

HeartSmart Teachable Moments

# The Air We Breathe

Grades 2 – 3



# The Air We Breathe - Smoke-Free Scenarios

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## Summary

Students will:

- Describe how tobacco smoke makes them feel
- Describe the health effects of smoking
- Role-play strategies to avoid tobacco smoke

## Objective

- Students will learn that tobacco smoke is unsafe and unpleasant and will learn strategies to avoid it
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## Key Words

smoke, smoke-free, tobacco, cigarette, unhealthy, unsafe, danger, poisonous

## Potential Materials

- Colouring or drawing materials

## Main Steps

Choose activities from the following steps to customize your lesson to the needs of your class.

### SMOKE-FREE SCENARIOS

#### What Do You Know?

Write out the key words on to a piece of chart paper or a white board with the word “smoke” in the centre. Review the new vocabulary and have students who know the words help explain them to others. Use simple word games (identifying, sounding out, underlining, etc.) with unfamiliar words.

Ask students to brainstorm words that describe how they feel when they smell smoke, and write the words or draw representative symbols on the board or chart paper. If necessary, prompt students with questions such as the following:

- What words can you use to describe how tobacco smoke smells? *Smoky, smelly, stinky, etc.*
- What words can you use to describe how tobacco smoke feels? *Hot, light, airy, itchy, stinging, prickling, greasy, etc.*
- What words can you use to describe how tobacco smoke looks? *White, grey, wispy, cloudy, dingy, dirty, etc.*
- What words would you use to describe how you feel when you smell tobacco smoke? *Sick, bad, dizzy, etc.*

### SMOKE-FREE STRATEGIES

Point out that in many areas of Canada smoking is not permitted in most public places.

With the class, brainstorm strategies that students could use to avoid tobacco smoke. Point out that they must be courteous, even when people are smoking. Probe for a variety of suggestions, such as:

- Asking the smoker to stop
- Asking the smoker to smoke outside or in another room
- Leaving the room
- Opening a window
- Making the home or certain rooms or the car a no-smoking area

## The Air We Breathe - Smoke-Free Strategies

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Discuss the content in the activity “*Smoke-Free Scenes*” and ask students to draw a picture of people with speech or thought bubbles showing how they can be active in avoiding tobacco smoke:

- Demonstrate for the class some examples of strategies to avoid tobacco smoke.
- Point out that most students can choose from various strategies to avoid tobacco smoke.
- Explain that strategies to avoid tobacco smoke help the heart and the body stay healthy, and they may also help the smoker to stop smoking.

### Review and Summary

Review the key messages of the lesson:

- Living smoke-free helps keep a healthy body and healthy heart.
- Students can choose from a variety of strategies to avoid tobacco smoke.

### Home Connections

- Invite students to take their activity sheet home of smoke-free scenes to their parents or guardians and talk about keeping areas they play and their community smoke-free.
- Have students and their families draw their community or neighbourhood and draw a heart on public places they go where smoking is not permitted (e.g., school yards, recreation centres, libraries, shopping centres, etc.).

### Extension and Integration

Have students role-play how they could avoid smoke in the following situations:

- Your brother’s older friends smoke after school and offer you a cigarette. They might think you’re a baby if you don’t try one.
- Your house is smoke-free. When your sister’s friends visit, they say if you don’t let them smoke, they won’t bother coming over.
- Your friend’s parents invite you to stay for dinner and they are smokers.

Have students in groups write a song, poem or story describing tobacco smoke and how they feel when they smell it.

- Have the groups read or perform their piece for the class.
- Invite students to illustrate their piece and post it on the class bulletin board.

### Assessment

- Monitor student discussion and writing to ensure they can state their feelings about tobacco smoke and that they can describe the results and the health risks of tobacco.
- Review the student activity sheets to ensure are aware of strategies to avoid tobacco smoke.

# Smoke-Free Scenarios



Smoking is not permitted in many public places. You can avoid tobacco smoke by using many strategies:



Draw a cartoon below of you using one or two of these strategies.:

