

Drug Free  
is the Way To Be

# Cool Kids Club



Happy, Healthy,  
Drug-Free Me!

Grow Up  
**Drug Free**  
Activity Book  
Pre-K - 1st Grades



# COOL KIDS CLUB!

I love riding my bike. It makes me feel good.



Carlos

Yeah, our bodies love to exercise.

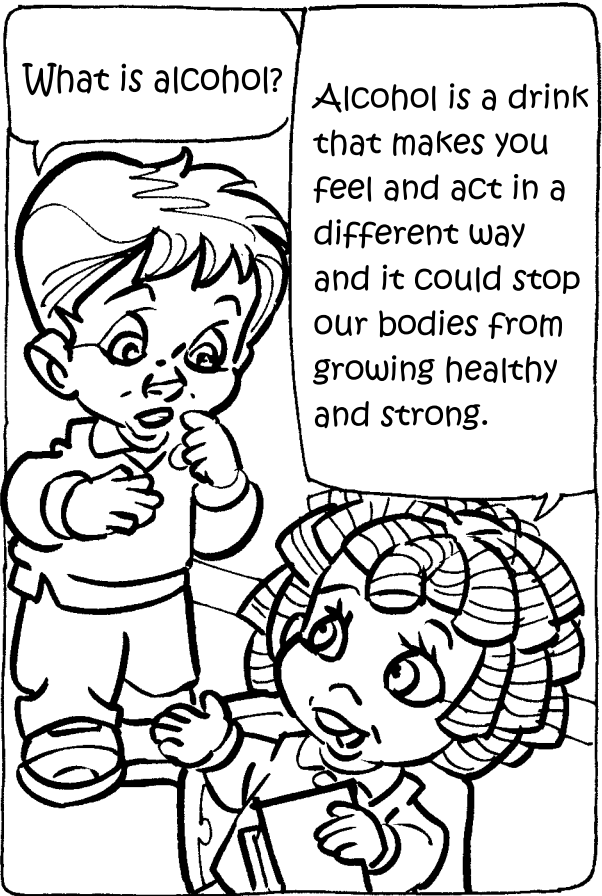


Kelly

And we don't need alcohol, tobacco, or other stuff to have fun.



Cal



# CHOOSE DON'T LOSE!

Circle the activities that make your awesome body happy. Mark a big **X** over the activities that make you sick.

