

**STARSS Word Search Puzzle**  
**Lynne Parker**  
**Portage la Prairie, Manitoba**

Lynne Parker, from the **STARSS** Rollout site in Portage la Prairie, Manitoba, developed the **STARSS** Word Search Puzzle. She gives each of the moms a pencil with stars on it and a puzzle. It's a great idea ... it's something else to keep hands busy instead of smoking!

Lynne also came up with songs for kids to the tune of "Twinkle, Twinkle Little Star" ... Lynne really is a **STAR!**

Twinkle, twinkle, my mom's a star  
She doesn't smoke where we are.  
Twinkle, twinkle, my mom's a star  
She doesn't smoke in my car.

Twinkle, twinkle, my mom's the best.  
No one smokes in our house, not even a guest.  
She keeps us safe both day and night.  
She's our hero, shining bright.

And for great photos from another great idea Lynne had ... a STAR-B-QUE, check out the STARSS Showcase at [www.aware.on.ca/starss/starss-showcase/star-b-que](http://www.aware.on.ca/starss/starss-showcase/star-b-que)



## STARSS WORD SEARCH

R	E	P	F	U	D	I	P	S	K	L	S	N	O	Y	N	S	C
L	T	S	S	T	R	M	W	O	U	O	A	T	J	P	L	T	R
S	T	R	A	T	E	G	I	E	S	B	O	N	R	O	V	A	A
T	U	U	I	K	L	P	R	S	T	I	S	B	R	E	E	R	V
C	Q	W	G	O	A	L	S	C	O	N	T	T	E	U	S	S	I
E	E	Q	F	G	X	L	A	U	B	V	C	I	I	C	O	S	N
T	O	H	N	N	A	R	X	B	Q	I	D	A	V	T	A	J	G
O	D	R	E	T	T	I	W	T	G	N	T	Y	G	E	U	F	S
R	A	M	K	S	I	B	W	A	A	R	E	D	U	C	E	T	X
P	O	L	I	F	O	I	R	H	N	E	R	D	L	I	H	C	E
W	E	D	U	L	N	E	D	T	S	E	P	A	C	S	E	X	B
U	V	B	M	D	T	N	R	D	N	T	R	I	G	G	E	R	S
I	A	G	O	T	O	O	D	G	R	U	D	T	E	X	E	M	U
R	D	W	E	C	P	A	J	N	E	A	W	E	Q	V	O	E	F
R	E	Q	E	P	J	W	D	I	T	I	W	G	L	K	R	M	R
D	W	S	U	Y	S	S	Z	P	T	A	M	E	I	A	O	Q	Y
I	A	S	Q	C	O	S	V	O	A	D	A	N	R	M	Y	U	L
A	M	I	J	X	A	I	R	C	P	K	G	J	B	L	E	C	Y

CHILDREN	FACEBOOK	RELAXATION
CIGARETTE	GOALS	REWARD
COPING	JOURNAL	SECONDHAND
CRAVINGS	MOM	SMOKING
DELAY	PATTERNS	STARSS
DISTRACT	POSITIVE	STRATEGIES
ESCAPE	PROTECT	STRESS
EVADE	REDUCE	SUBSTITUTE
SUPPORT	TRIGGERS	TWITTER
WINDOW	WOMEN	