

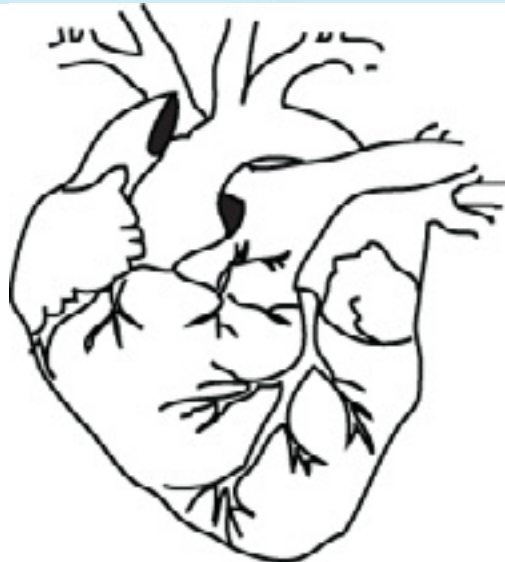


For girls and boys aged 6 to 12



Our world is being spoiled by things that pollute it and cause damage to the environment in which we live.

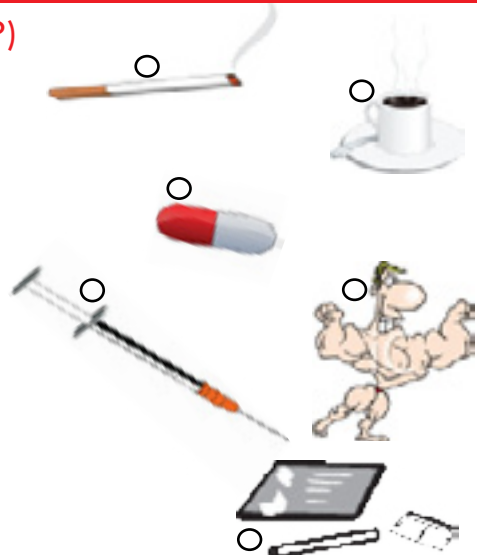
The first place that needs to be kept clean and working well is our bodies. Alcohol, tobacco and other drugs, damage the fine workings of the body systems, including the heart. Make the choice to be drug-free and keep your body clean and healthy, free of things that will pollute it.



GUARD YOUR HEART!

Unscramble the drugs that cause damage to the heart and match to the picture. ● Do the maths and take each digit of the answers and tally next to the damage that the drug may cause to the heart.
The list of damages are on page 2.

269 - 124	MAATPEMHNISE (DESEP)	●
6 +7	FEAFCNIE	●
102 +1243	ACECINO	●
968 - 612	EIINNTOC	●
59 - 2	RIHONE	●
87 +38	DISROTSE	●



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info@dfk.com.au

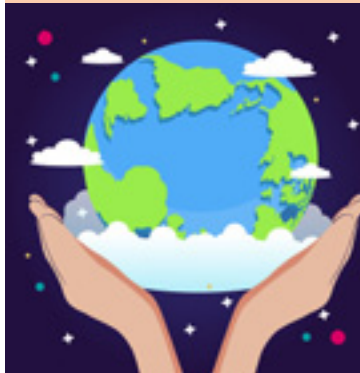
Website:

http://www.dfk.com.au

The other areas where we can assist in protecting our ENVIRONMENT are:

- the place where we live (our home),
- the community where we work and play (our neighbourhood and school),
- our country and the world around us.

What you do does make a difference!



What is your global footprint like?
Go online with your parents and do the footprint calculator exercise together.

<https://www.footprintcalculator.org/>

Discuss as a family how you can improve your footprint and help to save our planet?



Make your way through the house maze below to find 23 ways you can live a life that helps to protect our planet from pollution and from wasting precious resources. **START HERE**



KITCHEN
Aerated tap
Buy for use-store wisely
Separate waste/recycle

LOUNGE ROOM
Turn off TV when no one is present
25°C in summer

OFFICE
LED lights
Limit printing & recycle

BEDROOM
Redesign or Opshop
Switch off
Save energy
Insulate

BATHROOM
No drips
Reuse water
Dual flush

LAUNDRY/GARAGE
Safe cleaners
Electric car
Water-based paint

BACKYARD
Plant trees
Grow a vegetable garden
Bees are good! Compost & worms
Ride or walk, instead of using fuel to drive
Avoid chemical sprays

DRUGS CAUSE DAMAGE TO THE HEART!