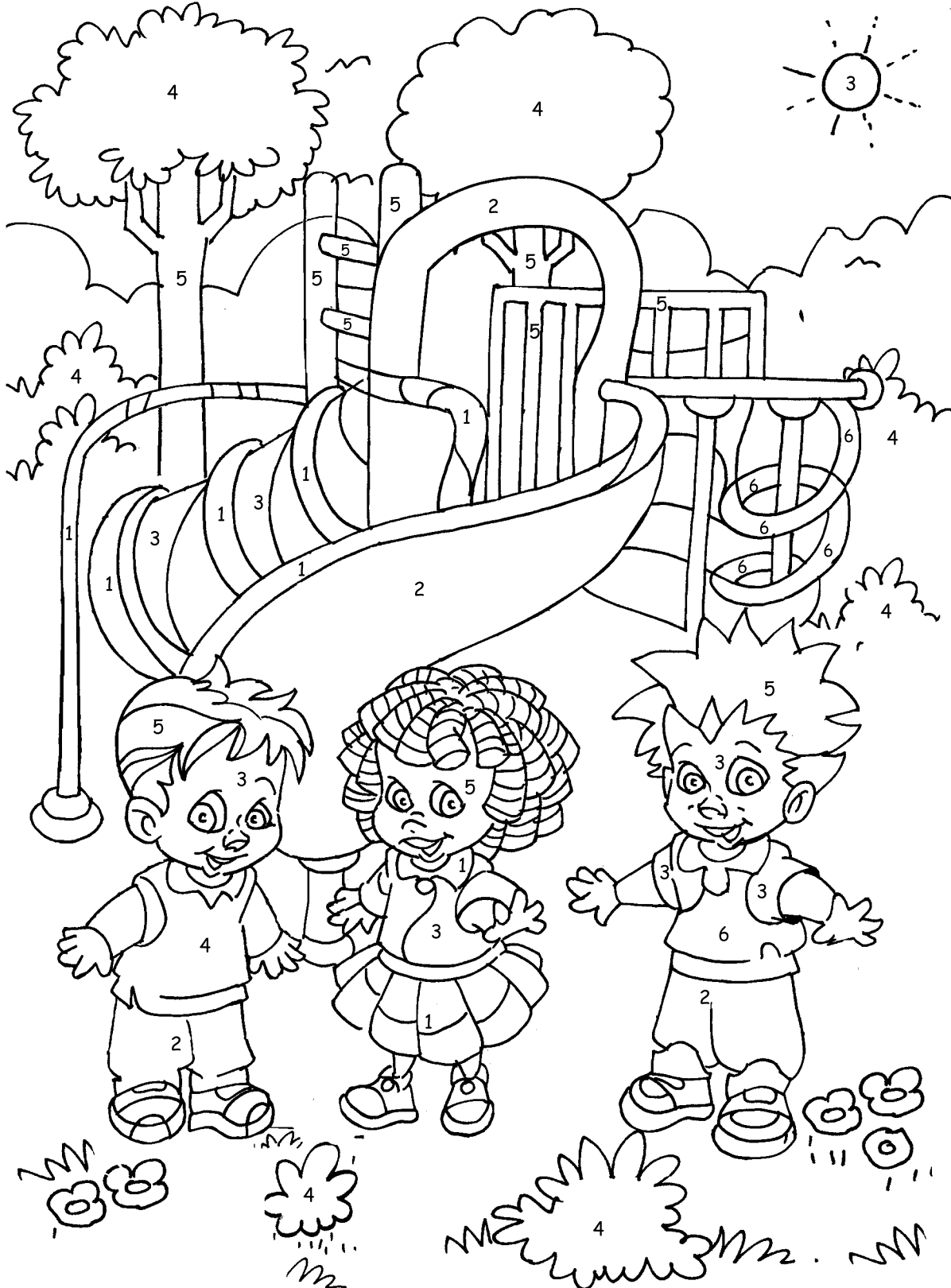


# Coloring By Number

## Happy, Healthy Me

