



NO SMOKING DAY

ACTIVITIES FOR USE WITH YR 6 / 7 Pupils

To support the activities below visit:

www.nosmokingday.org.uk.

LANGUAGE AND LITERACY

- Pupils will work in small groups of 4-6 to write a short play. The title will be 'Proud to be a Quitter' and should be written from the perspective of a 'Quitter.' Materials and resources available from the website above.
- Ask pupils to design an anagram using the phrase "No Smoking Day".
- Have a quick class competition: - Ask the pupils to see how many words they can make out of the letters in the phrase "Proud to be a Quitter". Give a point per letter for each word. Double the points per word if the word is associated with smoking. For example the word "pit" should be awarded 3 points. However the word "tar" should be awarded 6 points as this word is associated with smoking.

MATHEMATICS AND NUMERACY

- Download the quitter timelines from <http://www.cancerfocusni.org/wp-content/uploads/Quitter-Timelines.pdf>
- Using the "Time to Travel Back to Good Health" timeline, discuss with pupils how long it would take for a smokers health to improve after quitting smoking
- Use "The Cost of Quitting" timeline to get pupils to calculate how long it would take a quitter to be able to afford each of the priced goods in the time line, if they had previously smoked 20 cigarettes a day at an average price of £8 for 20 cigarettes.

PERSONAL DEVELOPMENT

- Have a circle time discussion. Encourage pupils to voice their opinion on "Do people have the right to choose to smoke". Discuss the reasons why people choose to smoke and the affect it has on them and also on the people around them. Discuss the dangers of passive smoking, and smoking around babies. Guide the discussion and encourage mutual respect for others within the group. For more information on passive smoking visit: http://ash.org.uk/files/documents/ASH_305.pdf

PHYSICAL EDUCATION

- Why not have a go at our treasure hunt. Download treasure hunt from <http://www.cancerfocusni.org/wp-content/uploads/Treasure-Hunt.pdf>.
- Place the letters in a random order around the playground. Ask pupils to work in pairs and hunt for the letters. The first pair to have found all the letters (and code word) and to rearrange them to find the phrase "No Smoking Day" will win.

THE ARTS

- Ask your pupils to put on a short stage production of their play script (see language and literacy) in a special assembly for the rest of the school on No Smoking Day.
- Not all pupils will want to act, so get all pupils involved perhaps by making props or finding background sounds to use whilst the pupils are performing.

THE WORLD AROUND US

- Every year 200,000 hectares of forest is destroyed for farming tobacco. Get your class to do a project on the cost smoking has on the environment Why not report back to the school in a special assembly on No Smoking Day.
- Does your school have a notice board in the foyer? Get your class to put together information from their research project, and display it in the foyer for staff, parents and visitors to see.
- Design a leaflet about the effect smoking has on the environment, and the benefits of being smoke free. Get pupils to take the leaflet home for their parents, family and friends on NSD, to raise awareness further within the school community.
- For further information on the effect of smoking on the environment visit: <http://www.smokefreecityandhackney.nhs.uk/young-people/environment.aspx>

If you want to find out more information on No Smoking Day, visit:
www.nosmokingday.org.uk.

INVOLVING PARENTS

Do you know a staff member or parent who has quit and is "**Proud to be a Quitter**"? Why not invite them along to speak at a special No Smoking Day assembly? They could be the motivation for other parents to stop smoking and give their children a happier, healthier future.

During the assembly, you could ask your pupils to put on the short play production, hand out the leaflets they designed and give a short PowerPoint presentation about what they found on their research project.

If you require any further information about Teacher ideas or No Smoking Day

Call Joanna on (028) 90 680 735

Visit www.cancerfocusni.org

Email smokebusters@cancerfocusni.org

