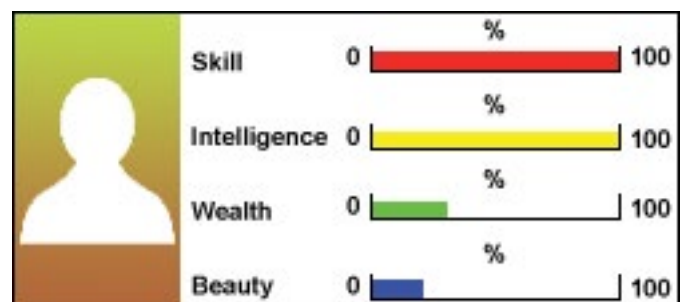
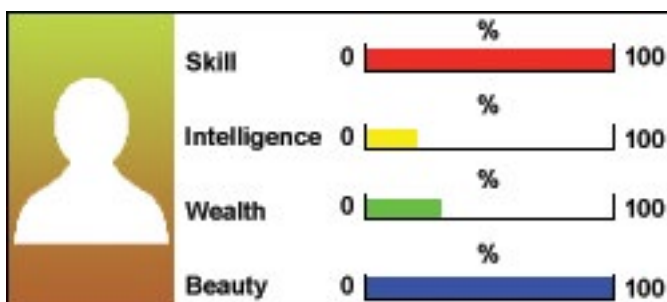
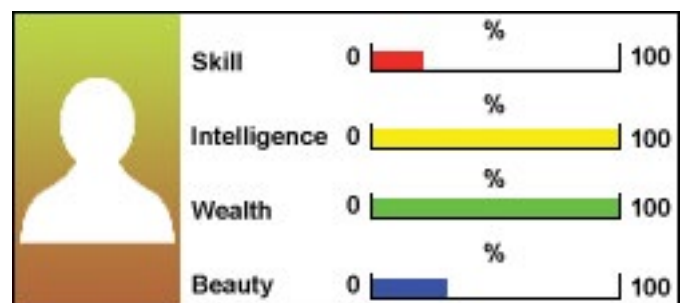
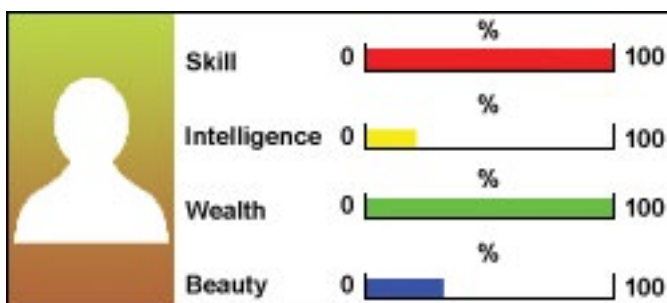
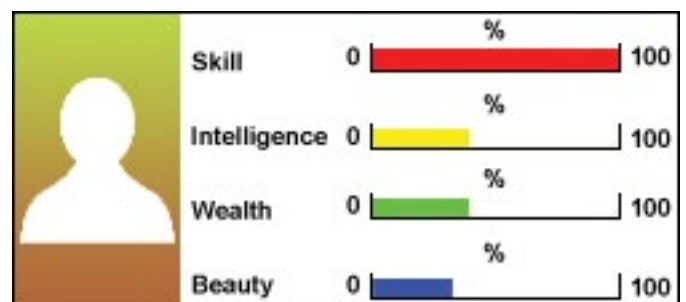
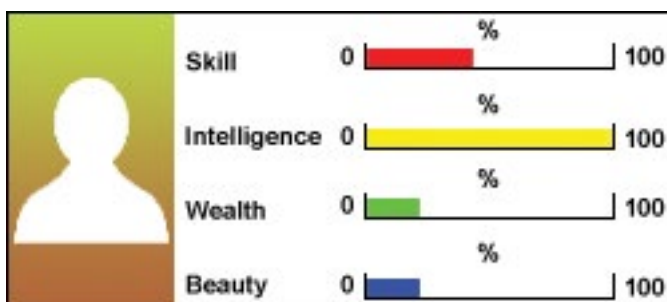
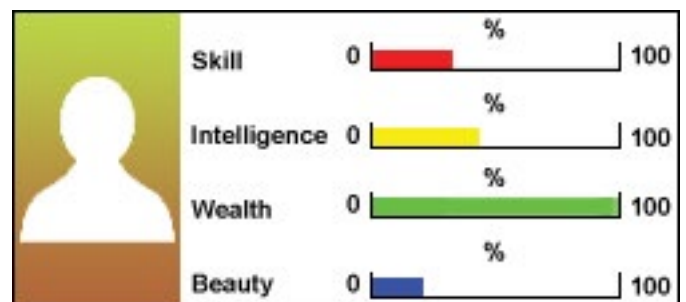
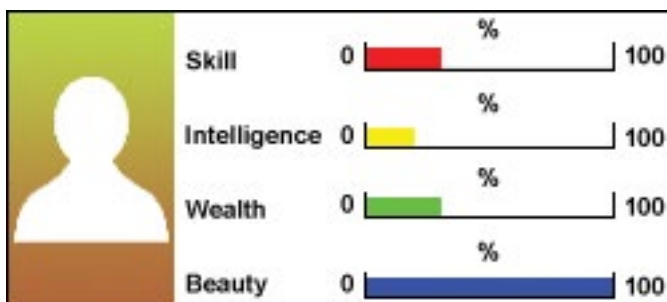


