

NO SMOKING

SESSION A



Cleanliness is:

- * Washing your hands after going to the toilet and before you eat or touch food.
- * Having a shower, bath or a wash so that your body is clean.
- * Ensuring that you do not pollute the environment.
- * Putting healthy substances into your body.
- * Making sure that the language you use is clean and appropriate.

LEARNING OBJECTIVES:

To understand that certain substances damage the body.

Suggested Resources:

Anti-Smoking Video: https://youtu.be/_poJdO0Y5IM
[available 03/15]

Script:

“Everything we put into the body affects the way the body works. The things we eat and drink get into the blood via the stomach and intestines and these substances then travel through the body in our blood stream. Anything that we breathe in will first go to our lungs where it will then be transferred to the blood. All of these substances get into our brain and the central nervous system via our blood.”

Ask the class to write down the various substances healthy or otherwise that we take into our bodies and how this happens, e.g. air, food, water, breathing, eating, drinking, heart, lungs, blood, etc..

List the ideas on the board or let the class use small whiteboards to record their ideas.

Ask the class to sort their substances into a list titled healthy/unhealthy. Make a note of anyone who has included smoke or smoking in their list and when sufficient time has passed, draw the children's attention back to the front of the class. Select any student who included smoking on their list and ask them to share with the class why they included it. Tell students that when people smoke, the poisons in the smoke cause damage to the lungs over time. Watch the video here https://youtu.be/_poJdO0Y5IM [available 03/15] which shows a simple experiment with cotton wool and a bottle [representing the lungs] which demonstrates the unclean nature of smoking.

Suggested Activities:

Choose one of these activities or run as a carousel:

- * Children research effects of smoking on the human body
- * Create an A5 anti- smoking poster
- * Persuasive writing task: Say no to cigarettes!

