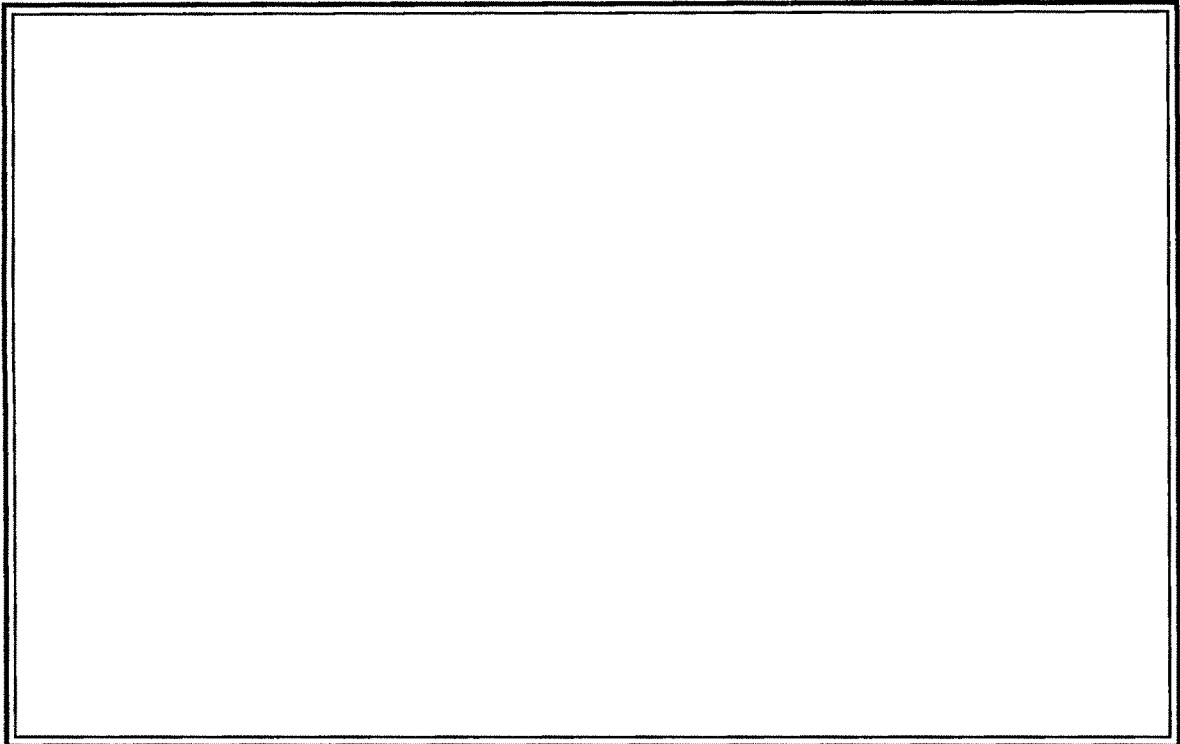


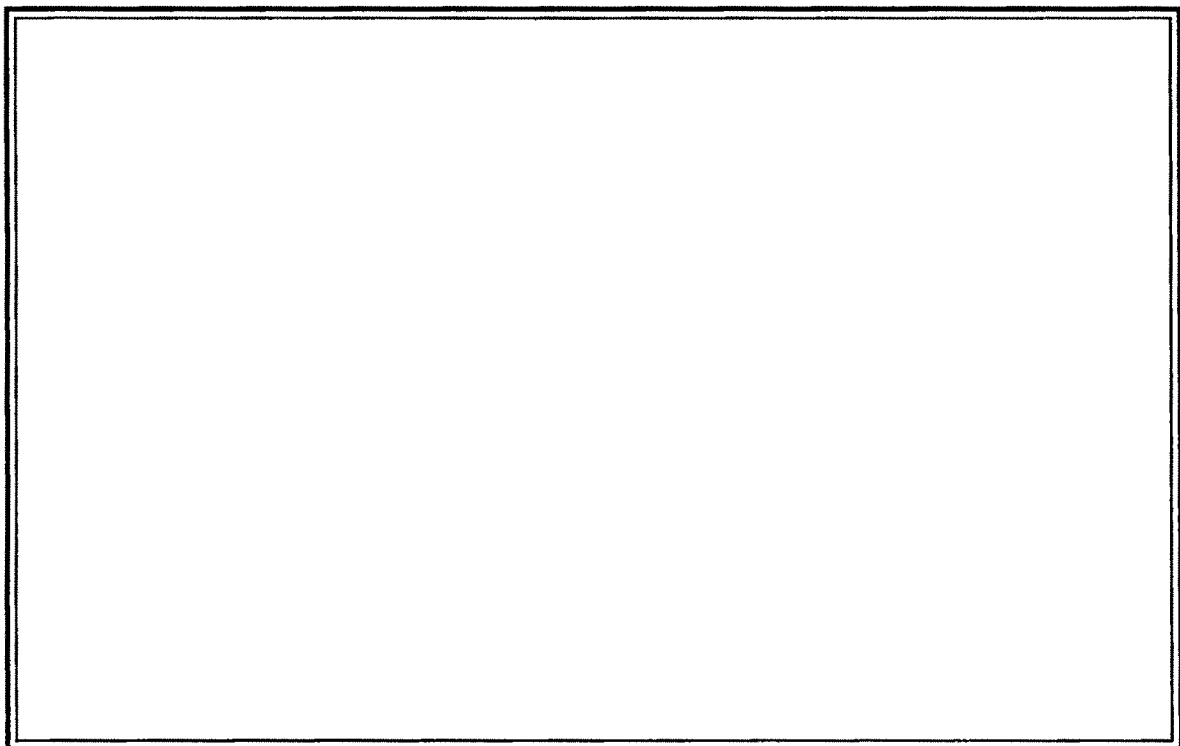
## ***Appendix B : Activity Worksheets***

### **Activity Sheet 1 : Cut and Paste**

#### **FOODS / EATALES THAT ARE GOOD FOR HEALTH**



#### **FOODS / EATALES THAT ARE NOT GOOD FOR HEALTH**





## Activity Sheet 2 : What will you do, if you are in this situation ...

1. You had an argument with your friend two days ago. Now, you miss him or her and again want to start talking. What will you do?  

---

---
2. Your teacher scolds you without any reason in the class and you feel bad. What will you do?  

---

---
3. Some students in your class tease you by name such as “fatty”, “cylinder”, or “kalu”, and you don't like this behavior. What will you do?  

---

---
4. You like one particular girl or boy in your class and think that you are in love with her or him. What will you do?  

---

---
5. Your parents want you to wear a dress of their choice for a function but you don't like that dress at all. What will you do?  

---

---
6. When you sit for studying, you mother calls you for doing some work. How will you handle this situation...  

---

---
7. You want to go out for a picnic or party with your friends and your parents say “No”. How will you convince them to say “Yes”?  

---

---

### Activity Sheet 3 : Positive communication: Say What You Feel

	Negative Messages	Positive Alternatives
1.	To an old friend who moved away	I wish you'd call me more often
	"You never call me."	I miss talking to you.
2.	To a friend who want to do Something dangerous	_____
	"That's a stupid idea."	_____
3.	To family at dinner time	_____
	"Nobody cares how hard I work".	_____
4.	To older sister	_____
	"Don't yell at me!"	_____
5.	To an adult you want to talk to	_____
	"You're probably too busy to talk to me."	_____
6.	To friend who really isn't listening	_____
	"You don't really care about me."	

## Activity Sheet 4 : My Advertisement

My name is ..... My favorite advertisement is .....

Do you think that the things shown in the advertisements are real? **No / Yes.**

How could you improve or modify them? .....

*I want to make advertisement on* .....

My advertisement slogan is .....

Draw your advertisement poster below:

