

DRUG  
AWARENESS  
WEEK



# PARTICIPANT GUIDE

Québec 

# WHAT EXACTLY DOES “ENGAGEMENT” MEAN?

**There are lots of different options, depending on your preferences.**



It means a planned activity that you practice on a regular basis, either with your family, with friends, or on your own.

You can be engaged in one or more activities at school or with academic, extracurricular, or community organizations.

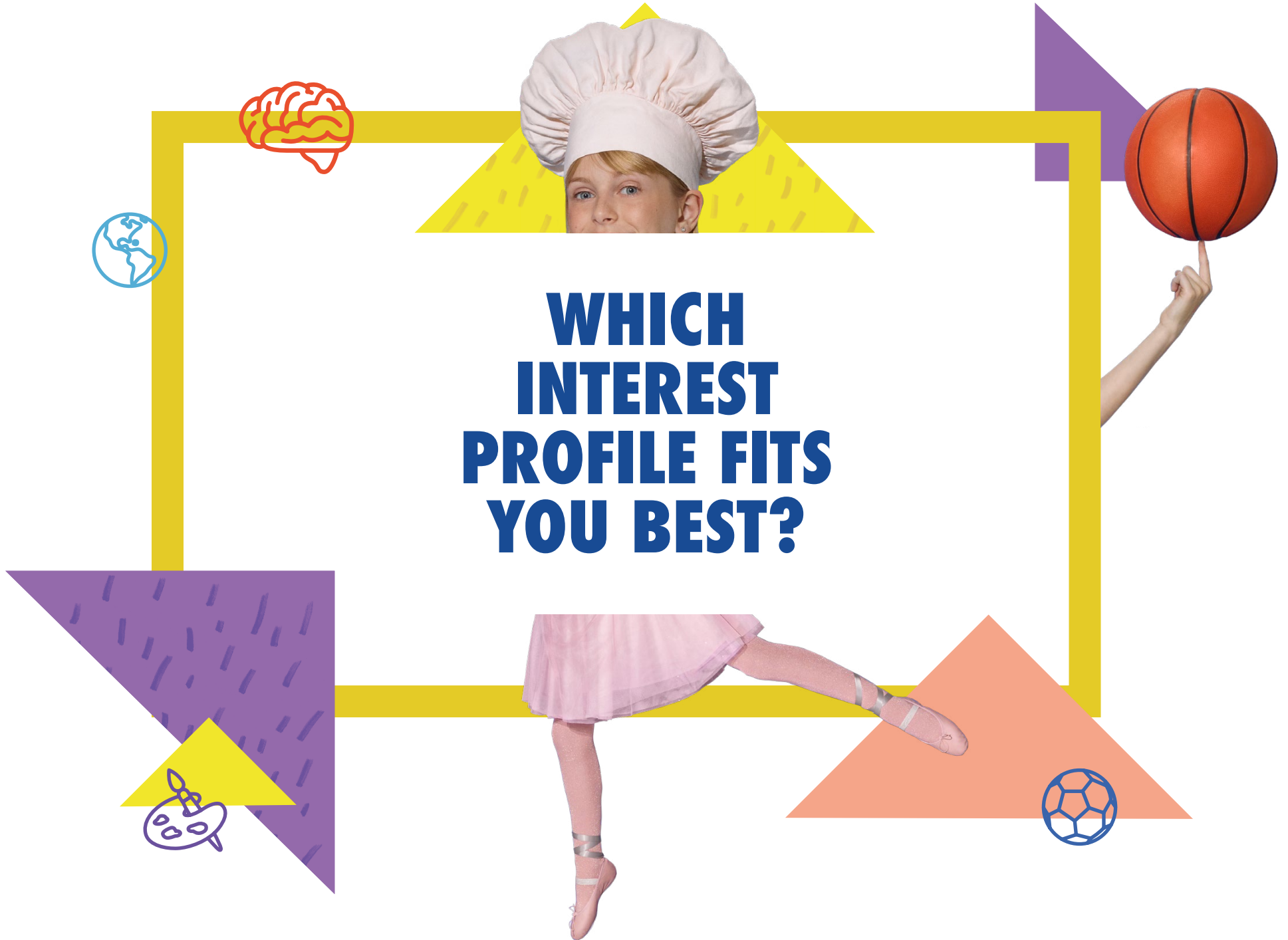
What strengths and skills can you improve if you practice them regularly in various activities?

- ▶ Understanding of what you like and don't like
- ▶ Self-confidence
- ▶ Ability to assert yourself, your needs, and your emotions
- ▶ Ability to make decisions on your own and as part of a team
- ▶ Emotional self-control
- ▶ Sense of belonging, feeling good about yourself

It also gives you a chance to spend time with friends who share the same interests as you and caring adults who can support you if you need it.



# WHICH INTEREST PROFILE FITS YOU BEST?



# PROFIL 1 ATHLETIC



Are you bursting with energy?  
Are you always ready to work hard  
and push yourself?