See Page 1

Tally marks

1. raises blood pressure
2. enlarges the heart
3. increases heart/pulse rate
4. ruptures the blood vessels
5. greater risk of heart attack/stroke
6. coronary artery disease
7. arterial ulcerations & inflammation of valves/lining

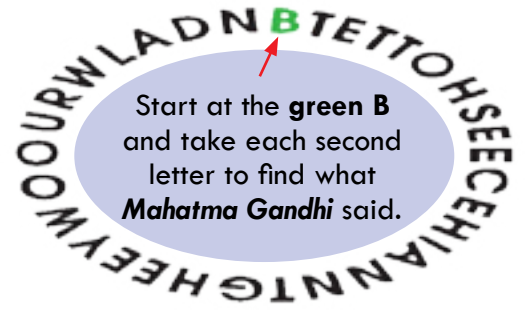
Use the digits in the Maths answers for the drugs on Page 1 to tally against the damage they do to the heart. e.g. Answer 12 means the drug can cause No. 1 & No. 2 damages.

COLLECT 10 BONUS POINTS!
Which drug has more damaging effects?
Which is the most common damage that occurs?

Earth Day (April 22) celebrates our natural environment. You can plant trees, tidy up a local park, or join with others to help make our world a better place.

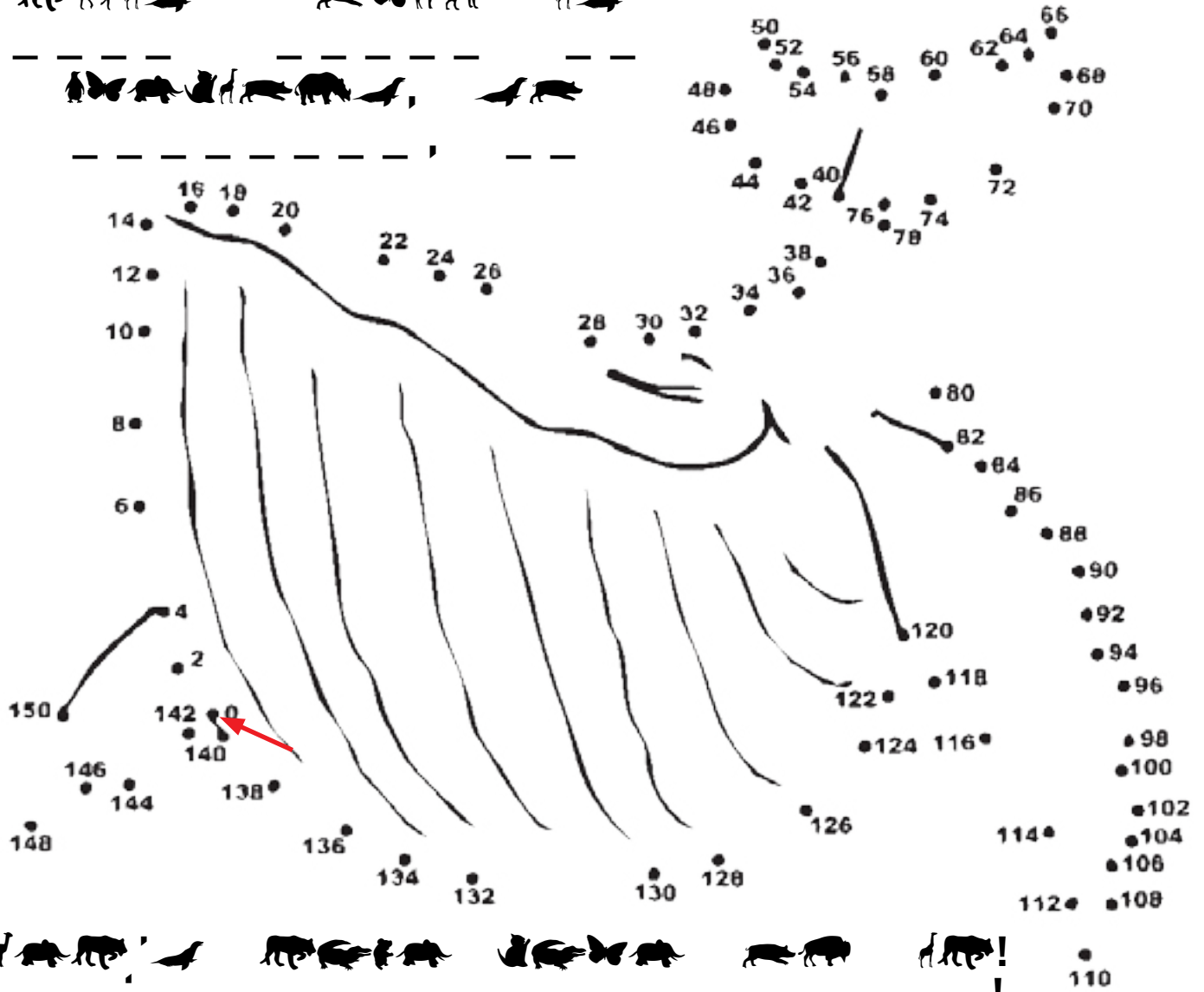
Go to:

