

A SMOKE-FREE WORLD

FEATURING
THE ANTI-SMOKING SQUAD



AN EDUCATIONAL RESOURCE FOR PRESCHOOLS

FOREWORD

Research shows that children with a parent who smokes are 4 times more likely to smoke themselves. Therefore, there is an urgent need to educate our young ones on the long-term and irreversible ill-effects of smoking, and trusted preschool educators are ideally positioned to do so.

This interactive toolkit, created by educators for educators, consists of easy-to-follow lessons and interactive activities that can be used during lesson-time. The Anti-Smoking Squad is aimed to resonate with preschoolers to increase their awareness and knowledge on how smoking not only harms smokers, but also those around them.



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Second-Hand & Third-Hand Smoke

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INTRODUCING THE ANTI-SMOKING SQUAD

A merry band of animals who are on a mission to rid the world of smoking. They want to raise awareness about the harms of smoking and educate their friends about it.

Knowledgeable Kangaroo and Roo Junior know all about the science behind smoking and its harmful effects

Bubbly Bear is always happy and believes everyone can quit smoking

Loud Lion ROARS out anti-smoking advice

Zesty Zebra is extremely passionate about making our world smoke-free

LESSON

Objectives

By the end of this lesson, children will be able to:

Identify how second-hand & third-hand smoke is harmful

Share and talk about second-hand & third-hand smoke with their family and friends

Promote a tobacco-free lifestyle among their family and friends

LESSON PLAN

Show and read the story out loud to the class.



After the story:

Encourage children to convey the message to their family members who smoke: "We need fresh air, please don't smoke!"

Remind children to be polite when encouraging the people around them to quit smoking.

Ask children what they have learnt from the story.

Have your students answer the following questions:

- Where is The Anti-Smoking Squad going? (*The Jungle Festival*)
- Who do they meet along the way? (*Puffin' Porcupine*)
- What is he doing? (*Smoking*)
- What do they teach Puffin'? (*The harmful effects of second-hand & third-hand smoke*)

LESSON PLAN

End the segment with a song:

Let's Say No Everybody



Information for teachers to note:

Second-hand smoke:

- Causes serious cardiovascular and respiratory diseases, heart diseases and lung cancer.
- Higher chance of irritation of the eyes and nose.
- Increased susceptibility to coughs, wheezing and asthma.
- Children who have never had asthma before are more likely to develop it if either parent smokes.

Third-hand smoke:

- Young children and infants are especially susceptible to toxins from cigarette smoke as they crawl on, play on, touch and inhale particles from contaminated surfaces, like sofas, carpets, and floors.

Answers

Worksheet 1:

Eyes: Bottom image, Nose: Top image, Mouth: Bottom image

Worksheet 3:

Upper box | Sofa, cushion, lamp stand, plant and small desk

**THE ANTI-SMOKING SQUAD IS GOING TO THE JUNGLE FESTIVAL
A SING-ALONG PARTY FOR THE MERRY BAND OF ANIMALS**



ACTIVITY

Let's Say No Everybody
(Sing to the tune of "Polly Put the Kettle On")

