

Activities for Grades 4-6



“Smoking makes you look bad!”

Supplies needed: Paper, markers or crayons

Lending library items: Tar jar, Mr. Gross Mouth, Mr. Dip Lip

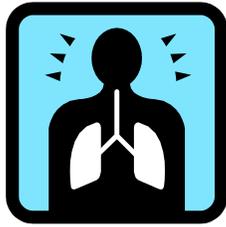
Purpose: to demonstrate the effects of smoking on appearance.

Directions:

1. Ask students if cigarettes affect a person’s looks?
2. Write down student responses on board.
3. Use tar jar to show how tar discolors teeth, use Mr. Gross Mouth to illustrate effects inside the mouth, use Mr. Dip Lip to show what happens with chewing tobacco.

Discussion points:

- Cigarettes cause yellow "nicotine stains" on the teeth, lips, and fingers.
- They cause wrinkles around the mouth and on the lips, from all the sucking on the cigarettes. Wrinkles aren't limited to these places. Smoking causes them all over your body.
- If this isn't bad enough, smoking makes you smell bad.
- Use what you have just learned to draw a picture of what you might look like as a smoker twenty years from now.
- Ask students if they want to look like their pictures? How do they avoid looking like this?



“Make a tar jar”

Supplies needed: glass measuring cup, caulk-style tube of tar from home improvement center OR a jar of blackstrap molasses from supermarket, paper plates and cotton swabs.

Optional lending library items: Smoked Lung Model, Mr. Gross Mouth, Mr. Dip Lip, Cough Up a Lung Model

Purpose: to demonstrate the effects of tar on the lungs

Directions:

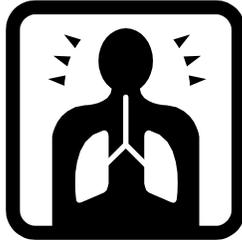
1. Measure one cup of tar or molasses and pour into a large clear measuring cup
2. Using the cotton swab, smear some of the tar onto the paper plate

Discussion points:

- What is the consistency of the tar?
- How would it feel to have tar coating your lungs?
- What effect does it have on your fingertip or on the plate?
- How do you think tar could affect teeth, mouth, etc?

Presentation points:

1. Tar is one of the 60+ known carcinogens in tobacco products. Carcinogens are things that cause cancer.
2. The average smoker brings about one cup of tar into their lungs every year. Because of its sticky consistency and the reduced ability of the smokers' lungs to expel impurities, the tar can remain in the lungs for a long time.
3. Tar paralyzes the hair-like structures called 'cilia' inside the bronchial tubes. Cilia protect the lungs by sweeping out mucus, impurities and germs.
4. Ask class to talk about how lungs are affected if cilia are not working properly.



“Straw game”

Supplies needed: box small cocktail straws, one for every student

Lending library items: Smoked Lung Model, Cough Up a Lung Model, Lou Wheeze Smoker’s Lungs Comparison Model

Purpose: to demonstrate what emphysema feels like

Directions:

1. Start by asking if anyone has asthma? If yes, they can march lightly in place.
2. Hand out straws.
3. Have students stand up, push in chairs.
4. At your command, students will jog in place for one minute.
5. Have students jog in place for one minute, offer encouragement.
6. When time is up, have students place the straw in their mouth, plug their nose and try to breathe.
7. See how long students can make it before they have to remove the straw.

Discussion points:

- How did it feel to breathe through the straw?
- People who have lung diseases like emphysema, from smoking cigarettes, feel like this all the time.
- Imagine going through every single day, not being able to catch your breath.
- Ask: How would this impact your life?