
<b>21</b>	<b>22</b>	<b>BAD NUTRITION</b> Ate junk food - go back to 6 - (You cannot use the rocket) <b>23</b>	<b>SUNSHINE</b> Make sure you play outside with appropriate skin protection. <b>24</b>	<b>25</b>
<b>NUTRITION</b> Eat a good balance of fruit, grains, nuts vegetables & protein foods. <b>20</b>	<b>19</b>	<b>18</b>	<b>17</b>	<b>16</b>
<b>LACK OF AIR</b> You smoked a cigarette - go back to 1 <b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>10</b>	<b>9</b>	<b>8</b>	<b>7</b>	<b>NUTRITION</b> Eat foods to GO, GROW and GUARD your body from disease. <b>6</b>
<b>START</b> Page 2 <b>1</b>	<b>AIR</b> Open your windows. Be smoke-free! Do not pollute the air! <b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>



A recent global study confirmed that there is NO SAFE AMOUNT OF ALCOHOL! That means that ZERO alcohol is the best choice! Help ZERO get through the maze of life situations when ZERO alcohol is always the SMART choice. Make that choice today! Say "NO!" to alcohol, tobacco and drugs and be SMART! Enjoy your life!



**ZERO is SMART!**

**JOIN THE CLUB - SIGN THE PROMISE!**

*I CHOOSE not to drink alcohol, smoke, use or experiment with any other drug not prescribed by my doctor.*

To join the Drug Free Kids club (for children aged 6 - 12), sign the promise and email your details (on the right) to:

**webmaster@dfk.com.au**

or post this cut out section to:

**Drug Free Kids,  
c/- 32/22 Alton Road,  
COORANBONG NSW 2265**

or for NZ

**Drug Free Kids,  
PO Box 301817  
ALBANY Auckland 0752**

*When you choose to join the club, always get your parent or guardian's permission as your names appear on our website and in this Fun Page.*

**Name of person who asked you to join DFK Club:**

.....

**Signed:** .....

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**First Name:** .....

**Surname:** .....

**I live at:** .....

.....

..... **Postcode:** .....

**I was born on:**

**Day** \_\_\_\_/ **Month** \_\_\_\_/ **Year** \_\_\_\_

# WISE WELL WISHES

Use the musical code to work out John's message to his friend.  
3 John 1:2 NIV

A	D	E	F	G	H
I	J	L	M	N	O
P	R	T	U	W	Y

Why wasn't the cat allowed to use the computer?  
It kept chasing the mouse!

How do fleas travel?  
They itch-hike!

Welcome to the DFK Club new members!  
Caleb Cinzio, Mahli Graham, Caden Halyburton and Zachary Price.  
Caleb earned 16 points!

Don't forget to mail or email puzzles, codes, poems or your completed Fun Pages and put your name on your work to earn points for awards.



HAPPY 13TH BIRTHDAY!

Tahlia Hall  
Jeriah Webb  
Harry Smith  
Bailey Snelgrove  
Caleb Webb

We congratulate these members listed on the right who turn 13 between November & January and pray that you will continue to have happiness, success and the courage to stay drug-free during your teenage years.

Other club members who celebrate a birthday during these months are listed on our webpage:

You can now join Drug-free Youth.

[www.drug-freeyouth.org](http://www.drug-freeyouth.org)

I'm Worth It - Teens Facebook group