

ACTIVITY BOOK

KINDY IS A
DEADLY CHOICE

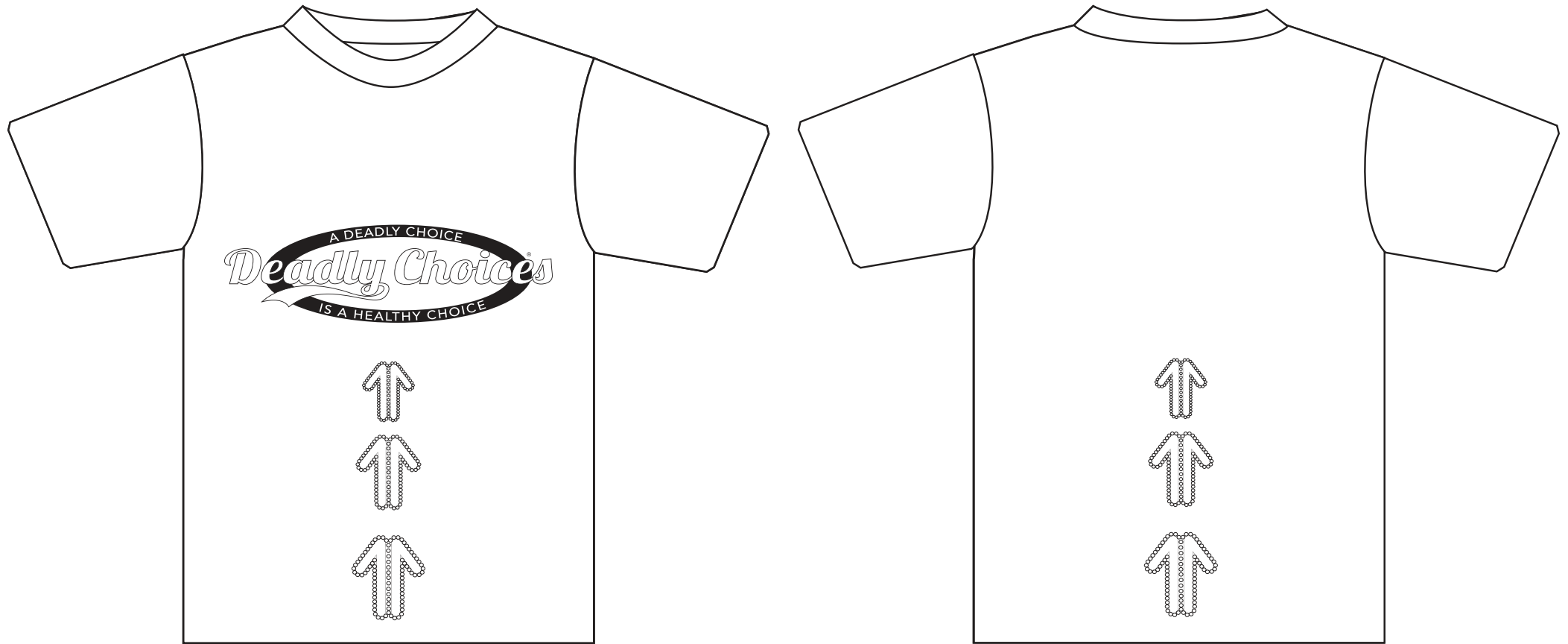


**STAYING ACTIVE
IS IMPORTANT!**



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DRAW YOUR OWN DEADLY KINDIES SHIRT



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**YOUR BODY IS MADE UP
OF LOTS OF PARTS
TO KEEP
YOU RUNNING.**

**CAN YOU
FIT ALL THE
WORDS INTO
THE CROSSWORD?**

BODY PARTS:

