



The harmful effects of smoking



Me & My Bear

What are we going to learn today?

- This lesson is going to be about smoking and how it can harm our bodies.
- We are going to listen to a story and then complete a booklet about smoking.

STORY TIME

Me & My Bear

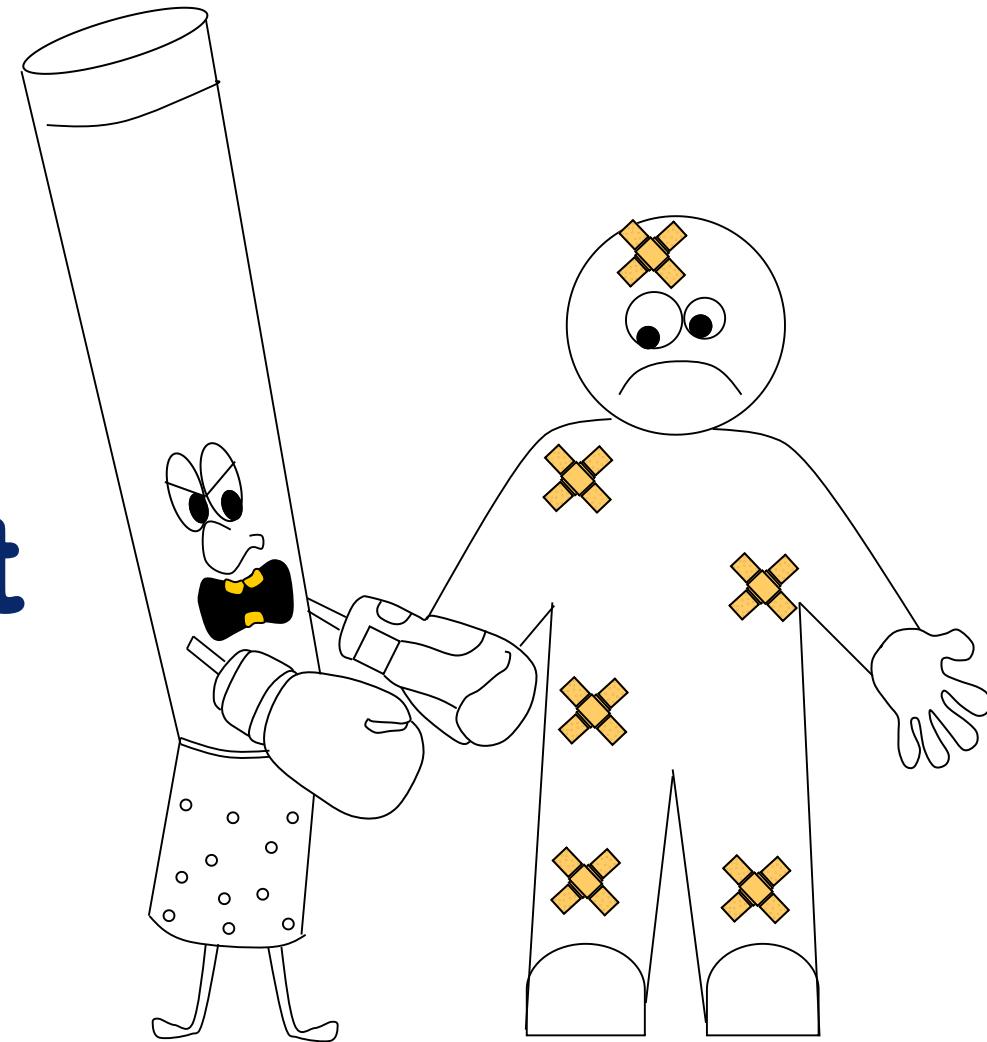


What did you learn from the story?

