

DON'T PRINT THIS PAGE

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Jack the Silly-Yak's



activity book

PRINTING INSTRUCTIONS

1. DOUBLE SIDED ALONG SHORT EDGE
IF YOU CAN'T PRINT DOUBLE SIDED, YOU CAN PRINT NORMALLY
AND GLUE SUCCESSIVE PAGES TOGETHER.

**2. DO NOT INCLUDE THIS PAGE
WHEN PRINTING**

3. FOLD PAGES ALONG MIDDLE LINE

4. PUT PAGES IN ORDER
(PAGE NUMBER AT BOTTOM OF PAGES)

**5. TO MAKE YOUR BOOK MORE SECURE
STAPLE ALONG THE MIDDLE LINE**

6. HAVE FUN SILLY-YAK!

this activity book is a part of



with Jack the Silly-Yak and Alex

a Jack the Silly-Yak creation
presented by Chasing Lions drama adventures



share your creations with us
@jackthesillyyak with #giggleandlearnwithjackandalex



Jack the Silly-Yak's

Out & About

activity book

I am _____
and I am a
little
SILLY.

write your name here
draw yourself as Jack here

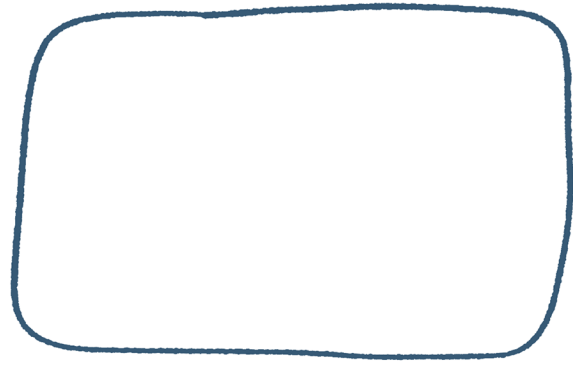
Silly-Yak Profile



My favourite colour is



colour me in with
your favourite colour



I love to _____
write it here

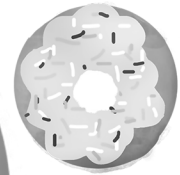
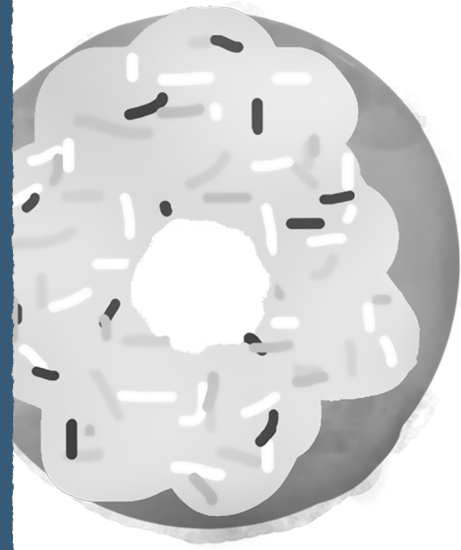
draw what you love to do

I am Gluten Free

Someone I know
is Gluten Free

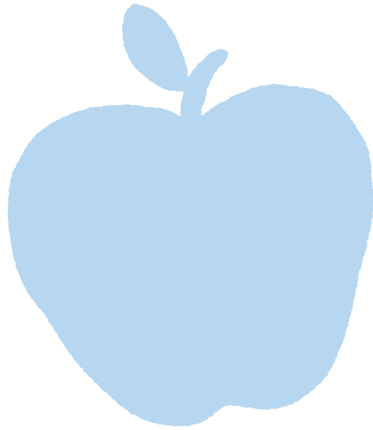
colour in which one you are

Donuts Colouring Page

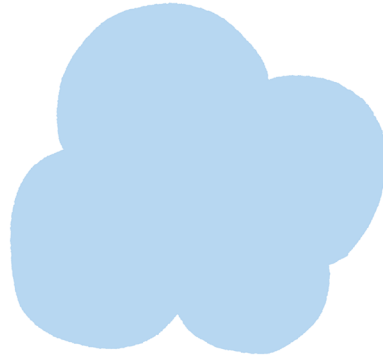


Snack Pack

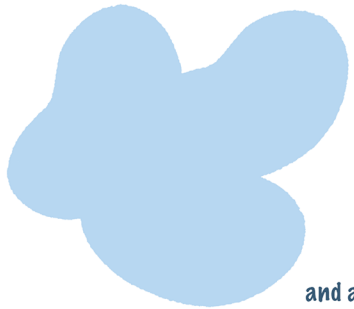
in the spots below write or draw what you'd like in your snack pack to take with you on your adventures!



What naturally GF fruit will you pick?
Jack loves a box of Sultanas



How about something salty?
Jack loves Popcorn and Pretzels



and a little sweet treat?
Jack loves jelly beans!



hey don't forget to show your Big-Yaks what you'd like!



