

Weller Health Education Center

Smokin' Joe's Gotta Go
Addiction Prevention
Grades PreK-2nd

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Program Objectives

Program Description:

Smokin' Joe and his puppet friends explain the negative effects of tobacco on the body. Activity shows how smoking damages the lungs and the air that we breathe.

Standards:

PA 1.6.3.A; 1.6.3.D; 10.1.3.BD

NJ 2.2.2.A.4; 2.3.2.B.2; 2.3.2.B.3

Objectives:

Upon completion of this program, the student will:

1. Name 3 parts of the body affected by tobacco;
2. Name 2 damaging chemical substances in tobacco;
3. Explain 2 dangerous aspects of second hand smoke; and
4. List 2 ways tobacco can enter the body.

Terms:

Healthy Habits: Things we do every day to help our body stay healthy.

Tobacco: A plant that can be smoked in cigarettes, cigars or pipes and that harms the body.

Cigarette: Something people smoke that contains tobacco and damages the body.

Heart: An organ in our chest that pumps blood through the body.

Lungs: Organs in our chest that are used for breathing.

Teeth: Organs in our mouth that help us to chew our food.

Second Hand Smoke: The tobacco smoke that non-smokers breathe in when near smokers.



Tobacco Tales

Objective:

Have students identify the dangers and cons of using tobacco products.

Directions:

1. Write words or phrases describing the dangers of tobacco using each letter of the word tobacco to begin their thought.
2. For students who are just learning, these thoughts can be put up on the board.

Name: _____ Date: _____

T _____

O _____

B _____

A _____

C _____

C _____

O _____



Healthy Habit Round-up

Objective:

Students will use counting skills to review the healthy habits and different forms of tobacco products.

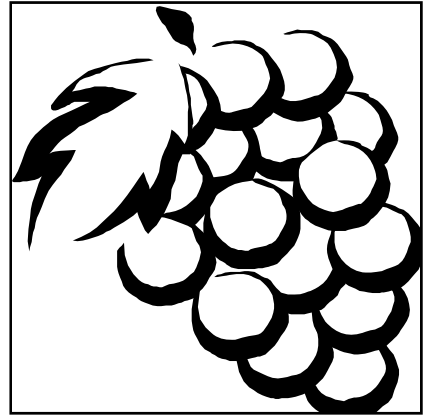
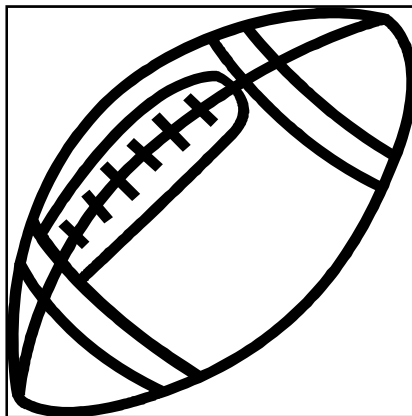
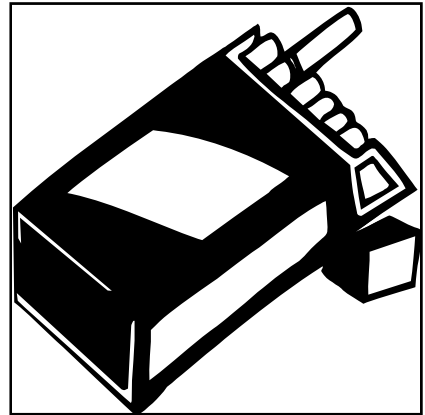
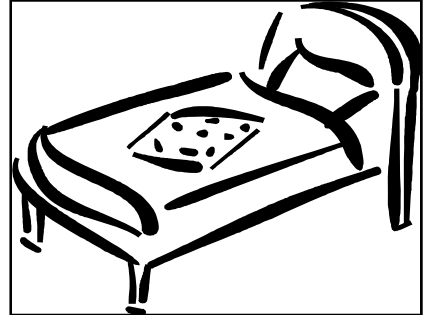
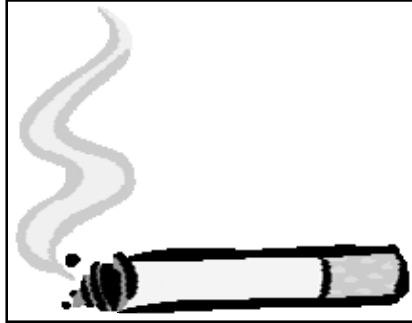
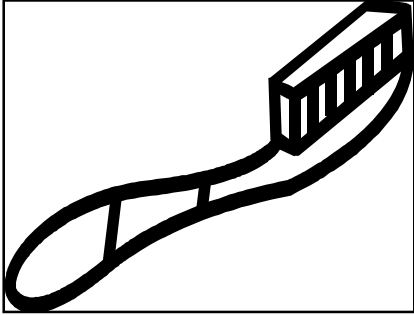
Directions:

1. Identify the pictures on the pages that represent a health habit.
2. Color those pictures in.
3. Identify the pictures on the page that represent unhealthy habits.
4. Put an X over those pictures.
5. When you have completed, count the number of pictures that show an unhealthy habit and put the number in the blank at the bottom of the page.



