

1

SHAPEDOWN®



*Just for
Kids!*

CONTENTS

Chapter	Page
1. THE MYSTERY OF LEONARD LAMB Wanting to lose weight . . . all about SHAPEDOWN	1
2. GOLDEN TIGER'S HIDDEN GARDEN Eating regular meals . . . eating more foods low in fat and sugar . . . eating small to medium amounts	16
3. RACE DAY WITH BULLDOG Why I am heavy . . . developing my exercise plan . . . getting ready to be lean	33
4. LEONARD SHARES HIS MAGIC How much to eat . . . fixing lunch . . . speaking up	51
5. SISTER RABBIT'S FRIED CARROT RACE Managing difficult feelings . . . the nutrition you need	69
6. BONNIE'S BLUE DAY More on speaking up . . . handling put-downs . . . liking your body	87
7. SECRET CRAVINGS IN POPPY PARK Cravings . . . eating secretly . . . eating style . . . eating cues	103
8. LEONARD PAINTS A RAINBOW Becoming active . . . chores and interests	121
9. A TIME TO FORGIVE Special occasions . . . the progress you've made . . . planning new goals	135
MY BODY RECORD	150
MY WEIGHT RECORD	151
LOVE LETTER	152
FOOD SUMMARY	153
FOOD PYRAMID	155
ORDER FORM	156

1. THE MYSTERY OF LEONARD LAMB

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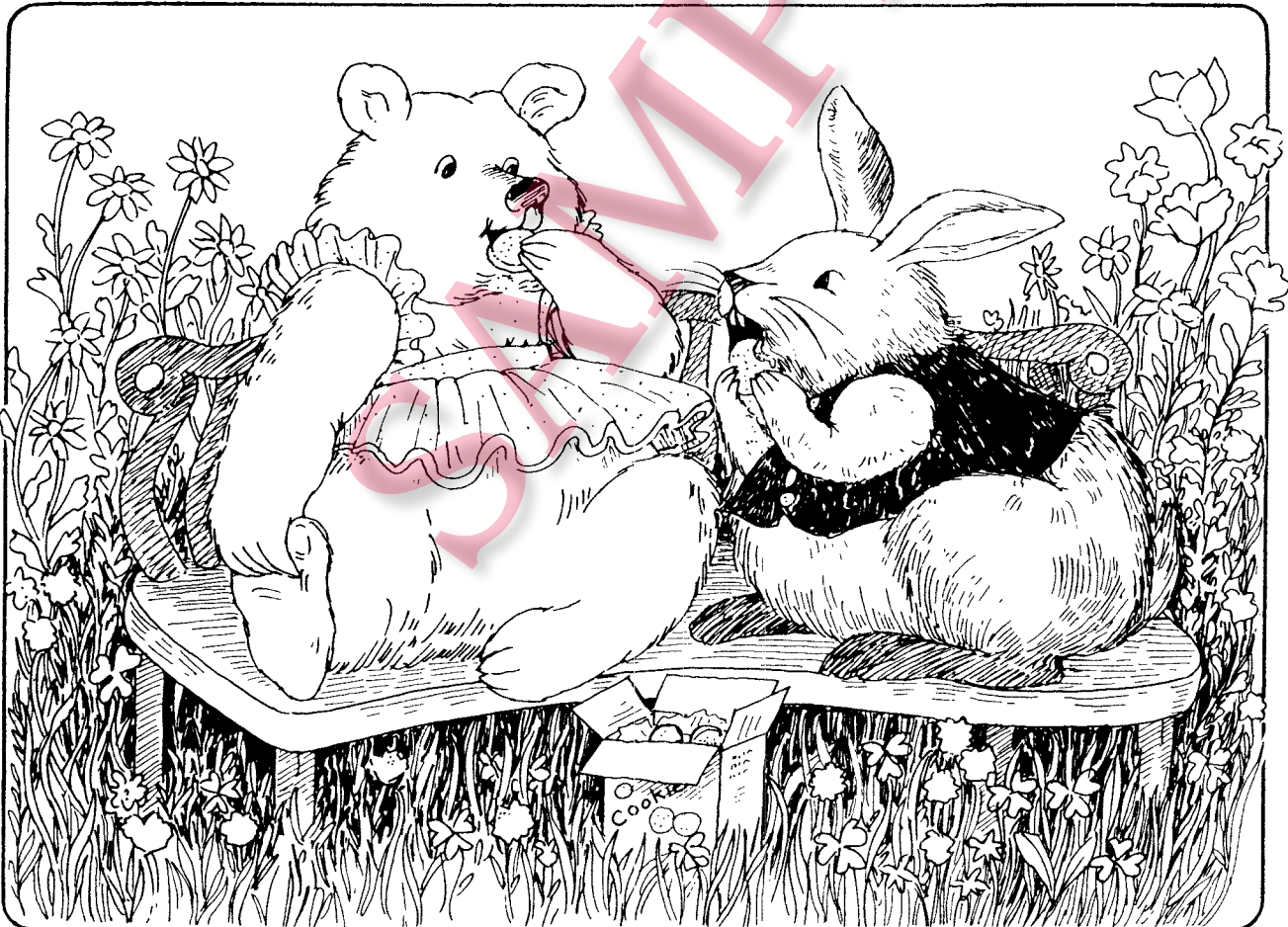
In the park on Poppy Lane the grass was as soft as angel hair. Bonnie Bear and Ralph Rabbit played chase in the afternoon on their way home from school. In fact, most of the animals that lived in Monarch Meadow stopped on their way home from school at Poppy Lane Park to play with their friends and roll on the soft grass.

All of the animals that played at the park were different sizes and shapes. Some were tall. Many were short. A few were very thin. Others were rather round.

Both Bonnie Bear and Ralph Rabbit were rounder than most of the rabbits and bears that played in the park on Poppy Lane.

One spring afternoon when the air was filled with the fragrance of apple blossoms, Ralph and Bonnie were resting on a park bench. They were eating some white cookies — the kind with candy sprinkles on top — and watching their friend, Leonard Lamb, play kick the pinecone.

Bonnie asked, “Ralph, we’re rounder than our friends, aren’t we?”



THE MYSTERY OF LEONARD LAMB

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Bonnie and Ralph figured out what things helped them gain extra fat. What things helped you?

1. I think that the things that helped me gain extra fat are (check all that are true for you):

- ☐ round genes - people in my family are heavy
- ☐ eating lots and lots of food
- ☐ skipping meals
- ☐ eating mainly **HEAVY FOODS** or **JUNK FOODS**
- ☐ sitting rather than moving around and playing sports
- ☐ feeling bored or not being busy enough
- ☐ watching more than one hour of television per day
- ☐ feeling sad, lonely, or worried
- ☐ not knowing how to eat and exercise to lose weight
- ☐ my parent or family having troubles
- ☐ my mother has a hard time saying "no" and making it stick
- ☐ my father has a hard time saying "no" and making it stick
- ☐ my mother has a hard time making me feel safe and loved
- ☐ my father has a hard time making me feel safe and loved
- ☐ my family eats a lot
- ☐ my family doesn't eat breakfast, lunch and dinner
- ☐ my family eats a lot of **HEAVY FOODS** and **JUNK FOODS**
- ☐ my family doesn't exercise much
- ☐ my family gets their fun from food not from activities
- ☐ my friends offer me **JUNK FOODS**
- ☐ other kids tease me about weight
- ☐ school is hard for me
- ☐ they serve **HEAVY FOODS** and **JUNK FOODS** at school or church
- ☐ other things _____