



# Healthy Harold's

## Classroom Cards



# Teacher

Thank you so much for joining us in a Life Education session. We hope your students developed an understanding of what cigarettes are and the consequences associated with smoking tobacco.

Please find attached 5 activity cards. These cards have been designed to reinforce concepts learnt during the Life Education session.

# Activity 1

## Collage

Words and images outlining the dangers of smoking are displayed to inform smokers of the risks involved in smoking tobacco.

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Create your own warning label for a cigarette packet. Reflect on the consequences associated with smoking tobacco that were discussed in the Life Education session.

Create a collage of the class' warning labels and discuss ways to get them seen by the wider school community.

# Activity 2

## Performance

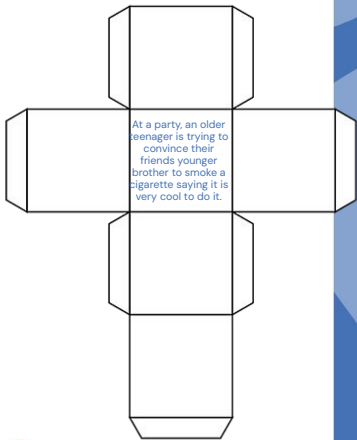
Using the example provided below, create a dice. On each face of the dice, write a different scenario that portrays someone pressuring another to smoke a cigarette.

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Cut and construct the die below.

In pairs or groups, roll your die, and act out the scenarios you created.

See if you can think of different strategies to keep yourself out of harm in each scenario.



# Activity 3

## Class debate

Create a for and against team to debate topics related to smoking. Here are some examples to get you started:

1. Cigarettes should be illegal
2. There should be no legal age for smoking
3. Smoking in houses with others should be illegal

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Don't forget to research your topic first, in order to strengthen your argument with evidence. Remember, you don't always agree with the side you are debating, but you can still present a compelling argument.

# Activity 4

## Interview

Imagine that you are a TV presenter and you are interviewing a body part that is affected by smoking. Create interview questions you might ask the body part.

For example, you might ask the lungs:

1. How do you feel when the smoke goes into you?
2. What do you think is the worst part about someone smoking?
3. How has your life been impacted since cigarettes became part of your daily life?

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Write your questions and answers, or act out your interview with a classmate.

# Activity 5

## Family Feud

Imagine that you are hosting a game of family feud. You must choose a question related to smoking and decide on the top 8 answers.

Possible questions:

1. What reasons do people give when refusing a cigarette?
2. What are some of the consequences of smoking cigarettes?

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Your class can then battle against each other to try and guess your top answers.