Healthy Habit Round-up

Name: _____ Date: _____



There are _____ unhealthy pictures.



Tobacco Trails Race

Background:

When a person smokes a cigarette they are inhaling tar into their lungs. The lungs have tiny sacs called alveoli. These sacs allow the breathing process to work. Some of the tar that makes its way into the lungs becomes deposited in these tiny air sacs. Two things can occur. First, the sacs can become filled up with tar and cease to function. Second, the air sacs can fill up with tar and burst. Either way, it reduces the ability of your lungs to do their job. When this occurs, you experience a shortness of breath. When it becomes severe it is called emphysema.

Materials Needed:

- 1 drinking straw per student

Activity:

Divide the class into two teams. Have all students begin jogging in place at their own pace. Should you decide to be more creative students can dance, do jumping jacks or any other continuous physical activity. Continue for 5 minutes. All students should be able to complete this activity. Stop briefly for discussion asking students, "Was this hard to do?" "Did you feel that you could breathe?" This represents physical activity for those with healthy lungs.

Now hand out 1 drinking straw per student. Instruct students to pinch their nose shut, close their lips around the straw and breathe only through the straw. Ask the students to begin running in place, jumping or dancing once again while breathing through the straw. This will be much harder for the students. Instruct students that when they feel they would need to take a deep breath or would be tempted to cheat by opening their mouth they should sit down. At this point the student is considered out. Continue until only 1 student remains.

Discussion Points:

- In the beginning, was it hard to run?
- As we continued the game, did it get harder? Why?
- What can this activity teach us about smoking?
- If it felt like this all the time when you tried to exercise, would you still exercise?
- Which of your favorite activities would you no longer be able to do?
- Remind the students that smoking brings tar into the lungs that block the body's ability to absorb oxygen. Smoking also damages blood vessels and makes the heart's job more difficult. Together, any physical activity becomes more difficult for a smoker than a non-smoker.



Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Smokin Joe’s Gotta Go” that was presented by the Weller Health Education Center. This program talked about tobacco and how it affects the parts of the body. Through the use of puppets, children learned how smoking can negatively impact our heart, lungs and teeth. They learned about the effects of secondhand smoke and how that can affect those around them who aren’t smoking. The Weller Health Education Center emphasizes the physical impact that tobacco products have on our body and how we can prevent the damage by making the personal choice early not to smoke.

The health risks of tobacco are well known, but the resource KIDSHEALTH, states that the rates of smoking and the use of chewing tobacco continue to grow. Each year, smoking causes cancer, emphysema, and heart disease, among other diseases, and can shorten your life by ten years or more. Statistics show that 90% of all adult smokers started when they were young and that more than 4,400 kids become regular smokers each day. Data concludes that there is no safe level of exposure to secondhand smoke and that even brief exposures can be harmful. Childhood exposure to secondhand smoke can cause adverse respiratory problems now, such as increased colds, coughing, sore throats, sniffing, and sneezing and later in life, such as asthma, decline in lung function, heart disease and lung cancer. As a parent, if you smoke, it is best in the interest of your child’s health to smoke outdoors away from them. The easiest way to reduce smoking and negative health effects is to prevent it from starting. As guardians, it is imperative to talk to your children about the negative health implications associated with tobacco. Talking to your kids is an easy and effective strategy that will work to keep kids safe and healthy.

We invite you to help create a smoke-free future that starts by educating your children. Below you will find some suggestions to guide you in taking steps to improve your family’s health. These activities can help to continue the message started today in our program. For additional resources, you are welcome to utilize the parent, teacher and student links found on our website at www.wellercenter.org.

Sample Suggestions:

1. Explain to your kids your rules and expectations about smoking.
2. Be an effective role model. If you smoke- quit.
 - a. Local cessation resources are available at free and reduced charges. Start researching at www.tobaccofreene.com
3. Explain the reasons that you are quitting to your children so they understand that you are making a healthier choice.

Yours in good health,
Weller Health Education Center