

ANSWER SHEET – 2009 KIT 1

Sports and drugs don't mix. Stay clean - Say "NO" to drugs!

- Softball
- Gymnastics
- Swimming
- Tennis
- Cycling
- Mountain climbing
- Volleyball
- Basketball
- Hurdling

Draw a line from the sport to its picture and then colour the pictures.
Write a poem or a short paragraph about your favourite sport and why it is important to be drug-free to play well.

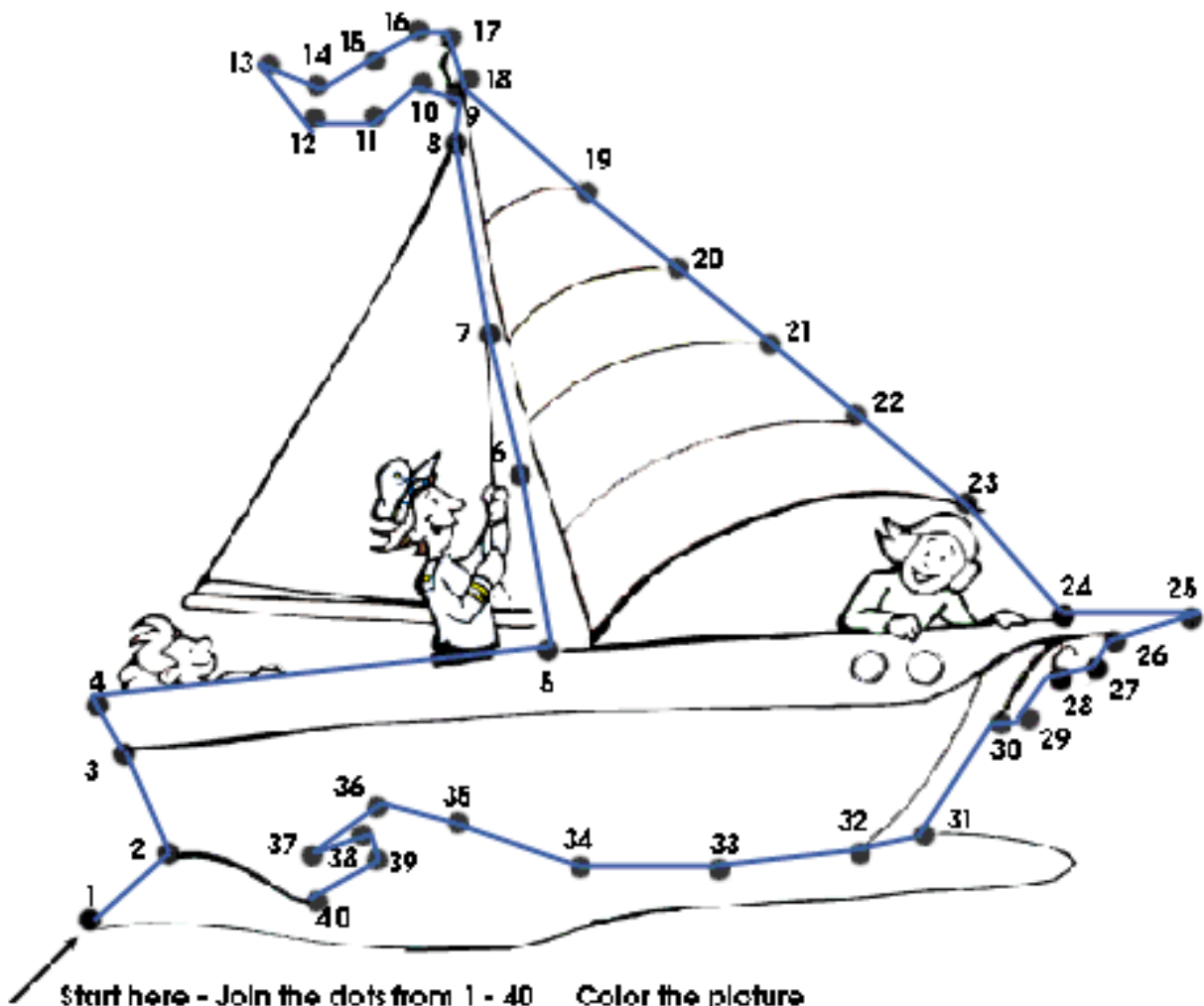
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Exercise increases the feel good **chemicals** in the **brain** without taking drugs.
Exercise **increases** the **oxygen** in the blood - you can **think** better.