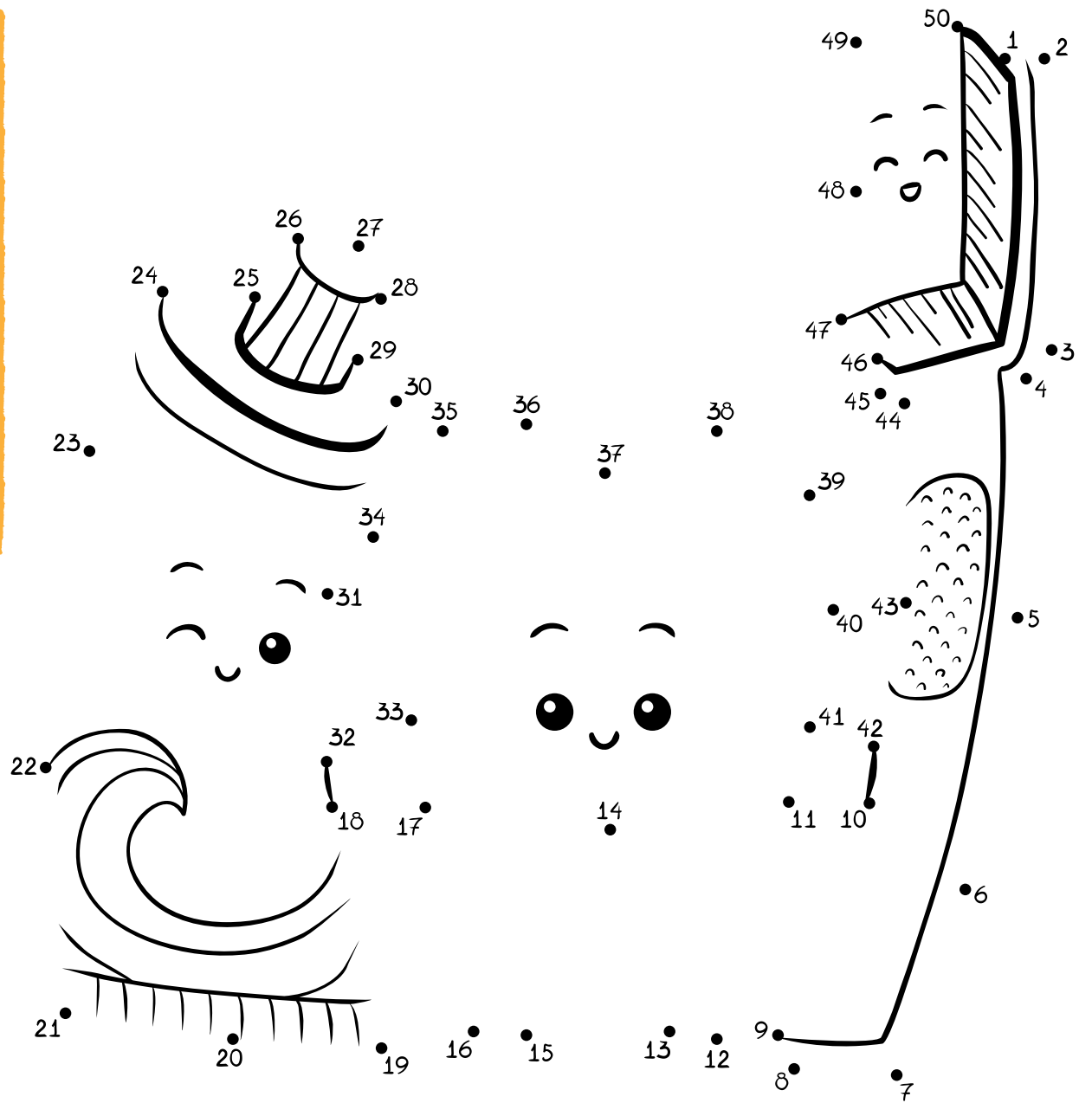
- MOUTH
- LUNGS
- HANDS
- TEETH
- HEART
- EARS
- TUMMY
- EYES
- NOSE



KINDY IS A DEADLY CHOICE

CONNECT ALL THE
DOTS TO FIND
AN IMPORTANT PART
OF YOUR MOUTH

YOU SHOULD SEE YOUR DENTIST
EVERY YEAR TO KEEP YOUR
TEETH STRONG AND HEALTHY



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FIND ALL THE WORDS
IN THE WORD JUMBLE

IT'S IMPORTANT
TO STAY HEALTHY
AND ACTIVE!

RUN
SKIP
DANCE
WALK
RIDE
SWIM
PLAY
JUMP
CLIMB
SWING
SLIDE

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

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CAN YOU SPOT 7 DIFFERENCES BETWEEN THE PHOTOS?



