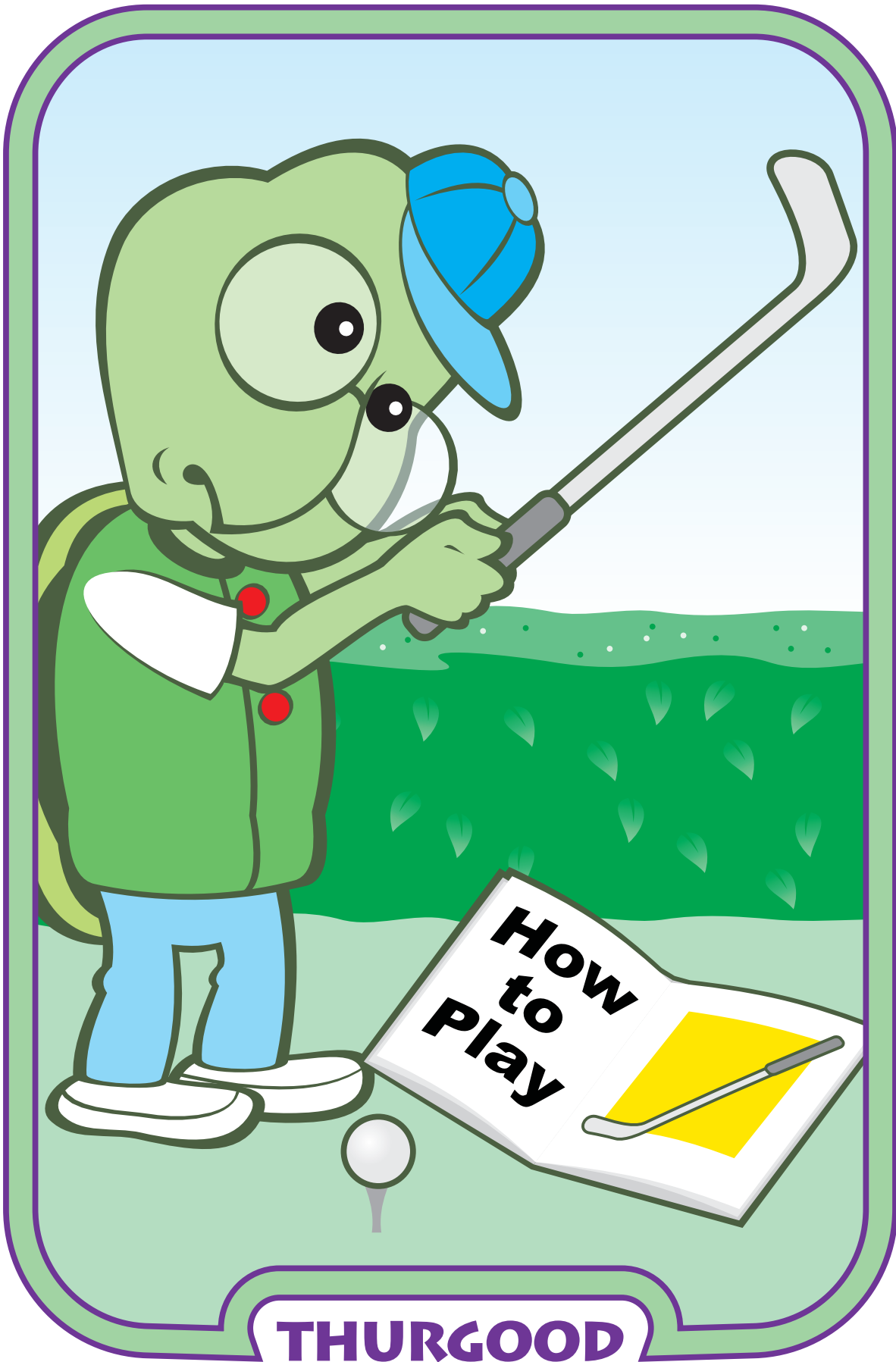




**CHARACTER
CARDS**

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 National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686 or <http://bblocks.samhsa.gov>.



THURGOOD

THURGOOD TURTLE CARD 1

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

Favorite sport: Golf, just like Tiger Woods

Favorite clothes: Baseball cap

Worst fear: His friends will laugh at him

Thurgood says: Fore! I'm coming through.