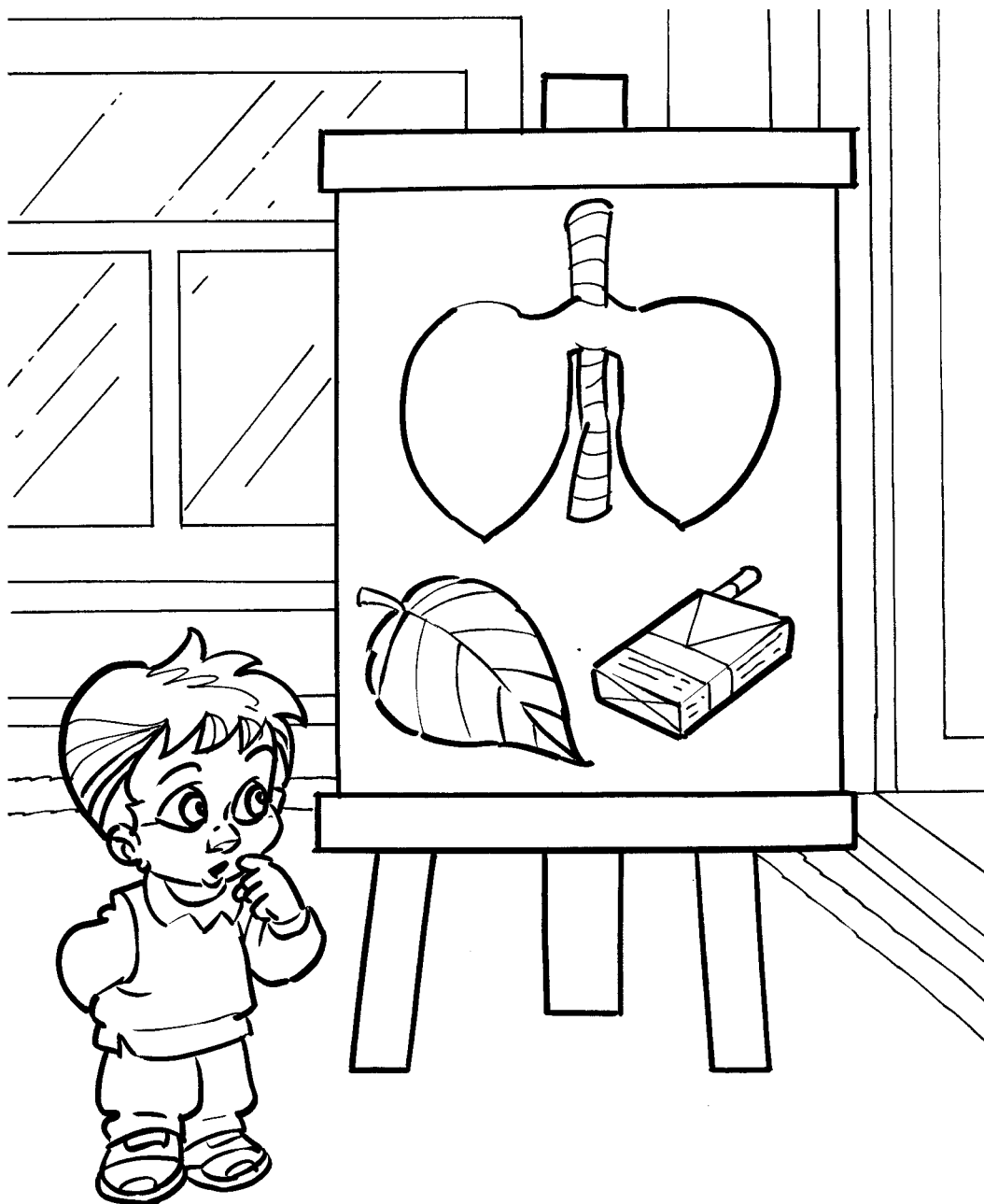
Use crayons to color in the picture. Match the color with the number.