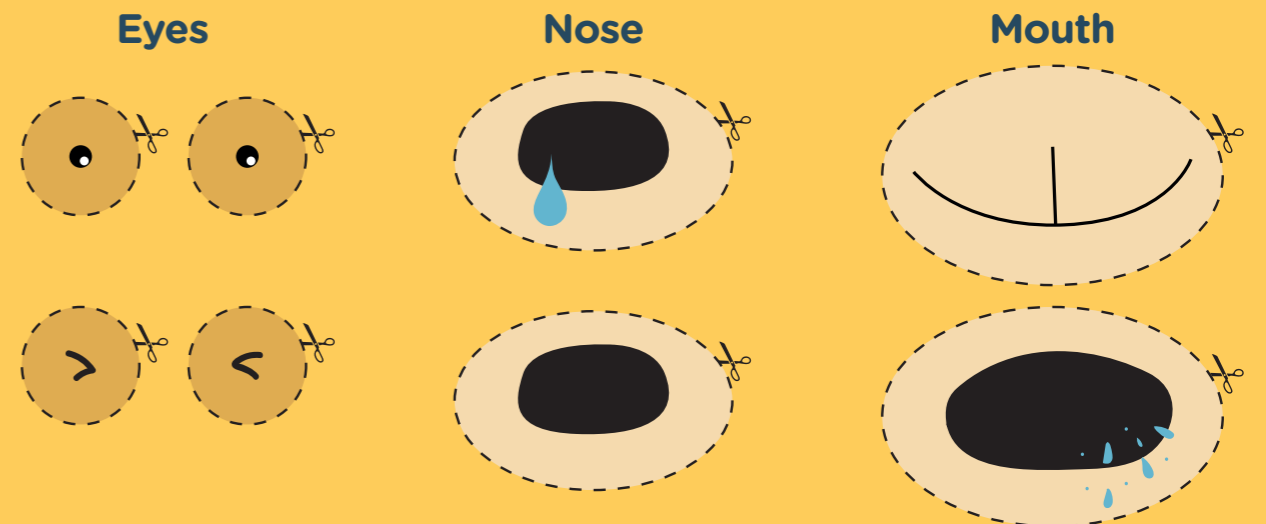
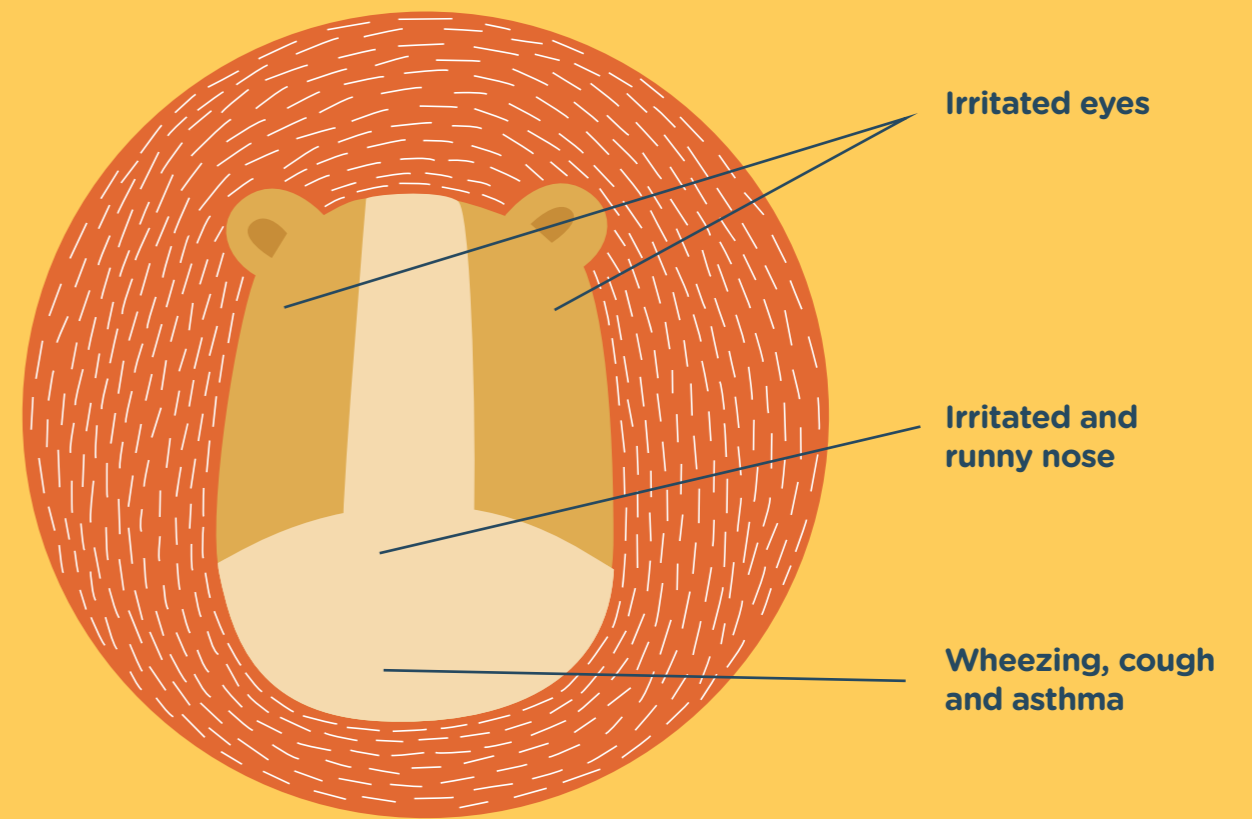
Smoking makes our
Lungs feel sad;
Teeth go bad;
Gives a heart attack.
Smoking harms our body;
So let's say no everybody.



WORKSHEET 1

Name: _____ Class: _____ Date: _____

Loud Lion has been breathing in second-hand smoke from Puffin' Porcupine. He is not feeling well because of this. Cut out and paste the correct missing features on the image below.



WORKSHEET 2

Name: _____ Class: _____ Date: _____

Puffin' Porcupine is craving for a smoke. Help Zesty Zebra find his way through the maze to stop Puffin' Porcupine from lighting it up. Quick!



WORKSHEET 3

Name: _____ Class: _____ Date: _____

Puffin' Porcupine and Bubbly Bear are back from the Jungle Festival. Tick the box and circle the areas in the room where there could be third-hand smoke.



LESSON



Objectives

By the end of this lesson, children will be able to:

Identify and understand the meaning of the 'No Smoking' signs that are found in the neighbourhood

Understand the harmful effects of cigarette litter on the environment

LESSON PLAN

Introduce the 'No Smoking' sign to the class.



Show this 'No Smoking' sign to the class and ask the following questions:

- Have you seen this sign before?
- Where can you spot this sign?
- What does this sign mean?

Show and read 'Keeping the Environment Smoke-free!' out loud to the class.