THURGOOD

THURGOOD TURTLE CARD 2

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

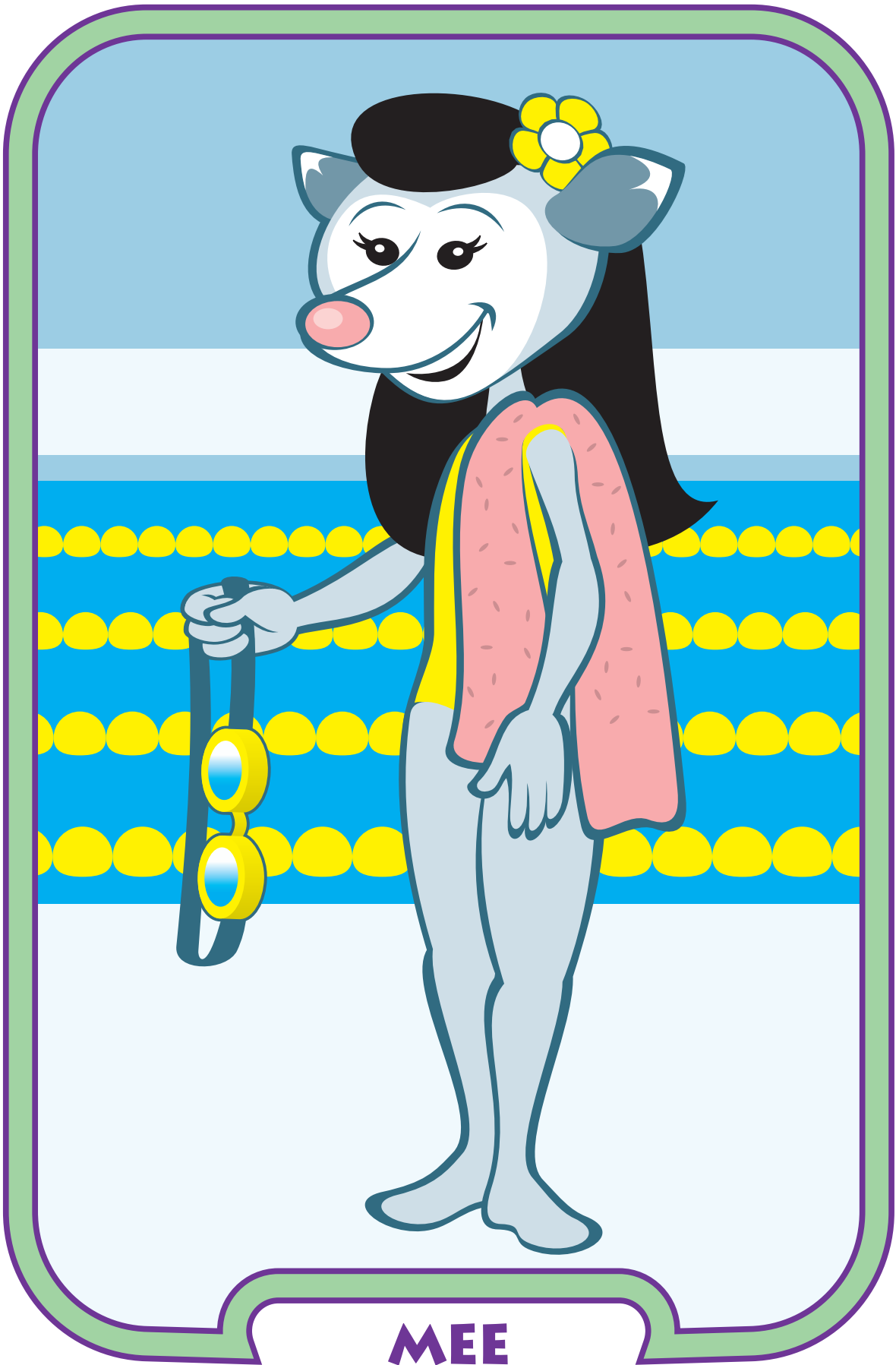
Favorite activity: Playing games and working on the computer

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.





MEE

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.





MEE

MEE POSSUM

CARD 2

Question: What kind of music do you dance to?

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

Worst fear: Not to be the star

Special qualities: Imaginative and creative

Mee says: Look at me!





MIGUEL

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.





MIGUEL

MIGUEL TIGER

CARD 2

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

Favorite activities: Hiking, camping, discovering

Favorite food: Granola bars

Special qualities: Fun-loving and adventurous

Miguel says: Look what I found.





KRISTI

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!





KRISTI

KRISTI KITTY

CARD 2

Question: What do you
daydream about?

Favorite activities: Planting
flowers, working puzzles

Favorite food: Ginger snaps
with milk

Special quality: Always
singing

Her friends say: Kristi
always plays fair.





ALI

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.





ALI

ALI RABBIT

CARD 2

Question: How do you make music?

Favorite activities: Composing and playing music; using the computer

Worst fear: Losing his synthesizer

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

Ali says: Listen to this.



FINISH



SANDY

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.





SANDY

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.





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.





WALLY

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.

