

GLOSSARY

concept: something formed in the mind; a thought, notion, or plan.

dignity: 1. the quality of being worthy of esteem or respect. 2. poise and self-respect.

effect: 1. to bring about or implement. 2. influence or result; a change.

judgment: 1. the formation of an opinion after consideration or deliberation. 2. the capacity to form an opinion by distinguishing and evaluating. 3. a decision, opinion, or conclusion.

perception: 1. insight, intuition, or knowledge gained by perceiving. 2. way of seeing or understanding.

personal power: a person's ability or capacity to perform or act effectively; a person's ability to produce results.

respect: 1. to feel or show regard, honor, or esteem. 2. regard shown toward a person or quality.

stereotype: 1. an oversimplified image or opinion. 2. a person or thing that is regarded as conforming to a set image or type.

strategy: a plan of action to accomplish a specific goal.

symbol: 1. something chosen to stand for or represent something else. 2. a printed or written sign used to represent something.

JUMPING DOUBLE DUTCH

BY LINDAMICHELEBARON

*We can double dutch turn,
turning jumps into dance.
Our steps are serious.
We don't make them up by chance.*

*Some think jumping is a game.
Jumping rope is more than that.
Watch us tumble fast and agile,
jumping sidewalk acrobats.*

*We can double dutch dance.
We can double dutch sing.
We can double dutch do about anything.*

*Double ten, twenty, thirty...
keeping count to the beat.
If you want to see us miss, if I were you,
I'd take a seat.*

From *The Sun Is On* by Lindamichellebaron. Reprinted with permission of the author.

BINGO

| | | | | |
|---------------------------------|-------------------------------------|------------------------------------|-----------------------|--------------------------------------|
| Is good at math | Always works hard | Likes to join in activities | Can organise anything | Can write computer code |
| Speaks more than one language | Tells great stories and jokes | Is good at spelling | Plays a team sport | Likes to read |
| Knows how to swim | Can play a musical instrument | FREE SPACE | Has a good memory | Is good at building or making things |
| Likes to make charts and graphs | Likes to figure out how things work | Likes to write | Likes to be in plays | Likes to help others |
| Is a good cook | Keeps a personal diary or journal | Likes to design posters and murals | Is a good artist | Is a great dancer |

GETTING AHEAD (A)

| | | | |
|--|---|---|--|
| I drank a softdrink 5 Steps | I ate chips 2 Steps | I drank an energy drink 5 Steps | I ate biscuits 4 Steps |
| I ate green beans 7 Steps | I ate rice & beans 6 Steps | I ate peanut butter 1 Step | I drank fresh orange juice 7 Steps |
| I ate a ham & salad sandwich 9 Steps | I ate an apple 7 Steps | I drank a glass of milk 5 Steps | I ate whole-grain bread 7 Steps |
| I ate a baked potato 8 Steps | I ate a bowl of vegetable soup 11 Steps | I ate ice cream 4 Steps | I ate a banana 7 Steps |

GETTING AHEAD (B)

| | | | |
|---|---|--|---|
| I stayed up late gaming 5 Steps | I rode my bike after school 8 Steps | I watched TV after school 0 Steps | I went to bed early 10 Steps |
| I played a game outdoors 10 Steps | I stayed up late doing homework 5 Steps | I went for a run 8 Steps | I stayed up late talking on the phone 5 Steps |
| I did my homework right after school 10 Steps | I walked instead of riding in a car 8 Steps | I stayed up late for no reason 5 Steps | I mowed the lawn 8 Steps |
| I ate broccoli 8 Steps | I ate a balanced dinner 10 Steps | I ate a chocolate 3 Steps | I ate a burger 5 Steps |



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



My Action Plan

Cereal, milk, banana, orange juice

Breakfast

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Wake-up time: _____
Bedtime: _____

Dinner

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Snacks

Lunch

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Exercise

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

MISSION TO MARS

1. You have volunteered to undergo training to journey into space and take part in an effort to make Mars habitable. You will need to dramatically change your daily routine to begin training for the mission. You have to give up one of your favourite activities to prepare.
2. Because of the mission, you will be away from your normal life for some time. You must lose one of your goals.
3. There is a limited amount of room on the spacecraft that will take you to Mars. You must give up one of your possessions.
4. The engineers have redesigned the spacecraft in order to make it safer, but there is less extra space now. You have to give up another possession.
5. You are given news that in order to make the most out of the mission, you will be on Mars longer and must undergo even more training for the mission. You lose one of your goals, an activity, and something you would like to own someday. And because of how busy you are now, two important people disappear from your life since you are no longer able to maintain relationships as easily.
6. As stress mounts for the impending mission, you find it even harder to make time for the people you care about. Discard two squares containing important people.
7. As you prepare to embark, it becomes more and more clear that the mission will take up decades of your life. You must discard four of your remaining squares. Which will they be?
8. You have returned from the mission and will live out the rest of your life with only this person, possession, goal, or activity.