1-red, 2-blue, 3-yellow, 4-green, 5-brown, 6-orange



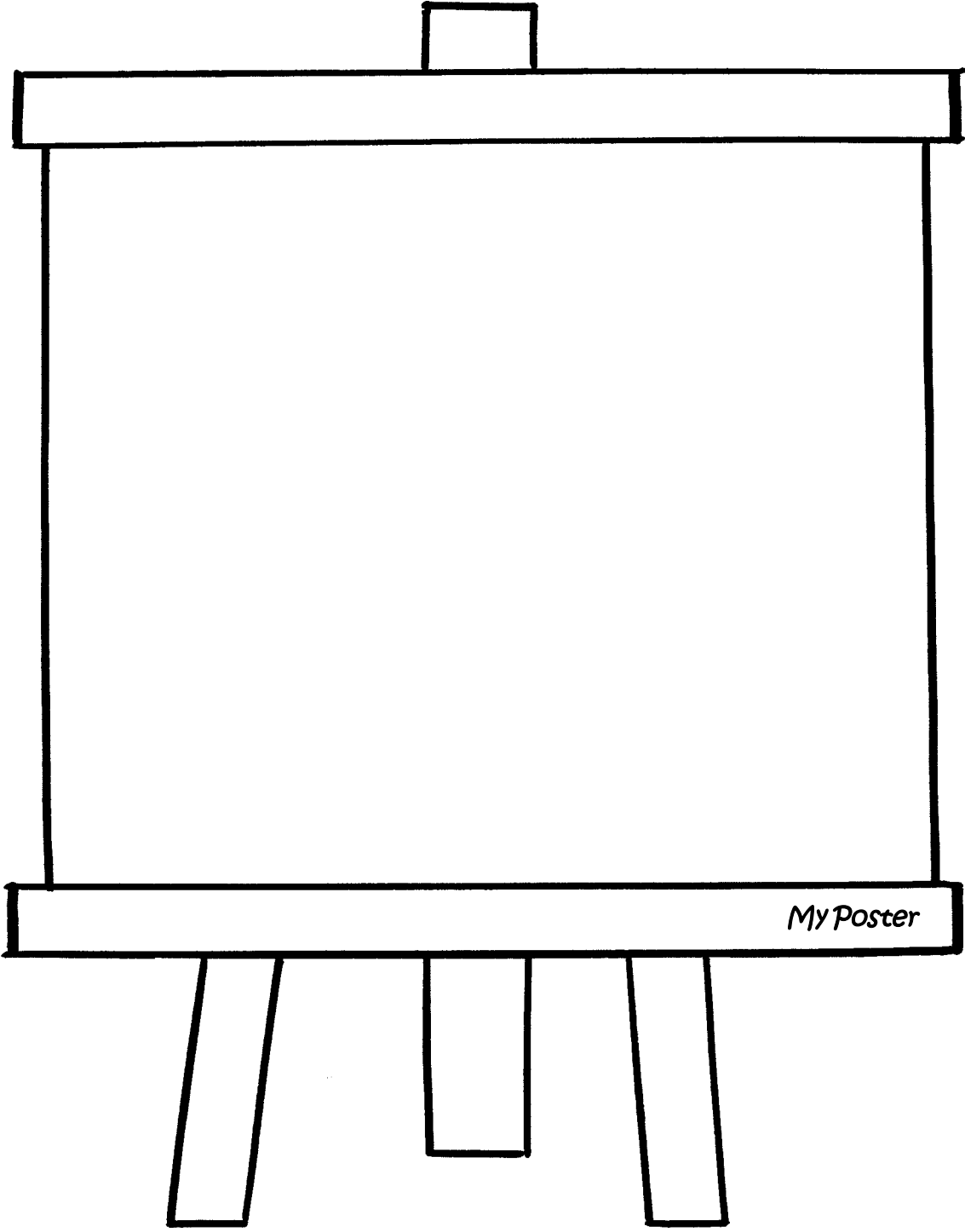
## **I have to do a poster about tobacco, and here is what I know so far:**

- Tobacco is cigarettes or cigars.
- Tobacco has poisons that hurt important parts of the body.
- Once you use it, it is hard to quit.