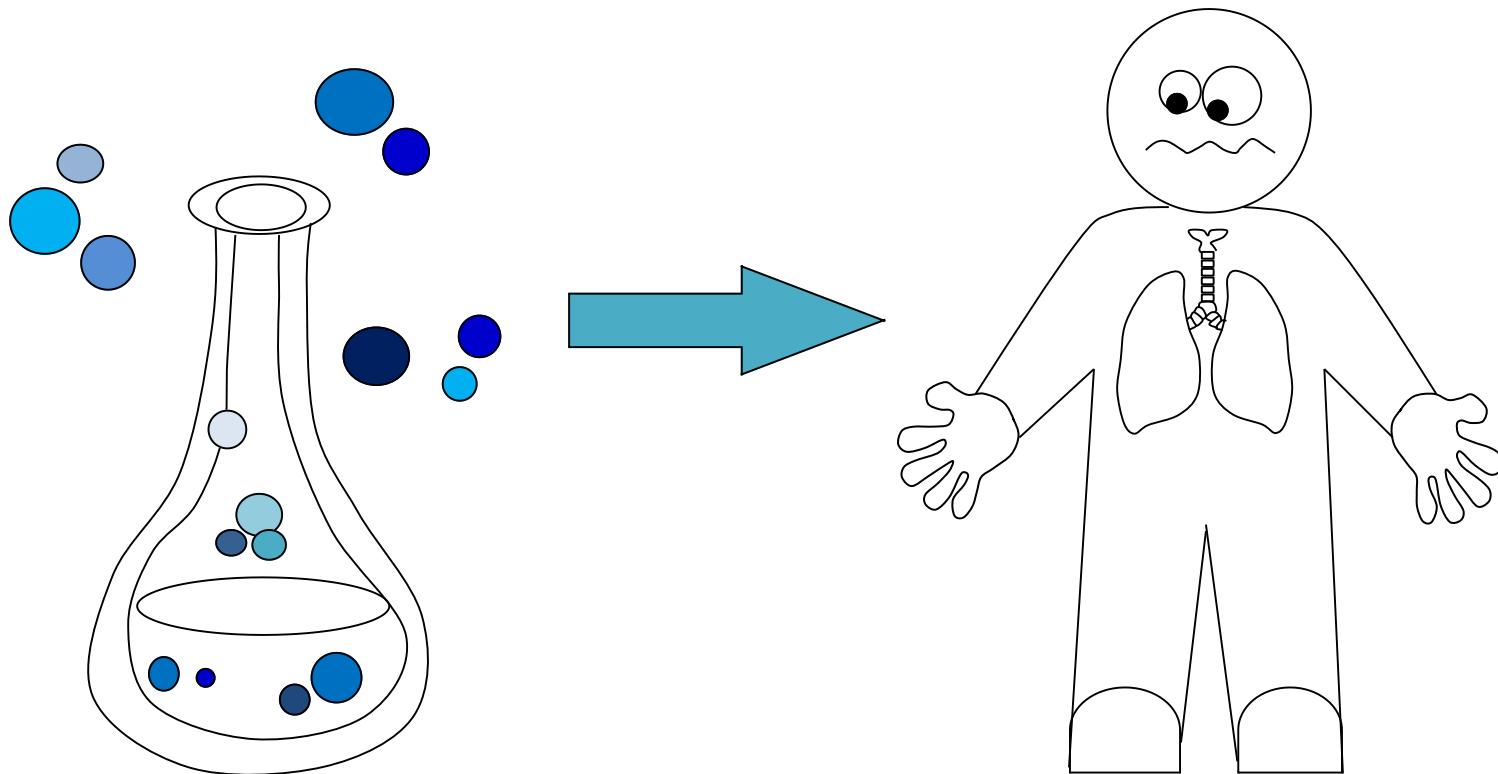


SMOKING FACTS

**Smoking is
a habit that
harms our
bodies.**



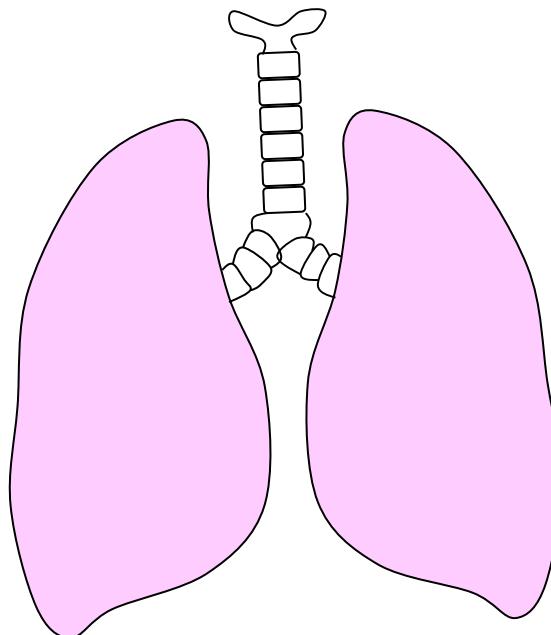
SMOKING FACTS



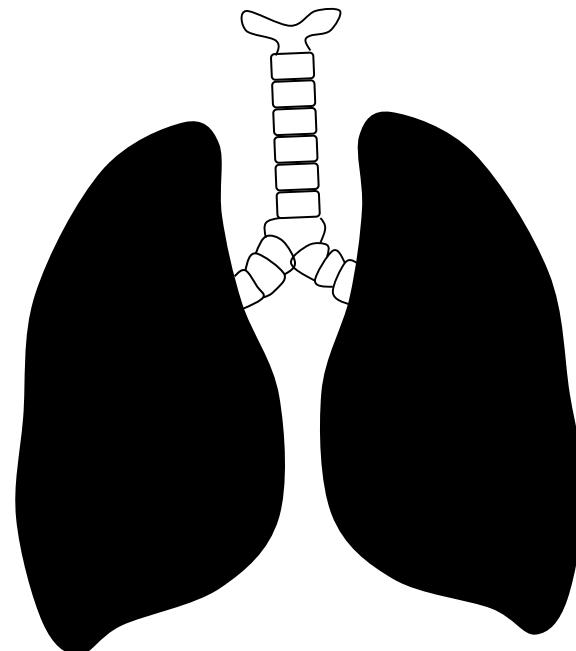
When you smoke, chemicals go into your body and harm you.

SMOKING FACTS

Our lungs are a healthy pink colour
but smokers lungs are black.