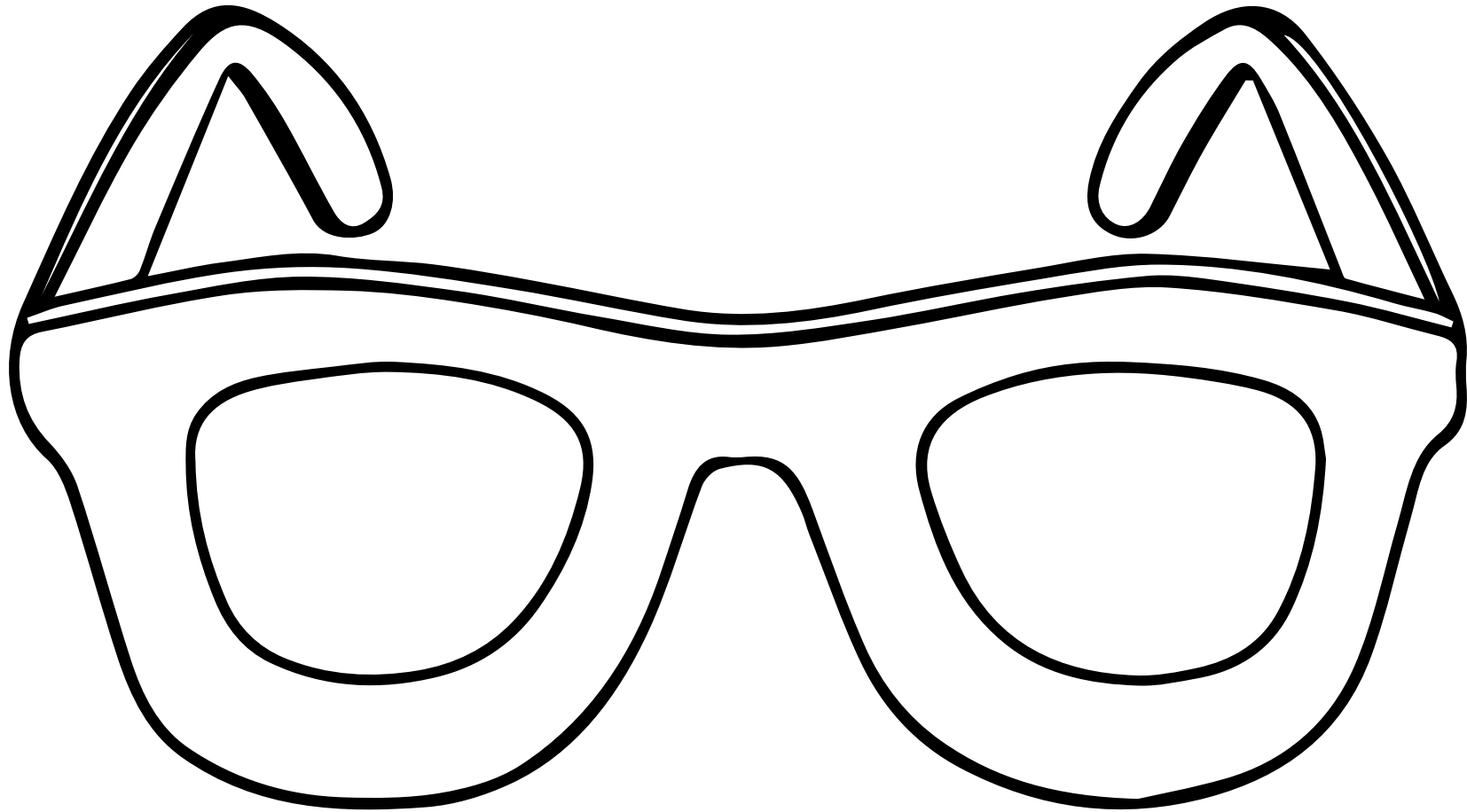
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HEALTHY QUIZ!

1. How many serves of fruit do you usually eat in a day including fresh, canned or dried fruit?
 - a. None
 - b. One
 - c. Two or more
2. How many serves of salad and vegetables do you usually eat in a day, including raw and cooked vegetables?
 - a. None
 - b. Between one and three
 - c. Four or more
3. How many snack foods – such as chips, chocolate or cake – do you usually eat in a day?
 - a. Three or more
 - b. One or two
 - c. None
4. How many sugary drinks do you usually drink in a day, including cordial, fizzy drinks and fruit juice?
 - a. Two or more a day
 - b. One or two a day
 - c. None
5. How much exercise do you do in a day?
 - a. 0-30 minutes
 - b. 30-60 minutes
 - c. 60 minutes or more
6. How often do you walk, cycle, skateboard or ride a scooter?
 - a. Never
 - b. Sometimes
 - c. Most days
7. How often do you spend time doing active things with your family (like playing at home, walking the dog, cycling or swimming)?
 - a. Never
 - b. Once or twice a week or less
 - c. More than twice a week
8. How much time do you usually spend watching TV, playing computer games, reading or doing homework?
 - a. More than two hours a day
 - b. Between one and two hours a day
 - c. No more than one hour a day

