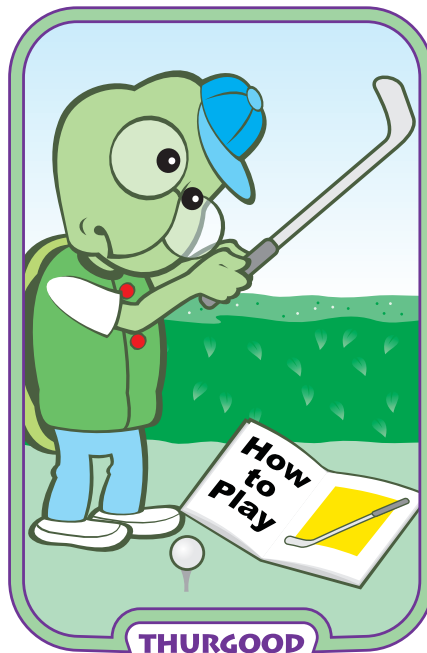


BUILDING BLOCKS
FOR A HEALTHY FUTURE



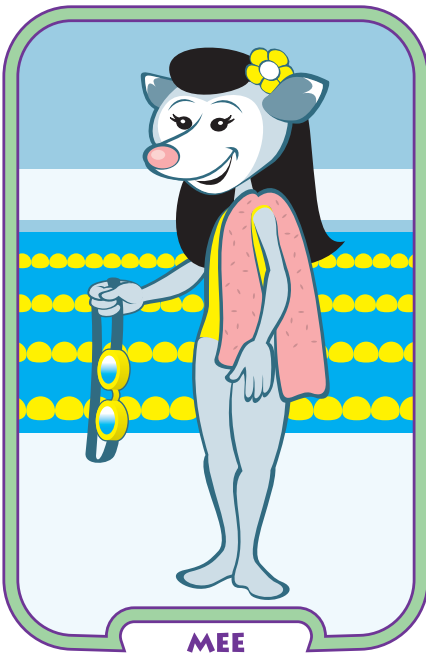
CHARACTER CARDS



THURGOOD



THURGOOD



MEE



MEE



MIGUEL



MIGUEL



KRISTI



KRISTI

THURGOOD TURTLE
CARD 2

Question: What game do you like to play with your friends?

Favorite activities:
Playing games and working on the computer

Favorite food:
Popcorn

Special quality:
Always thinks before he acts

His friends say:
You can always count on Thurgood to know how to find the answer.



THURGOOD TURTLE
CARD 1

Question: What would you like to learn from a book?

Favorite sport:
Golf

Favorite clothes:
Baseball cap

Worst fear:
His friends will laugh at him

Thurgood says:
Fore! I'm coming through.



The *Building Blocks for a Healthy Future* characters are trademarked and copyrighted and are used herein with permission of the owner. This product is part of a larger set of products for children 3 to 6 years old. The set includes a Family Guide, Character Cards, an ABC Coloring Book, a music CD, Know Kit Cards, and an Activity Book. All of these products work together to help get your child off to a healthy start.

To order additional publications, contact the Substance Abuse and Mental Health Services Administration's online store at 1-877-SAMHSA-7 (1-877-726-4727) or <http://store.samhsa.gov>.

MIGUEL TIGER
CARD 1

Question: What do you like to do in the park?

Favorite sport:
Gymnastics

Favorite clothes:
Tank top and gym shorts

Worst fear:
Being stuck inside

His friends say:
Miguel is always willing to listen.



MEE POSSUM
CARD 2

Question: What kind of music do you dance to?

Favorite activities:
Dancing, building sand castles, and making paper flowers

Worst fear:
Not to be the star

Special qualities:
Imaginative and creative

Mee says:
Look at me!



MEE POSSUM
CARD 1

Question: How do you get your exercise?

Favorite sport:
Swimming—she's captain of the swim team.

Favorite clothes:
Anything with flowers

Favorite food:
Bananas

Her friends say:
Mee inspires all of us to do our best.



KRISTI KITTY
CARD 2

Question: What do you daydream about?

Favorite activities:
Planting flowers and working on puzzles

Favorite food:
Ginger snaps with milk

Special quality:
Always singing

Her friends say:
Kristi always plays fair.



KRISTI KITTY
CARD 1

Question: How do you like to get from place to place?

Favorite sport:
Roller skating

Favorite clothes:
Anything fluffy and cute

Worst fear:
Being left behind

Kristi says:
Wait for me!



MIGUEL TIGER
CARD 2

Question: How do you learn about the world around you?

Favorite activities:
Hiking, camping, and discovering

Favorite food:
Granola bars

Special qualities:
Fun-loving and adventurous

Miguel says:
Look what I found.





ALI



ALI



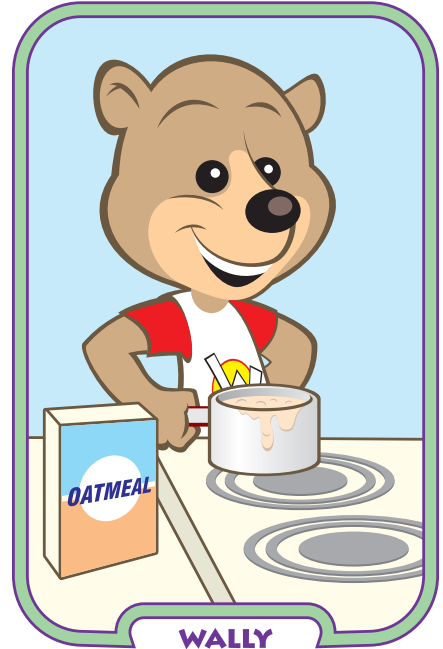
SANDY



SANDY



WALLY



WALLY

SANDY SQUIRREL
CARD 1

Question:
How fast can you run?

Favorite sport:
Track and field

Favorite clothes:
Beaded headband

Favorite food:
Apples and peanut butter

Her friends say:
Sandy talks fast, but
she's slow to get angry.



ALI RABBIT
CARD 2

Question:
How do you make music?

Favorite activities:
Composing and playing music
and using the computer

Worst fear:
Losing his synthesizer

Special quality:
Quiet, he lets his
music talk for him.

Ali says:
Listen to this.



ALI RABBIT
CARD 1

Question: How straight can
you kick a ball?

Favorite sport:
Soccer

Favorite clothes:
His "kufi"

Favorite food:
Fruit and yogurt smoothie

His friends say:
Ali always knows the
winning game plan.



WALLY BEAR
CARD 2

Question:
What do you like to cook?

Favorite activities:
Keeping a journal, collecting
baseball cards, and cooking

Favorite food:
Honey on oatmeal

Special qualities:
Friendly and easy
to get along with

Wally says:
I hit a home run every time
I'm in the kitchen.



WALLY BEAR
CARD 1

Question: What's your
favorite team sport?

Favorite sport:
Baseball

Favorite clothes:
His baseball shirt

Worst fear:
Not having any friends

His friends say:
Wally helps us get along.



SANDY SQUIRREL
CARD 2

Question:
Where do you like to read?

Favorite activities:
Playing chess, painting,
reading, and climbing trees

Worst fear:
Not knowing the answer

Special quality:
Brave

Sandy says:
You can see the whole
world from a tree.