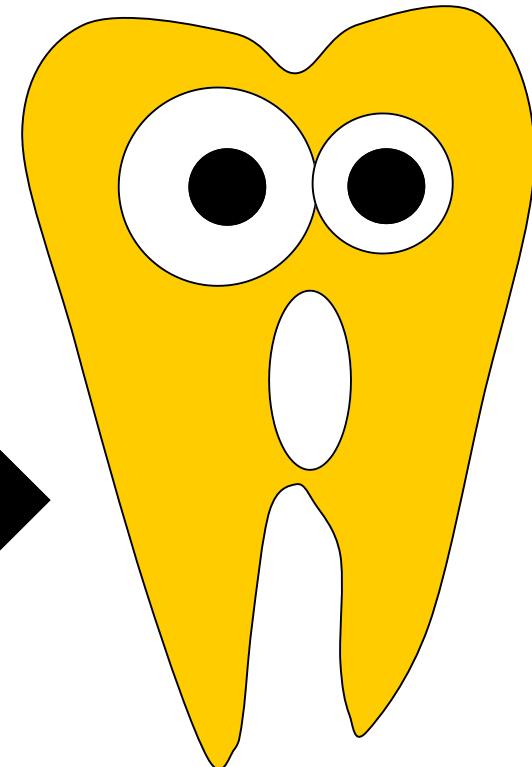
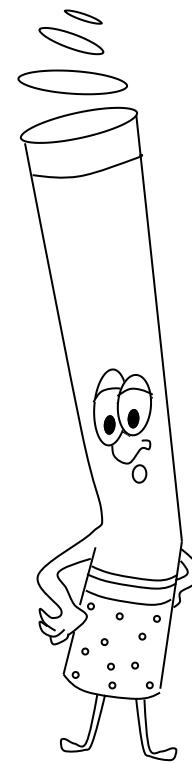
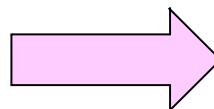
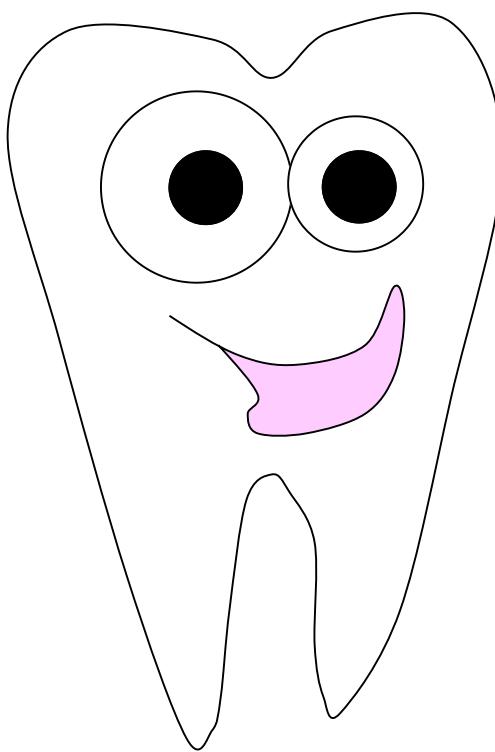


