



# Me and My Bear Resource



This leaders resource will provide you with a lesson plan, PowerPoint explanation and answers to frequently asked questions which will enable you to deliver a lesson about smoking and the effects it has on the body. The teaching pack will obtain a Cross curricular theme incorporating Numeracy, Literacy, Art and PSHE.

## Lesson Plan Jenny and the Bear

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| <b><u>Lesson Objective:</u></b><br>To develop understanding of smoking and its harmful effects on the body. | <b><u>Lesson Outcome:</u></b><br>All pupils will develop their understanding of smoking.<br><br>Most pupils will develop understanding of smoking and be able to identify the effects it has on our health.<br><br>Some pupils will be able to identify specific parts of the body that are affected by smoking and will have a strong understanding about the effects of smoking | <b><u>Assessment:</u></b><br>Pupils will have a completed activity booklet.<br><br>Understanding will be assessed through thumbs up or thumbs down activity.<br><br>Pupils evaluate what they have worked well on and what could have been improved within their work. |
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| <b><u>Personalised Learning, differentiation and inclusion.</u></b><br>This teaching pack is accessible to children of all abilities at Key Stage 1. Multiple choice worksheets accommodate pupils with special educational needs. Pupils of middle ability have a range of activities including a maze and word search. Gifted and talented pupils have activities that encourage them to stand at the whiteboard and complete tasks. The pack also includes an extension activity to accommodate pupils that progress further than others. | <b><u>Teaching Approaches, strategies and organisation.</u></b><br>Starter: Storytime - Jenny and the Bear<br>Main: Whole class games and completion of activity booklet.<br>Plenary: Consolidation of things learnt and evaluation of the lesson |
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| <b><u>Resources</u></b> <ul style="list-style-type: none"> <li>• Powerpoint</li> <li>• Activity Booklet</li> <li>• Teachers Resource Booklet</li> <li>• Jenny &amp; the Bear Story Book</li> </ul> | <b><u>Health &amp; Safety</u></b><br>Ensure all pupils stay in their seats unless instructed to move around the classroom | <b><u>PSHCE</u></b><br>This teaching pack addresses health education within the National Curriculum as it develops pupils understanding of smoking and the effects it has on our bodies |
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| <h2 style="text-align: center;">Lesson Plan</h2> <h3 style="text-align: center;">Jenny and the Bear</h3> |   |   |   |
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| Time   | Learner Activity  | Teacher Activity  | Assessment Opportunities  |
| Starter  | Watching PowerPoint to introduce them to the lesson.  | Reading through PowerPoint Presentation slides.   |   |
| Main   | <p>Listening to Jenny and the Bear Storybook.</p> <p>Completing activities within activity booklets.</p> <p>Participating in class activities such as counting the cigarettes and drawing the correct organs to the smokers body.</p> | <p>Reading Jenny and the Bear story book.</p> <p>Directing pupils to complete activity booklets using the PowerPoint presentation to explain how it should be done.</p> <p>Conducting class activities such as counting cigarettes and drawing the correct organs to the smokers body. (Active Learning Strategies)</p> |   |
| Plenary  | Evaluating what they have learned and reflecting on what could have done better.  | Explaining to pupils how to complete their evaluations. Question and answer session to consolidate learning. Slide 20 have pupils demonstrate understanding through thumbs up or thumbs down approach.  | <p>Have pupils developed their understanding of smoking and the effects it has on our body.</p> <p>Pupils will demonstrate their level of understanding through their work booklets and class activities.</p> |

| Slide Number | Slide Description   |
|--------------|---|
| 1            | The harmful effects of smoking.   |
| 2            | What are we going to learn today? Explain to pupils what the lesson will contain.                             |
| 3            | Storytime: Jenny and the Bear: Read storybook to the pupils.  |
| 4            | What did you learn from the story? Allow pupils to explain what they have learnt from Jenny and the Bear.     |
| 5 to 9       | Smoking fact: Read facts to pupils allowing them to ask any questions they may have.                          |
| 10           | Spot the difference: Encourage pupils to come up to the board and circle the differences.                     |
| 11           | Fact sheet: Explain to pupils how to complete their fact sheet within their activity booklets.                |
| 12           | The Maze: Explain the worksheet to pupils and allow them to find the right path in their activity booklets.   |
| 13           | Colouring in: Pupils colour the lungs and draw the teeth onto their worksheet in their activity booklets.     |
| 14           | Right or Wrong: Class activity using thumbs up or down to show if they think the statement is right or wrong. |
| 15           | The Smokers Body: Pupils come up to the whiteboard and draw a line from the organs to the body.               |
| 16           | Facts Worksheet: Explain to pupils how to draw a line from the question to the correct answer.                |
| 17           | Wordsearch: Explain how to find words in the grid.  |
| 18           | How Many? Class activity: Count aloud how many cigarettes there are.  |
| 19           | Evaluation.   |
| 20           | Evaluation: Thumbs up and thumbs down to demonstrate understanding.   |
| 21           | Bears final thought.  |
| 22           | Homework: Explain homework to pupils.   |
| 23           | Thanks for all your help.   |

# Frequently Asked Questions

## **Why do smokers lungs go black?**

The lungs in the body are damaged because of the chemicals in cigarettes.

## **Can black lungs get better?**

Black lungs will not get better but by quitting smoking they wont get any worse.

## **Why do smokers teeth go yellow?**

The chemicals in cigarettes harm the teeth and make them go yellow.

## **Why are people allowed to smoke if it harms them?**

Tobacco is the only product which can be purchased legally and if used as directed causes harm. There are no safe levels of use. Unlike alcohol which has daily/ weekly use.

## **Why do people find it difficult to quit smoking?**

Nicotine is the addictive substance in tobacco which makes it a hard habit to give up.

## **If my family smoke can it harm me?**

In the UK, about 42% of children are exposed to second-hand smoke in the home

Second-hand smoke can cause asthma symptoms in children

Children who live with one parent who smokes are nearly 50% more likely to suffer with glue ear.

## **Can my pet get harmed if they breathe in cigarette smoke?**

Yes pets can be harmed with cigarette smoke

# Teachers Evaluation

Did you find the teaching pack useful?

Did the pack include all of the resources needed to deliver an effective lesson on smoking?

Are there any resources you think would benefit the teaching pack?

Could the teaching pack be improved in any way?

Did the pupils enjoy the lesson?

Did the lesson improve pupils knowledge on smoking?

Did you receive any feedback from parents?