## YOU MAY FIT THE ATHLETIC PROFILE

Read the following activities:

BASKET-BALL	SOCCER	SWIMMING
HOCKEY	FIGURE SKATING	GYMNASTICS
	BIKING	

Circle your favorite ATHLETIC activity.  
If it's not listed, write it here:

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Circle or write down a second activity you like:

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# PROFIL 2 ARTISTIC



Do you have an active imagination? Do you like to  
make things and express yourself in different ways?

## YOU MAY FIT THE ARTISTIC PROFILE

Read the following activities:

DANCE	THEATER	DRAWING
SINGING	WRITING	MAKING/CREATING
	MUSIC	

Circle your favorite ARTISTIC activity.  
If it's not listed, write it here:

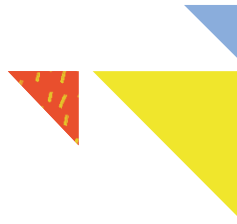
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Circle or write down a second activity you like:

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**PROFIL 3**  
**INTELLECTUAL**



Are you curious? Do you like to figure out how things work and try to solve problems?

**PROFIL 4**  
**SOCIAL**



Do you like people, helping others, and finding ways to make the world a better place?

**YOU MAY FIT THE INTELLECTUAL PROFILE**



Read the following activities:

READING		BOARD GAMES
	MATH GAMES	
CHESS		COLLECTING
	SCIENCE	
VIDEO GAMES		PUZZLES AND BRAINTEASERS

**YOU MAY FIT THE SOCIAL PROFILE**



Read the following activities:

	RECYCLING, PROTECTING THE PLANET, CARING FOR THE ENVIRONMENT	ECOLOGY
VOLUNTEERING		
CAREGIVING, BABYSITTING, TAKING CARE OF OTHERS	SCHOOL ORGANIZATIONS	TAKING CARE OF ANIMALS, PET SITTING

Circle your favorite INTELLECTUAL activity.  
If it's not listed, write it here:

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Circle or write down a second activity you like:

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Circle your favorite SOCIAL activity.  
If it's not listed, write it here:

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Circle or write down a second activity you like:

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# FORTUNE TELLER GAME

## PERSONALIZING THE FORTUNE TELLER

**In box 1**  
Write your favorite ATHLETIC activity.

**In box 2**  
Write your favorite ARTISTIC activity.

**In box 3**  
Write your favorite INTELLECTUAL activity.

**In box 4**  
Write your favorite SOCIAL activity.

**In box 5**  
Write your second favorite ATHLETIC activity.

**In box 6**  
Write your second favorite ARTISTIC activity.

**In box 7**  
Write your second favorite INTELLECTUAL activity.

**In box 8**  
Write your second favorite SOCIAL activity.

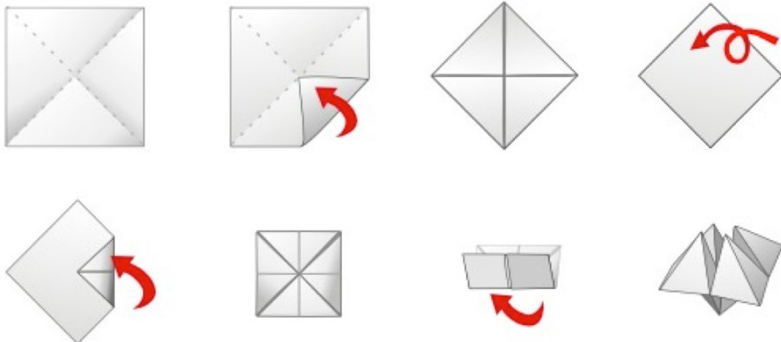
## HOW TO FOLD THE FORTUNE TELLER

- 1 Cut the paper along the dotted line to make a square.
- 2 Fold the square on the diagonal to make a triangle.
- 3 Open it back up again.
- 4 Fold the opposite diagonal.
- 5 Open it back up again.
- 6 Turn the paper printed side down.
- 7 Fold one corner to the center.
- 8 Fold the remaining three corners to the center.
- 9 Flip it over.
- 10 Fold one corner to the center.
- 11 Fold the remaining three corners to the center.
- 12 Fold in half and then reopen.
- 13 Turn a quarter turn and repeat.
- 14 Put your fingers inside the pockets of the fortune teller to play.

If you finish before everyone else, practice a little with your fortune teller.

**When everyone is done folding, you're ready to play.**

- Ask your classmates.
- Answer theirs.
- Play with your friends at recess.
- Play with your friends at home.
- Play with your siblings, your cousins and your parents too!



## HOW TO PLAY

- 1 Your partner chooses a word from the four profiles on the outside of the fortune teller.
- 2 Open the fortune teller in one direction and then the other, as many times as there are letters in the word your partner chose, as if you were spelling it out.
- 3 Once you've spelled the word out, hold the fortune teller open.
- 4 Now your partner has to choose their favorite activity from the ones that are visible.
- 5 Open the fortune teller in one direction and then the other, as many times as there are letters in the activity they chose, as if you were spelling it out.
- 6 Now your partner has to choose another activity from the ones that are visible.
- 7 Lift up the word they chose to reveal a message for your partner.
- 8 Play again as many times as you like.

