

HeartSmart Teachable Moments

# The Air We Breathe

Grades K – 1



# The Air We Breathe - Smoky Feelings

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## Summary

Students will:

- Describe how tobacco smoke makes them feel
- Make a “Smoke-Free Home” sign

## Key Words

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

## Objective

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

## Potential Materials

- Colouring or drawing materials
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## Main Steps

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

## SMOKY FEELINGS

### 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:

- How does it make your eyes feel? *Hot, itchy, stinging, prickling, etc.*
- How does it smell? *Smoky, smelly, stinky, etc.*
- What words would you use to describe how you feel when you smell tobacco smoke? *Sick, bad, dizzy, etc.*
- Have students act out how they feel when they smell tobacco smoke. Encourage them to be very expressive.

With the class, use the words to dictate a poem about how smoke smells. Have students individually or in groups use the words to dictate a poem or make a picture saying how they feel when they smell smoke.

Distribute the activity sheet “*Smelly Smokes*.”

- Ask the students to think about what they just described and draw how tobacco smoke is harmful to us and how it makes them feel.

Explain that:

- Smoke from cigarettes and other tobacco products are smelly and poisonous and makes the heart and body sick.
- Some people smoke even when they don’t want to, because it’s very hard to stop.
- People who smoke will not get sick immediately, but they can get sick when they get older.
- Young people can still ask smokers not to smoke around them.
- While students sometimes see people they like smoking, they can like what is good about the person and still dislike the smoking.

## The Air We Breathe - Smoke-Free Spaces

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### SMOKE-FREE SPACES

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. Probe for a variety of suggestions, such as:

- Asking the smoker to stop
- Asking the smoker to smoke outside or in another room
- Asking the smoker not to smoke in a car with children present
- Leaving the room
- Opening a window
- Making the home or certain room or the car a no-smoking area

Distribute the activity sheet “*Smoke-Free Spaces*.”

- Invite the students to colour the sign and create their own sign or designations for smoke-free areas.

### 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

- Give students the option to have them take the activity sheet and their smoke-free sign home to their parents or guardians and talk about keeping areas they play and their community smoke-free.
- Have students walk around their neighbourhood with their families and point out places they like to go to where smoking is not permitted (e.g., school yards, recreation centres, libraries, shopping centres, etc.).

### Extension and Integration

- Have students make more “Smoke-Free Zone” signs and post them in various locations around the school.

### Assessment

- Monitor student discussions and add sorting to ensure they can recognize tobacco smoke as unsafe.

# Smelly Smokes



Tobacco smoke is harmful to our health in many ways.  
It makes our hearts beat too fast and damages our bodies in many ways.  
Tobacco is also smelly and makes it hard to breathe.

What drawings can you create to show how  
commercial tobacco smoke is harmful to us?



# Smoke-Free Spaces



Colour and use the sign below to let people know in which areas they shouldn't smoke.



Invent your own smoke-free sign to use!