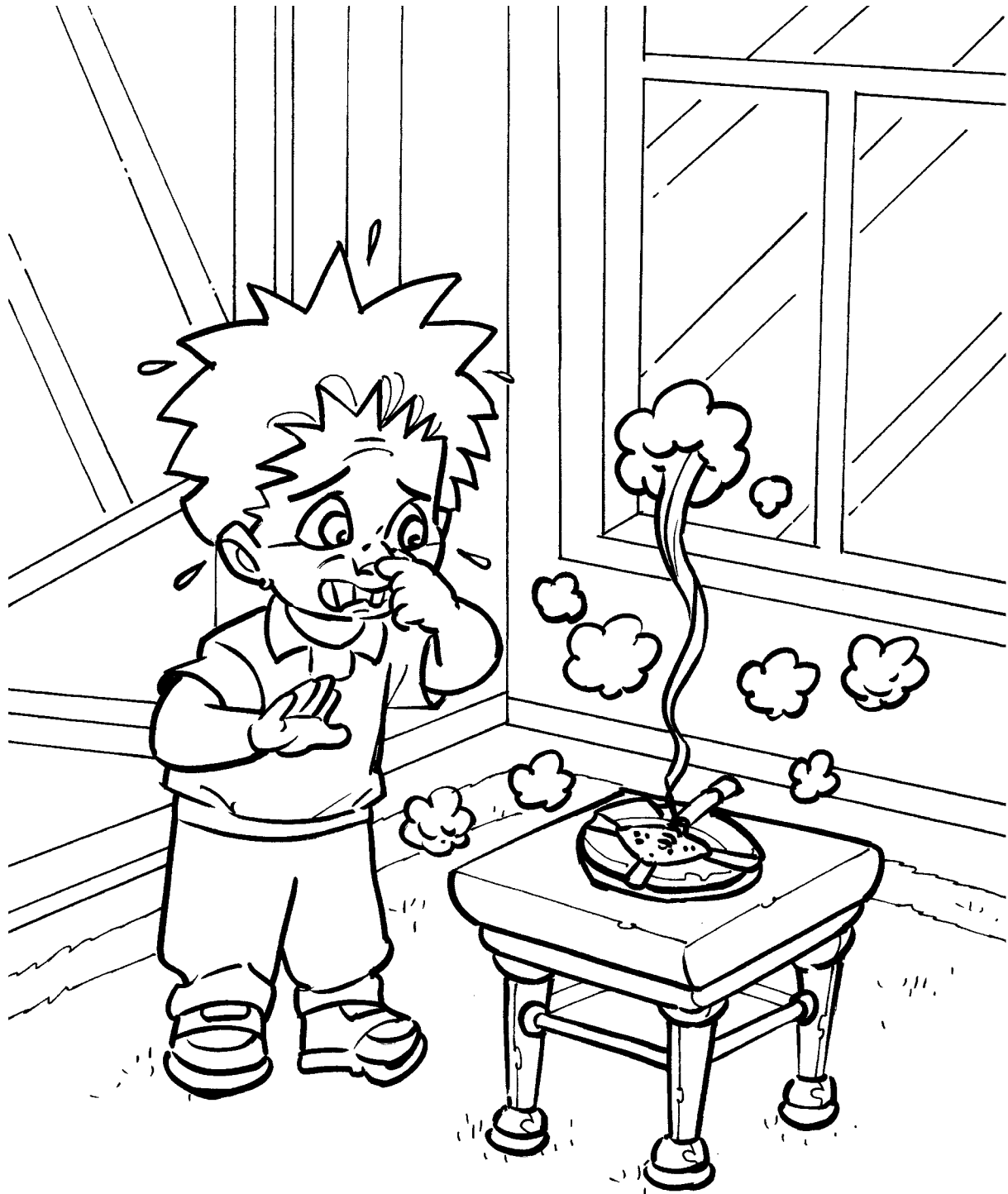


**Tobacco and smoking are not cool.**  
Why would anyone want to use it?

Make your own **"SAY NO TO TOBACCO"** poster.  
Show how smoking is bad, and make it colorful.



**Breathing in the smoke from a cigarette is called "secondhand smoking," and it is just as harmful to you as it is to the smoker.**



**It's best to keep away from any smoking area.**



**Medicine is something that people use when they are sick. It may look like candy, but it's not for kids to eat or play with.**



**If you find medicine around the house, give it to your parents or other trusted adults.**

# Can you decode this secret message?

Match the letters and numbers to find the answer.  
(The second word has been done for you)



13 5 4 9 3 9 14 5

I S  
9 19      14 15 20

3 1 14 4 25

- 1=a
- 2=b
- 3=c
- 4=d
- 5=e
- 6=f
- 7=g
- 8=h
- 9=i
- 10=j
- 11=k
- 12=l
- 13=m
- 14=n
- 15=o
- 16=p
- 17=q
- 18=r
- 19=s
- 20=t
- 21=u
- 22=v
- 23=w
- 24=x
- 25=y
- 26=z



As a member of the Cool Kids Club,  
I pledge to:

○ Eat good food, sleep well, and get a lot of exercise. ○

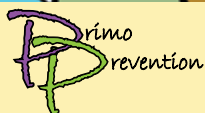
Stay away from anything that could hurt my growing body,  
like drugs, tobacco and alcohol.

Show my friends that living healthy and strong is more fun.

○ Set a good example to all the kids like me. ○



Children's Educational Coloring & Activity Book



P.O. Box 371 • Reserve, LA 70084 • Ph: 985-359-QUIT (7848) • Fax: 985-359-7850

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