

So if a friend should tell you,  
"Be cool and take a puff."  
Say, "No thanks. It's not for me."  
"I'm smart. I don't need that stuff!"

Follow the instructions to find some fun and healthy things to do.

Cross out all the U's  
Cross out all the B's  
Cross out all the D's  
Cross out all the O's

Use the remaining letters and write them  
in order in the blanks below.

D P O L A B Y U

\_\_\_\_\_

B O T A B L U K

\_\_\_\_\_

U S O W D I B M

\_\_\_\_\_

S U B I N O G O

\_\_\_\_\_

Can you think of some other fun  
and healthy things to do?

