



Kindergarten-6th Grade

Substance Abuse Prevention Program

Teacher's Guides

Sample Lesson

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Lesson 3

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At the conclusion of this lesson, your kindergartners should be able to communicate that smoking harms the lungs and prevents anyone from becoming a successful athlete.

Materials Needed: Nurse Tina stick puppet
Copy of Activity Sheet C for every child
Crayons

Activity 1 Say:

Today we have another visitor, Nurse Tina.

Nurse Tina:

Hi, boys and girls. I've come to tell you that smoking isn't healthy and can hurt your body. I always tell my friends to "Be smart and don't start!" We know that all living things need air to breathe. If people could not breathe, they could not live. Cigarettes make the insides of our bodies dirty, and this makes it hard for us to breathe.



Activity 2 Have five children form a circle to represent the body's lungs. Place three children inside the circle (lungs) in such a way that anyone entering the circle could not go through the center without going "through" the three children. Tell the group that the three children represent the dirt that builds up in the lungs from cigarette smoking.

Have a child enter the circle and demonstrate the difficulty of going through the center and exiting at the opposite point.

Explain to the group that this demonstration shows how difficult it is for air to enter and leave the lungs when there is dirt in the lungs.

Activity 3 Remove the children from the center of the circle. Now have a child representing air enter the circle and go through the center and exit at the opposite point.

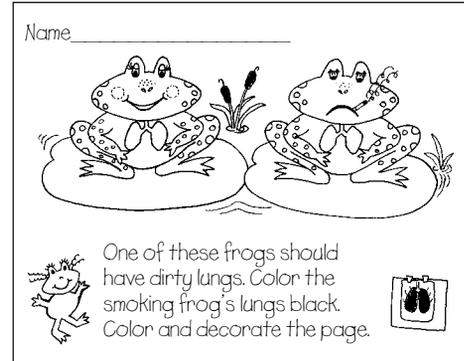
Explain that this shows how much easier it is for air to enter and leave the lungs when there is no dirt from smoking cigarettes in the lungs.

Tell the group:

If you want to be athletes or you just want to stay healthy, you need to know that sports, good health, and cigarettes don't mix. Athletes and other healthy people need lots of fresh air, and cigarettes make breathing difficult. Let's all take a deep breath and feel the fresh air in our lungs. Now, aren't we glad that our lungs are in great shape? Let's keep them that way.

Activity 4 Distribute a copy of Activity Sheet C to every child. Read the following directions aloud:

One of these frogs should have dirty lungs. Color the smoking frog's lungs black. Color and decorate the page.



Activity 5 When the children have completed the activity sheet, have them tell Nurse Tina some of the reasons they would never start smoking. If students share that some of their relatives or other people they know smoke, remind them that smoking isn't healthy, but that adults know this and are able to make their own decisions. Adults know the dangers of smoking and sometimes they make decisions that aren't always best for their bodies.