Non-smoker



Smoker

SMOKING FACTS

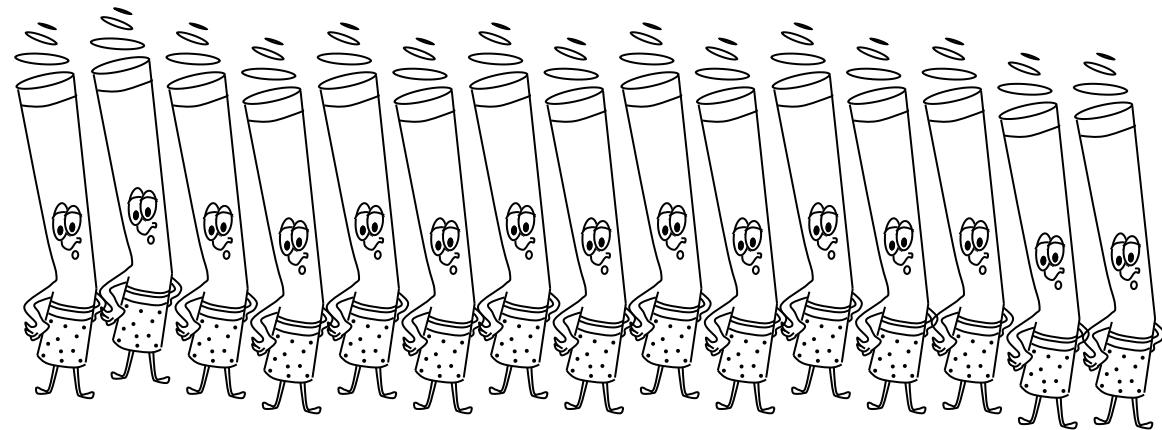


**Smoking makes your healthy
white teeth go yellow.**

SMOKING FACTS

Nicotine

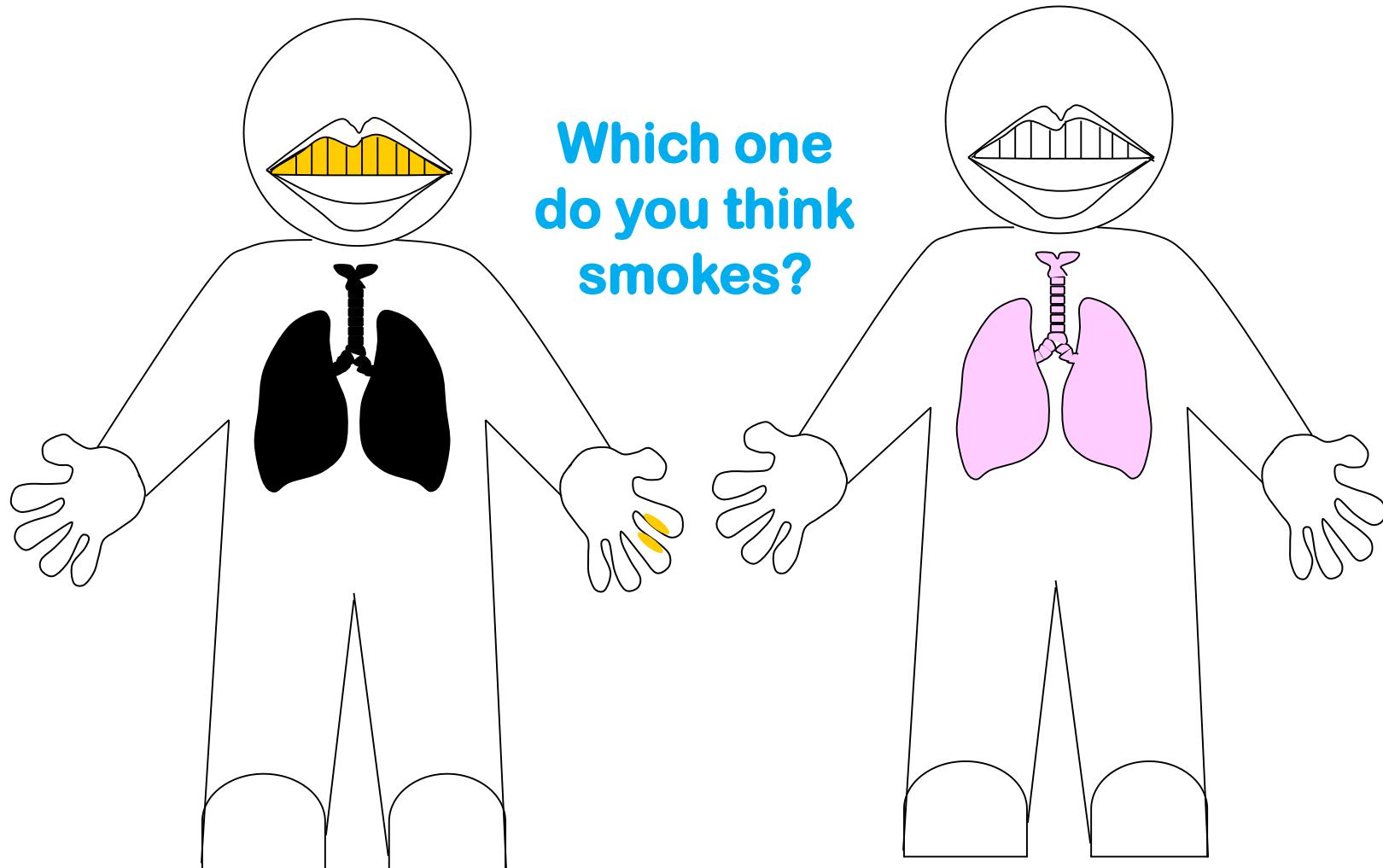
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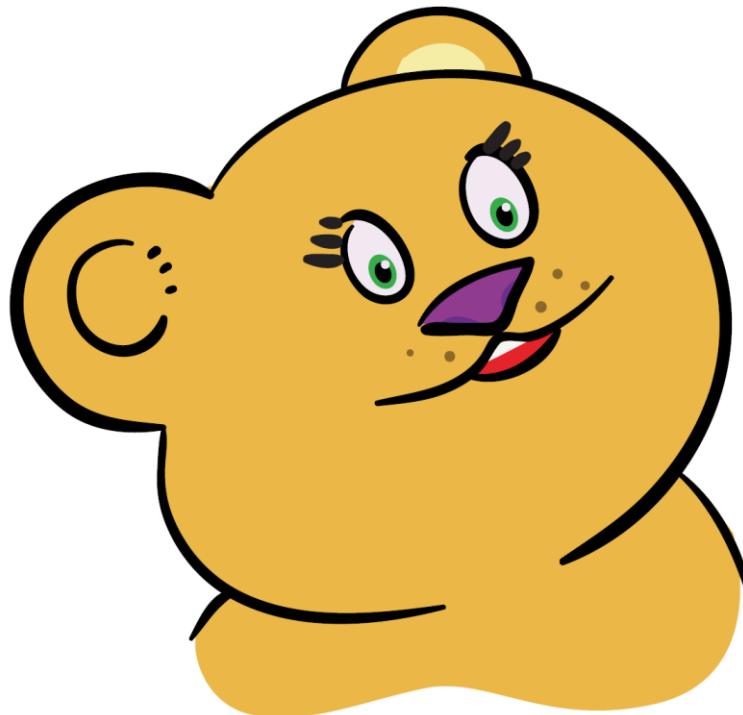


Cigarettes contain Nicotine which is addictive. This means you want more and more cigarettes.