Sweating helps to flush **toxins** out of the body.

Exercise helps you **sleep** better.

Exercise strengthens your **muscles**, including your **heart**.

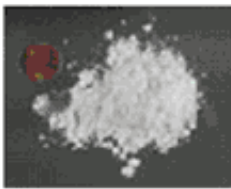


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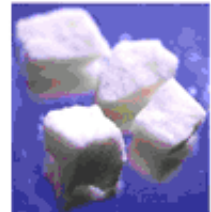


Find the following **bold, underlined** words in the Word Find and colour in each square containing the letters as you go. Words may go up, down, across, diagonally, forwards or backwards. Once you have found all the words, start at the top left corner of the grid and write out all the letters in the uncoloured squares in the order they appear on the hidden message lines below!

Cocaine (sometimes called "**Coke**") is a **drug** that directly affects the **brain**. It comes from the **leaves** of the **coca** leaves grown in South America. **Coca-Cola** got its name from this drug as it was originally made from the **extracts** of coca leaves (cocaine) and **kola** nuts (**caffeine**). Now the cocaine is removed from the drink although the leaves are still used as flavouring.



As a **powder**, cocaine is **snorted** up the nose or dissolved in water and injected. **Crack** cocaine comes in a **rock** crystal that can be heated and its vapours **smoked**. The term "crack" refers to the crackling sound heard when it is heated.



It also causes many dangerous things to happen in the body while giving the user a feeling of intense pleasure or excitement. It makes the person want to use it again and again. However, it makes the blood vessels tighten, makes the **pupils** in the eye larger, increases the body **temperature**, heart rate, and **blood** pressure. This can cause the blood **vessels** to **burst** or cause **heart** attacks and **strokes**. Snorting cocaine can **rot** the **nasal septum**. Using cocaine may also lead to strange, jerky and **violent** behaviour. Users may experience tremors, lose their **balance**, have **twitching** muscles and feelings of **restlessness**, **irritability**, and **anxiety**. It can lead to **depression** and loss of **mental health**. Sudden **death** can occur even with a first time use.



HIDDEN MESSAGE!

S T A Y A W A Y F R O M D R U G S
D O N O T U S E C O C A I N E
B E S M A R T S A Y N O

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Christian Character Traits - 2 Peter 1:5-7

1. FAITH—Story of Blondin

Psalm 118:8 It is better to trust in the Lord than to put confidence in man.

2. GOODNESS—Keeping Pure

Don't use your mouth to tell lies, don't ever say things that are not true.

Lord, help me control my tongue.

Help me be careful about what I say.

3. KNOWLEDGE—How to be Truly Wise

Come near to God and He will come near to you.

4. SELF-CONTROL

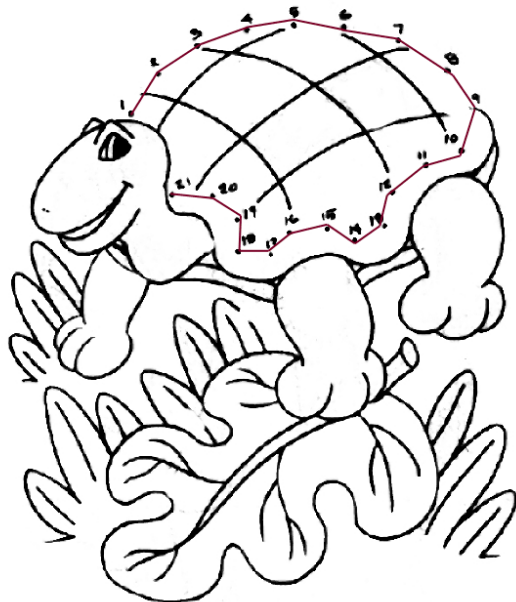
But you should control yourself at all times.

When troubles come, accept them.

Do the work of telling the Good News.

Do all the duties of a servant of God.

5. PERSEVERANCE



6. GODLINESS—Being Godlike

Be sure that no one pays back wrong for wrong.

But always try to do what is good for each other and for all people.

7. BROTHERLY KINDNESS

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.

8. LOVE

Forgiveness:

Forgive your brother from your heart. Matthew 18:35

Love Hearts:

Dear friends, let us love one another (v. 7);

This is love: not that we loved God, but that He loved us (v. 10);

Since God so loved us, we also ought to love one another (v. 11);

Whoever lives in love lives in God, and God in him (v. 16);

We love because He first loved us (v. 19);

Whoever loves God must also love his brother (v. 21).