<https://www.earthday.org/>
to join an event or create an event for your community to make it a special day.



Start at the green B and take each second letter to find what Mahatma Gandhi said.

Start at the red arrow below, and join the dots, counting by twos to discover an animal that we need to protect.



Ronit Use the code below to work out the animal coded message.

www.AnimalDotToDots.com

A	C	D	E	F	H	I	K	L	O	P	R	S	T	U	W	

earthhour.org.au



Earth Hour 2021 is held on Saturday, March 27 from 8.30 - 9.30 pm. Turn off your lights for one hour and help reduce electricity usage and assist in climate change projects. Go to www.earthhour.org.au for more ideas.

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

Find the words below that relate to **CLIMATE CHANGE** in the Word Find above. They may go across, down, backward, forward or diagonally.

animals	carbon dioxide	chemicals
climate change	conservation	dripping taps
endangered	energy	exhaust
extinction	fossil fuel	greenhouse gases
habitats	insects	insulation
LED	noise	organic
ozone layer	pesticides	plastics
pollution	recycle	redesign
reduce	resources	reuse
rising oceans	solar	trees
water	wave	wind

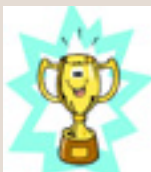
10 BONUS POINTS Find one thing that you can do to help look after the world we live in and write about it in a sentence to info@dfk.com.au

It is great to welcome our new DFK Club member!
Kalani P



Some of our members received prizes at the end of 2020! Congratulations to our two members for inviting their friends to join:

Casey J - 5 points
Scarlett McC - 5 points



TOP AWARD for pages sent in went to:
Amos W 123 points
WOW! What a great effort!

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. Invite your friends to join and earn 5 points for each one who joins.

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 (below) to:

info@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:

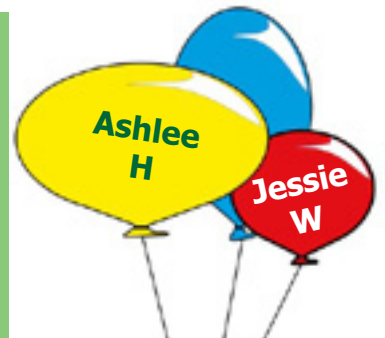
Day ____/ Month ____/ Year ____

HAPPY BIRTHDAY! 13TH

We congratulate these members listed on the balloons who turn 13 between January & March, and we 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 birthday webpage:

www.dfk.com.au/web_pages/birthdays.html



You can now join Drug-free Youth.

I'm Worth It - Teens Facebook group