Spot the difference

Draw a circle on the board around the differences between the healthy non-smoker and the smoker.

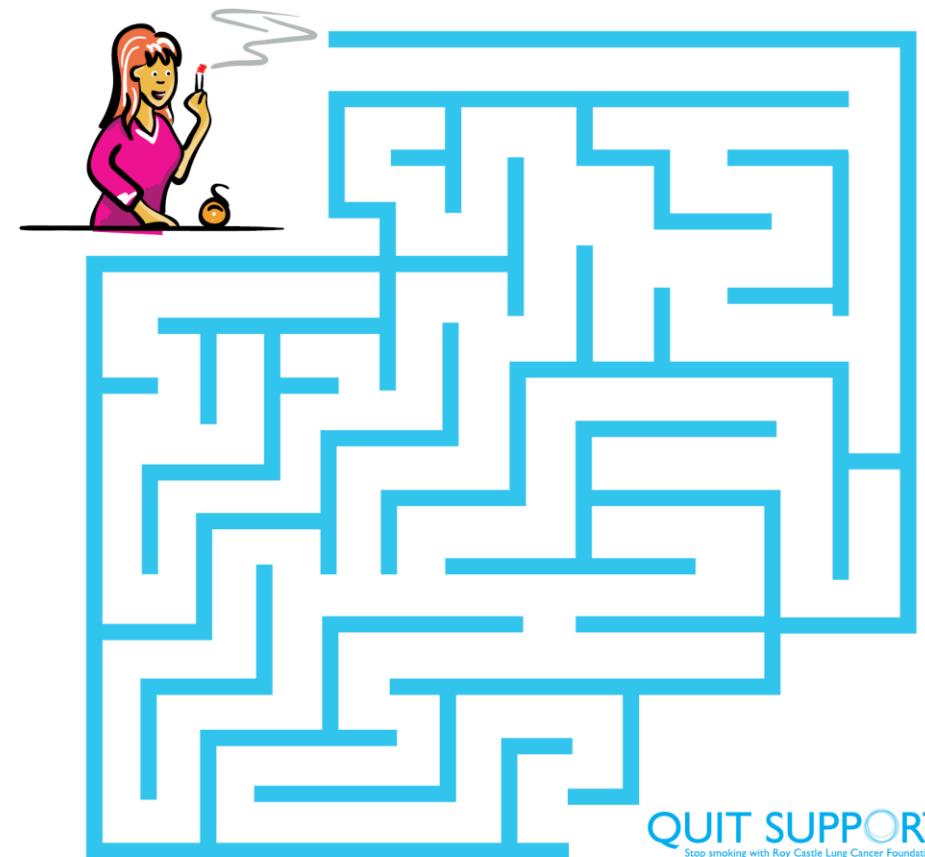




Let's have
a go at
answering
our facts
worksheet!

In our story Me and My Bear, Amelia's mum needs help to stop smoking. A place called Quit Support can help her.

Can you find the right path for Amelia's mum to get help?

