



HEALTHY OR HARMFUL

Read each statement and decide if it is healthy or harmful.

- Exercising on a regular basis.
- Playing video games all day long.
- Brushing your teeth morning and night.
- Staying up late on school nights.
- Never eating breakfast before school.
- Drinking water during the day instead of pop.
- Working hard to get better at something.
- Pushing someone out of line.
- Spreading a lie about someone you know.
- Eating lots of fruits and vegetables.
- Enjoying a walk outside with friends.



RED RIBBON WEEK

HEALTHY

HARMFUL

Cut and paste into the correct box.

I exercise.

I play video games all day.

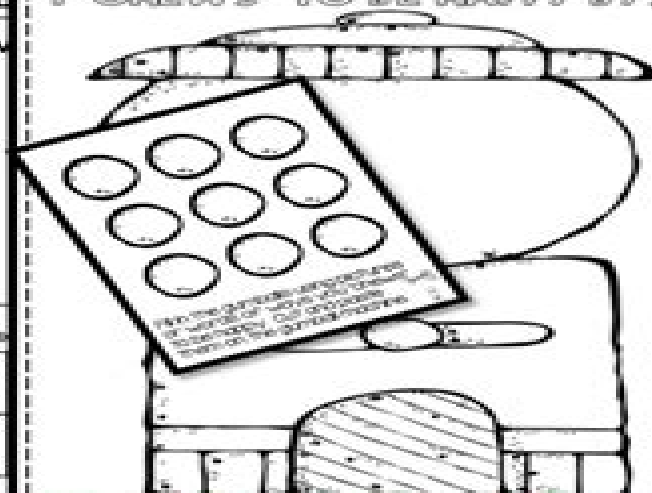
I brush my teeth.

I drink lots of water.

I eat lots of junk food.

I eat fruits and vegetables.

I "CHEWS" TO BE HAPPY BY...



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Activities to support character building.



Just Say

THIS

I should you never take medication unless my parents give it to me because...



SAY ~~NO~~ TO DRUGS... SAY YES TO...



1st Grade Hip Hip HOORAY!

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Pat R. Scales

A decorative red ribbon graphic that curves around the right side of the light blue bar containing the name.

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