# Contents

Card 1...	7
<i>Card 1 Activity...</i>	8
Card 2...	9
<i>Card 2 Activity...</i>	10
Card 3...	11
<i>Card 3 Activity...</i>	12
Card 4...	13
<i>Card 4 Activity...</i>	14
Card 5...	15
<i>Card 5 Activity...</i>	16
Card 6...	17
<i>Card 6 Activity...</i>	18
Card 7...	19
<i>Card 7 Activity...</i>	20
Card 8...	21
<i>Card 8 Activity...</i>	22
Card 9...	23
<i>Card 9 Activity...</i>	24
Card 10...	25
<i>Card 10 Activity...</i>	26
Useful Online Information...	27
Contact All Resources For Publications And Services...	27

# Card 1

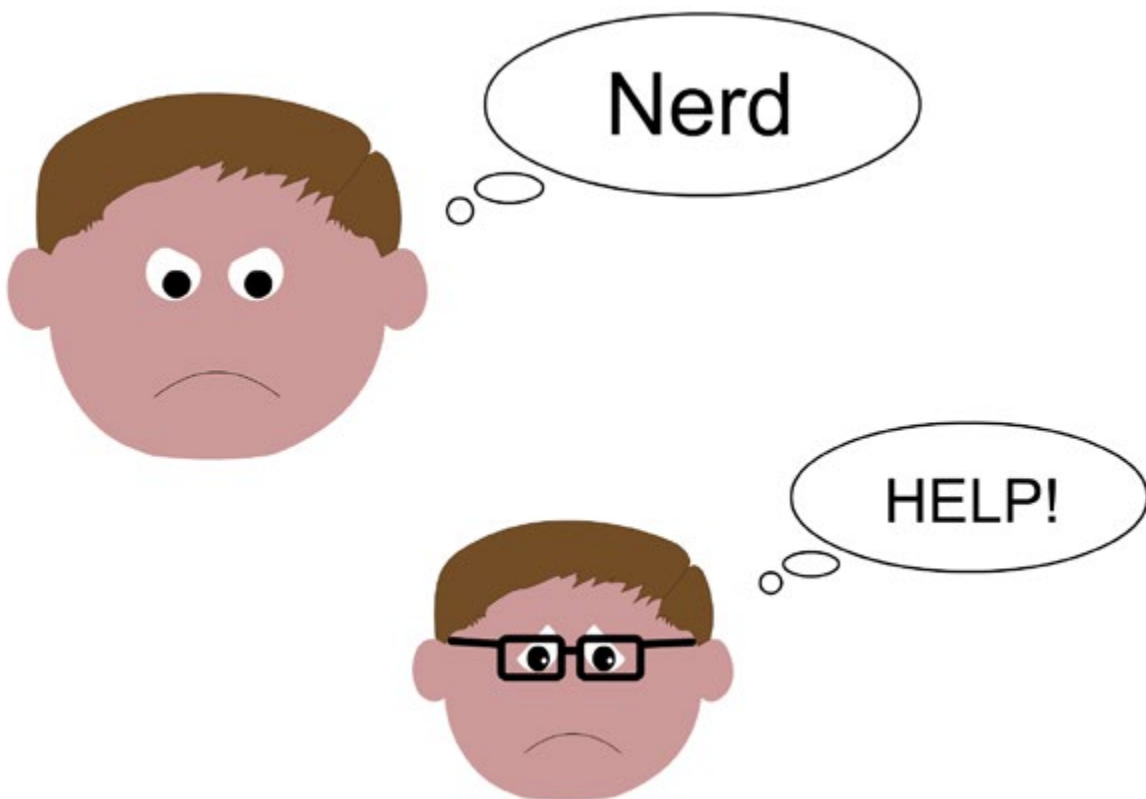
If you were able to choose the level of skill, intelligence, wealth and beauty you possessed, which of these selections would you choose and why?



# Card 3

## Bullying

Joe has been unhappy at school for some time. Mike has been picking on him, calling him names in front of the whole class. Mike calls Joe names such as 'four-eyes' (Joe wears glasses), 'nerd' and 'swot'. Mike says he is just having a laugh and Joe shouldn't be so soft. Joe finds it very upsetting. He doesn't want to go to school any more.



# Card 9

## Activity

Do you know what the healthiest options are?

Do you think you chose the healthiest options?

Do you enjoy eating/drinking any of the following:

- **fruit**
- **sweets/chocolate**
- **vegetables**
- **fruit juice**
- **salads**
- **chips/crisps**
- **fizzy drinks**

Do you control what you eat each day or does someone else control what you are given to eat?

Do you ever argue with your parents or someone else about meals/mealtimes/junk food etc?

Do you think you get enough exercise?

Do you think you have a healthy lifestyle?

What could you do to improve your health/fitness level?