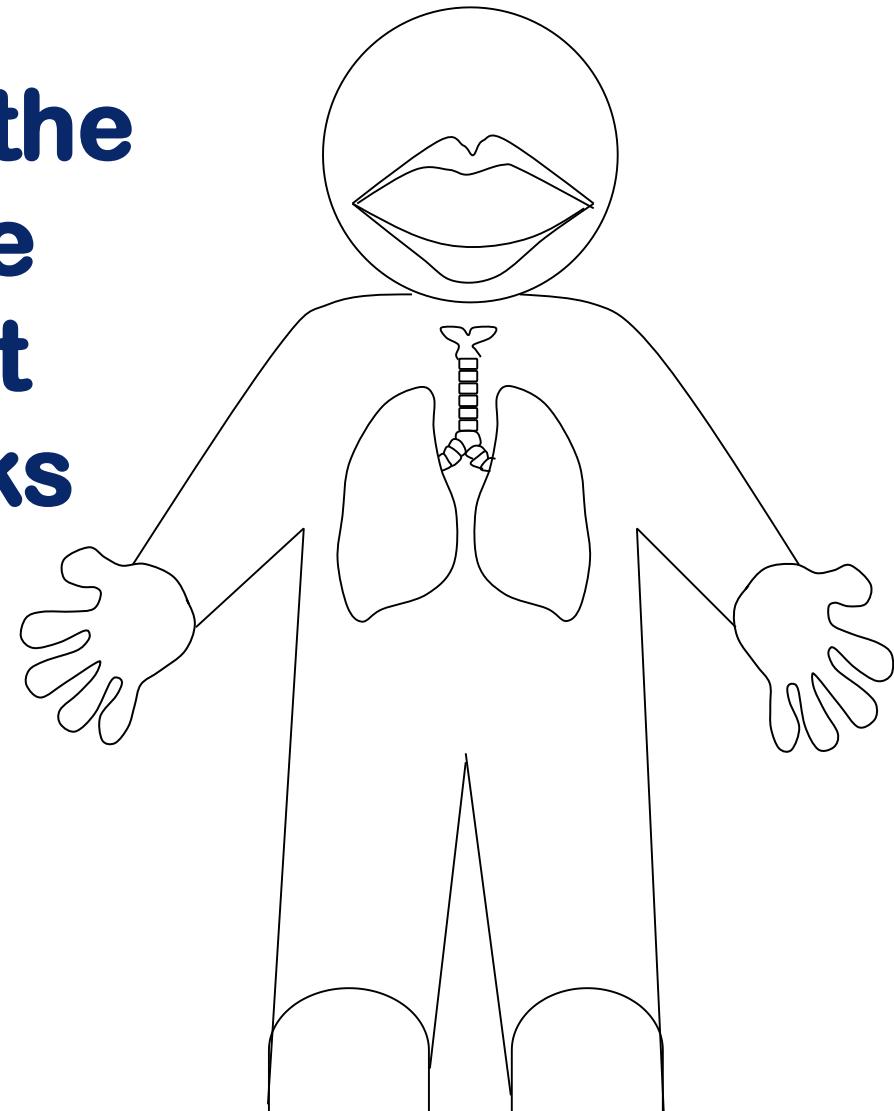


QUIT SUPPORT
Stop smoking with Roy Castle Lung Cancer Foundation

COLOURING IN

Can you colour in the lungs and draw the teeth to show what Amelia's mum looks like before and after smoking?

Ask your teacher if you get stuck!



Right or wrong?

Thumbs up if you think it's right.

Thumbs down if you think it's wrong.

Smoking is a bad habit

Smoking does not harm us

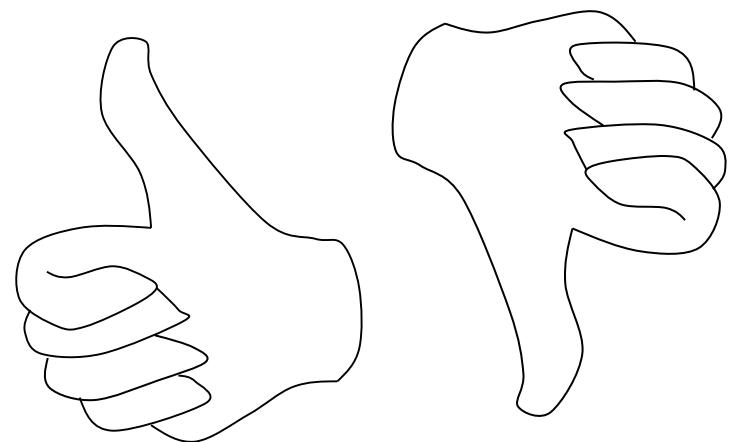
Lungs go black when people smoke

Nicotine makes people want more and more cigarettes

Cigarettes are full of chemicals

Smoking is a sensible thing to do

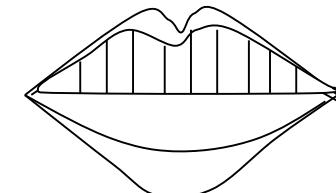
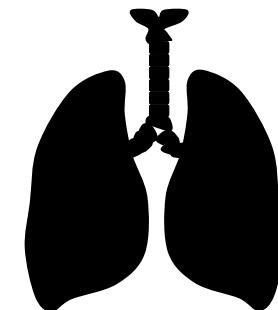
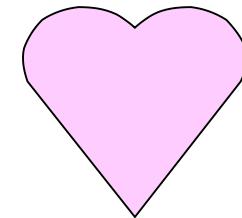
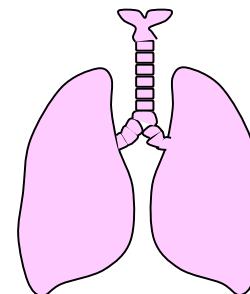
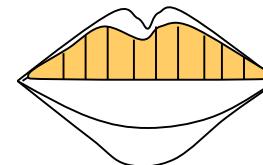
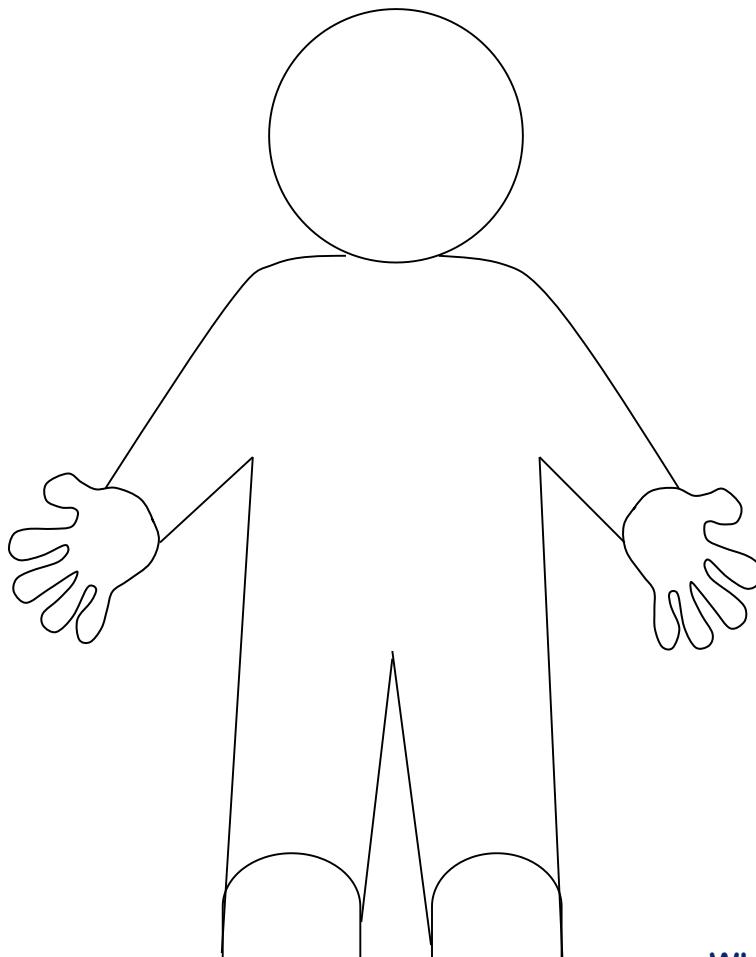
Smoking makes our teeth go yellow