BARLEY | RYE | OATS
WHEAT | GLUTEN
SILLY | YAK



The B.R.O.W Find a Word

A	B	A	R	L	E	Y	H
W	W	K	O	Y	A	K	G
R	O	H	G	A	T	Y	L
H	T	L	E	N	T	S	U
R	Y	E	S	A	K	S	T
B	L	U	H	O	T	I	E
S	I	L	L	Y	E	R	N

using different colours circle the above words when you find them!



Hey Silly-Yak!
Grab your toys or some friends
and make your own Play Cafe
using the below steps!

Jacks Five Simple Before Steps

LOOK at the menu and pick your GF favourites

CALL the cafe and see what their Coeliac Friendly options are



ASK the wait staff when you arrive for their GF menu and what their options are



TELL your waiter that you are a Coeliac and need your food to be as Gluten Free as possible
*don't forget your "I'm a Silly-Yak" Card

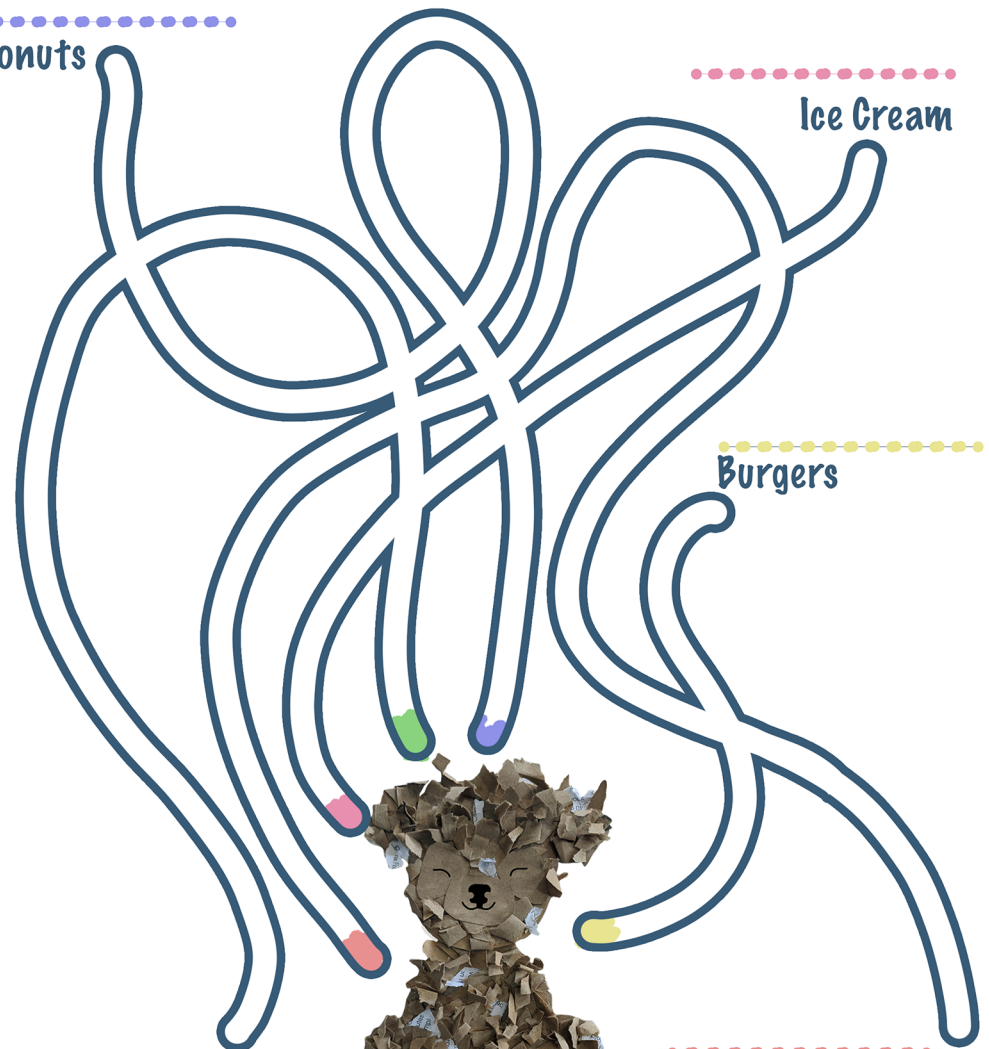
CHECK that your meal is gluten free when it arrives at your table then enjoy!!!

Favourite Places Maze

Adventure out to find some fun places with yummy GF foods around your home!
Once you have found a place write the name here to remember for next time!

Donuts

Ice Cream



Burgers

Lollies

Pizza

Help Jack get to all of your favourite Gluten Free places!