DESIGN YOUR OWN SUN GLASSES

IT'S IMPORTANT TO GET YOUR EYES CHECKED EVERY YEAR



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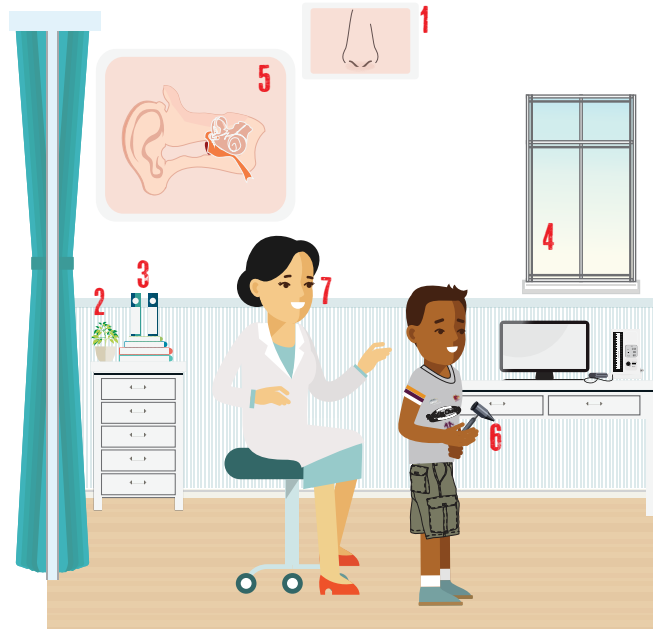
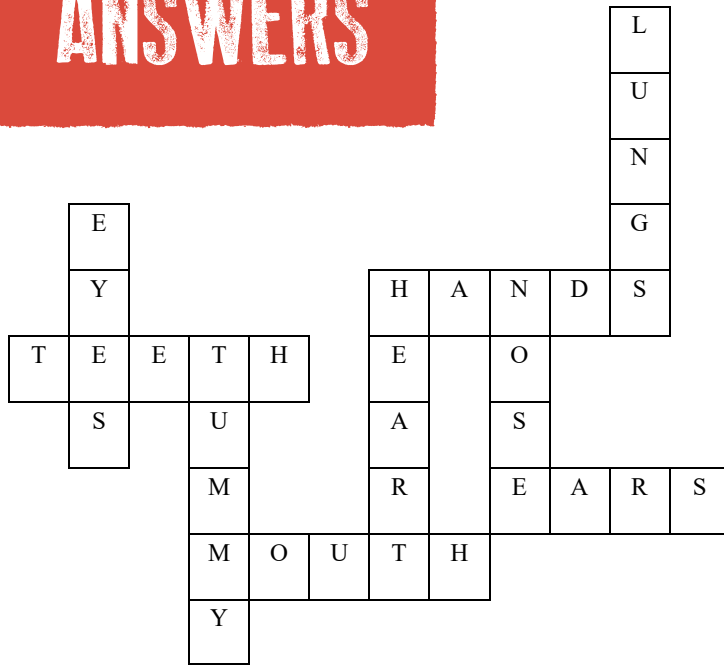
DRAW A PICTURE OF YOU VISITING THE DOCTOR AT YOUR ABORIGINAL AND TORRES STRAIT ISLANDER CLINIC.

We try to visit the doctor every year. Not just when we are sick – but to make sure we don't get sick when we are older.



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ANSWERS

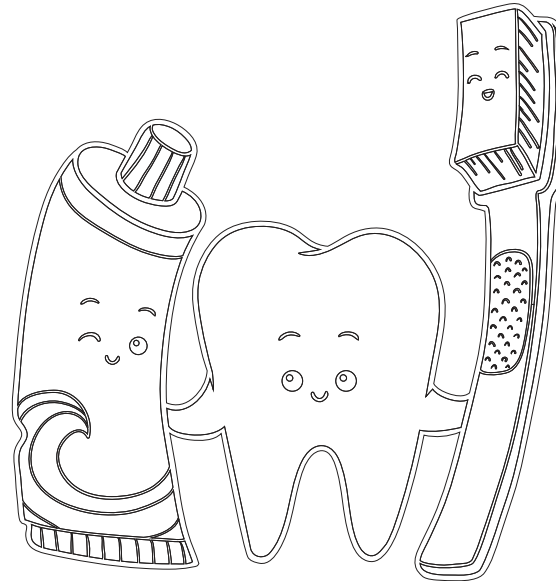


1. Different wall photo
2. Plant moved
3. Red folder is missing
4. Tree in the window is gone
5. Poster is bigger
6. Kid is holding otoscope
7. Doctor isn't wearing glasses

Quiz answers:

If you answered mainly C's, well done! You are making good choices, have a balanced diet full of nutrients and get plenty of exercise.

But, if you answered mostly A's and B's – try to eat more healthy foods and be more active. Looking after yourself now keeps you healthy for longer.



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

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