right

wrong

Draw a line on the board from the pictures to the smokers body.



How smoking damages the heart

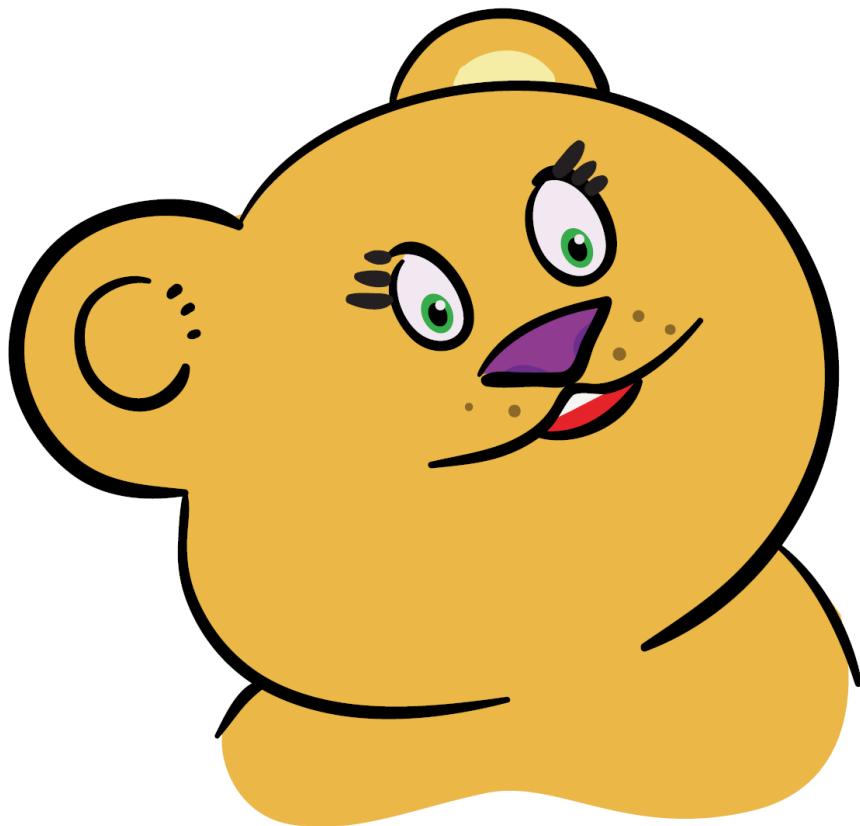
When we breathe in we inhale Oxygen. When we smoke, Carbon Monoxide is breathed into the body. This replaces the oxygen and reduces the amounts of oxygen getting to the heart. Eventually this causes damage.

Lets teach Jenny's dad!

Draw a line from the question to the correct answer to teach Amelia's dad about smoking.
Can you match all four?

