



Tobacco-Free All-Star Cards

YOU'RE THE MVP OF YOUR TOBACCO-FREE FUTURE!

This creative card activity lets Raze members highlight their All-Star qualities on their very own personal trading cards. Additional cards can be used to recruit new members and spread positive tobacco-free encouragement. You're the **#TobaccoFreeAllStar** of your story!

Instructions

1. Decide on the Size of your Card

Standard trading cards are 2.5" x 3.5", but you can choose any size that works for you. Use a ruler to measure and cut the paper or index card to your desired size.

2. Design the Front of the Card

Title: At the top of the card, write your name or a nickname that represents your all-star qualities.

Photo: If you're including a photo, cut it to fit the card and glue it in the center. You can also draw a picture of yourself or an icon that represents you.

Decorations: Use markers, colored pencils, or stickers to decorate the borders and background. Make it bright and colorful to reflect your personality.

Add Your All-Star Qualities: 2-3 qualities that make you a **#TobaccoFreeAllStar**. Examples could be "**Student Athlete**" "**Health Advocate**," or "**Positive Role Model**."

3. Design the Back of the Card

Commitment: Write a short statement about your commitment to staying tobacco-free.

Fun Fact: Share a fun fact about yourself that highlights your healthy lifestyle or hobbies.

Motivational: Quotes that help inspire you to live a healthy lifestyle

4. Show off your All-Star qualities and share your card with your Crew!

You can also trade cards with others to spread the tobacco-free message and inspire more people to be a **#TobaccoFreeAllStar**

Optional: Create an "Expansion Pack" of general Raze Recruitment cards – distribute them around your school or community to encourage others to live a tobacco-free life.

Materials

- A blank index card, cardstock or plain paper
- Markers, colored pencils, or pens
- A photo of you, scissors and glue (optional)
- Ruler, stickers or other decorations (optional)

Tobacco-Free All-Star Templates

PRINT AND DESIGN OR CREATE YOUR OWN FROM SCRATCH.

