

# KIDS AGAINST SMOKING

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Sponsored by:



**GENESIS**  
MEDICAL CENTER

## FILL IN THE BLANKS

### STAY HEALTHY

1. EAT FOOD THAT IS \_\_\_\_\_  
FOR YOU.
2. DON'T \_\_\_\_\_ CIGARETTES,  
CIGARS OR A PIPE.
3. EXERCISE TO STAY \_\_\_\_\_.
4. GET ENOUGH \_\_\_\_\_.
5. SEE YOUR \_\_\_\_\_ REGULARLY.

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GOOD

DOCTOR

SLEEP

SMOKE

HEALTHY

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What can you do better if you don't smoke? Find these words:

KIDS    RUN    SING    HIKE    THEY  
PLAY    JUMP    SPORTS    BETTER    DON'T  
SKIP    CLIMB    SWIM    IF    SMOKE

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

**USE THIS CODE TO READ THE MESSAGE  
ON THE NEXT PAGE**

A = 1	N = 14
B = 2	O = 15
C = 3	P = 16
D = 4	Q = 17
E = 5	R = 18
F = 6	S = 19
G = 7	T = 20
H = 8	U = 21
I = 9	V = 22
J = 10	W = 23
K = 11	X = 24
L = 12	Y = 25
M = 13	Z = 26

18 15 19 5 19    1 18 5    18 5 4;

22 9 15 12 5 20 19    1 18 5

2 12 21 5 .

23 5    4 15 14    20    19 13 15 11 5 ,

1 14 4

14 5 9 20 8 5 18    19 8 15 21 12 4

25 15 21 !



Help the Nurse find a healthy heart.



Connect the dots.



Figure out the words below to complete the puzzle.



Hint: Air goes into this to let you breath.