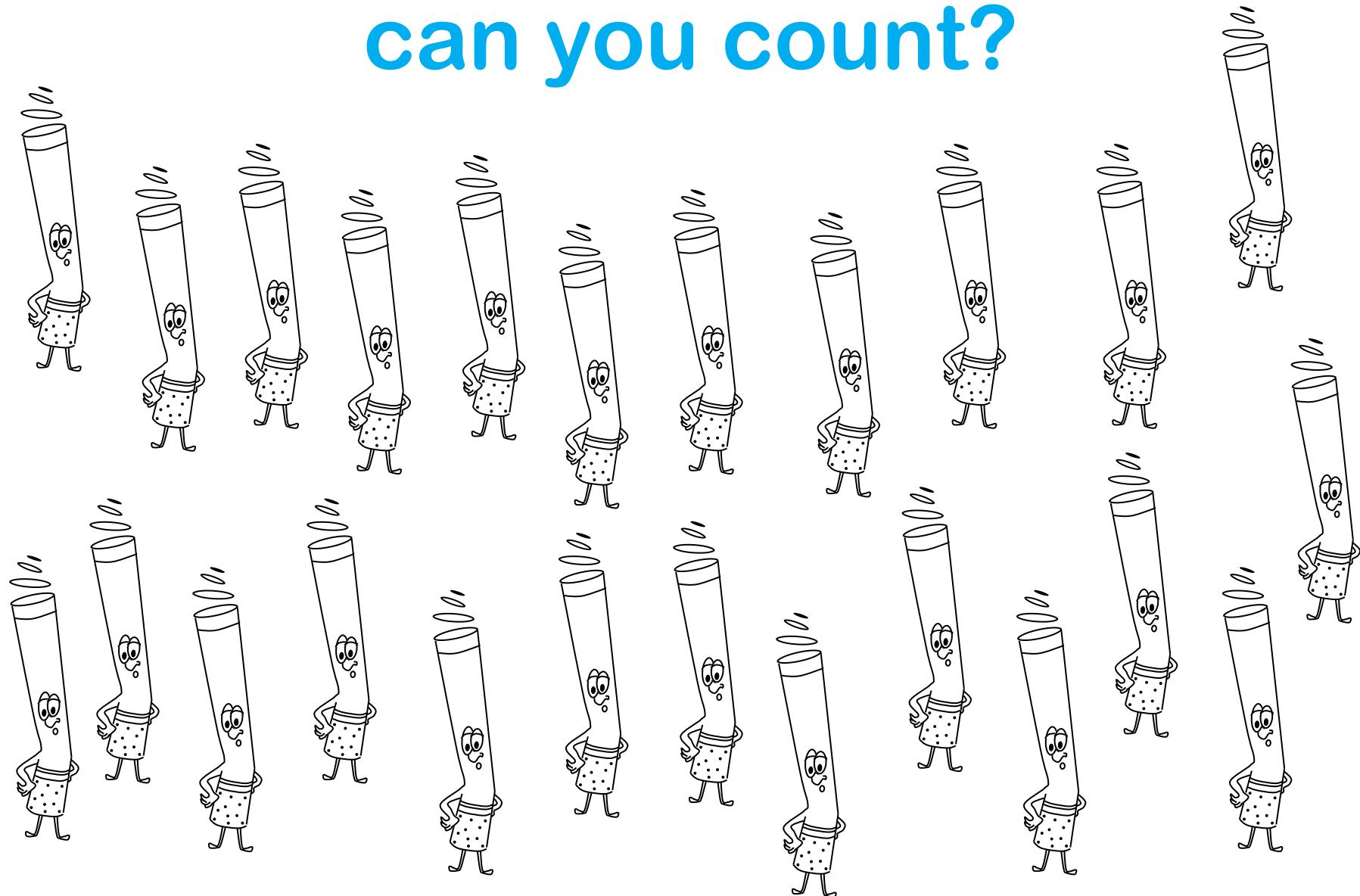


WORDSEARCH



Susie needs to find words that are related to smoking. Can you help her find all nine?

How many cigarettes can you count?



Evaluation

- **What have you learnt from today?**
- **What did you enjoy the most?**
- **Which activity did you find the easiest?**
- **Which activity did you find the hardest?**

Have you learnt
anything new today?

Do you know more
about smoking than
you did before?

Have you enjoyed
today's lesson?

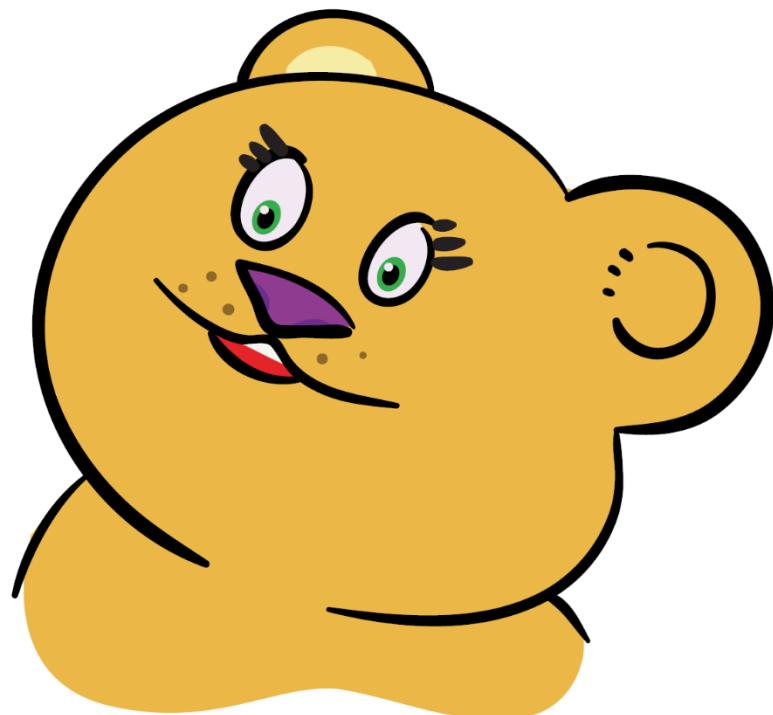
Susie final thought

Always remember:

Smoking harms us and makes our teeth yellow.

Smoking is a bad habit.

Smoking is not a cool thing to do.



HOMEWORK



**Answer the five
questions
about smoking**

**Ask a parent
or guardian to
help you if you
get stuck**

Thanks for your help!

Well done!