LESSON PLAN

After the story:

Have your students answer the following questions:

- What was the Anti-Smoking Squad doing in the forest? (Putting up a 'No Smoking' sign)
- What does that sign mean? (The sign prohibits anyone from smoking in that area)
- How does smoking harm the environment? (Cigarette butts are mostly made of plastic and take years to decompose. Also, partially stubbed cigarettes pose a fire risk.)
- What was Puffin's idea? (To make the entire forest a 'No-smoking' area by putting up more signs)



End the segment with an activity:

I Spy With My Little Eye



Explain Worksheet 1 to the class and bring them out for a walk to locate the 'No Smoking' signs around the neighbourhood.



Answers
Worksheet 2:
Upper Box: Stop | Lower Box: bad (Tick this box)

KEEPING THE ENVIRONMENT SMOKE-FREE!



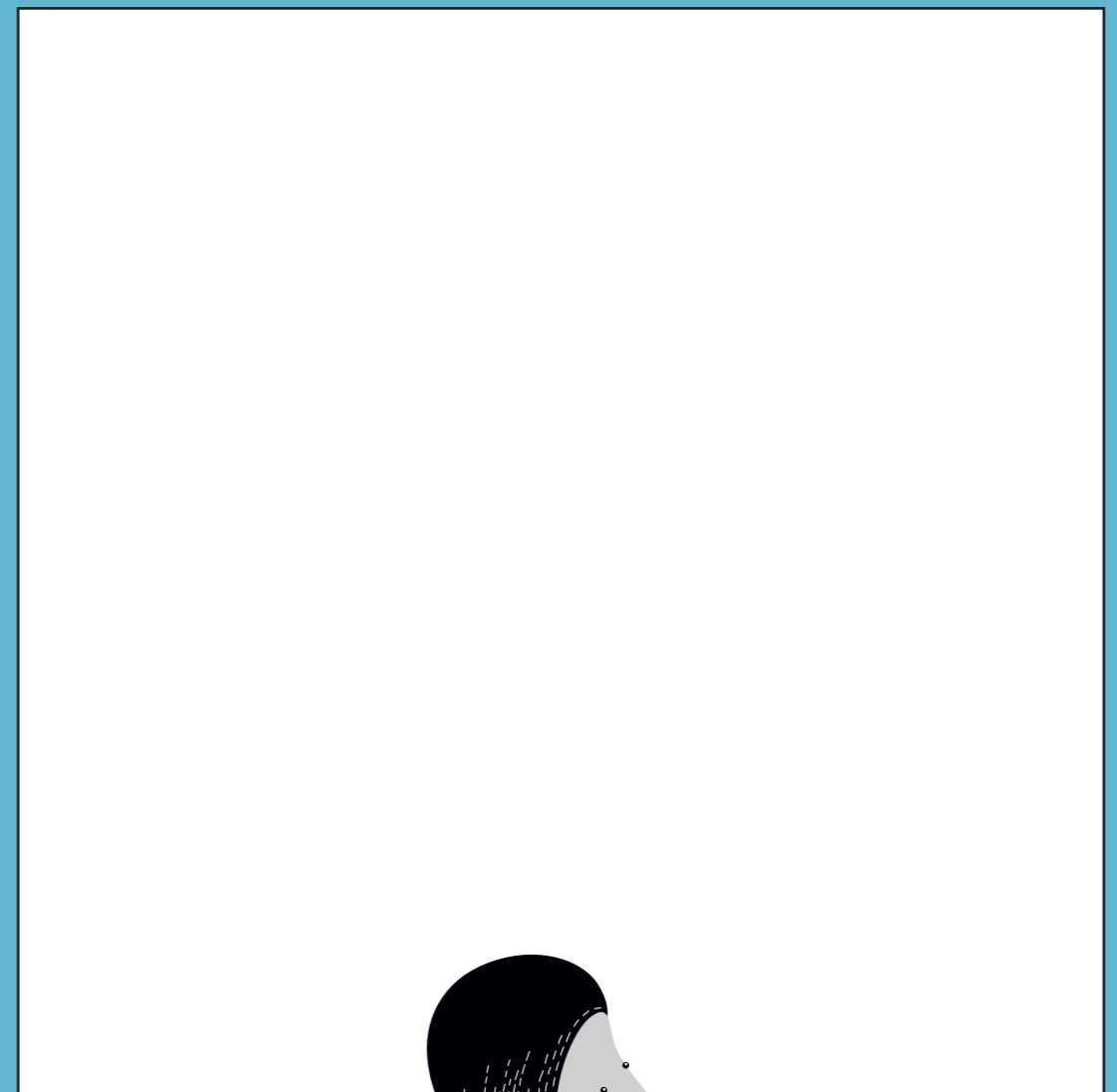


WORKSHEET 1

Name: _____ Class: _____ Date: _____

Design a 'No Smoking' sign to ensure smokers like Puffin' Porcupine don't smoke around you and help them quit in the long run.

Draw or write about how your sign will look like in the space below.



WORKSHEET 2

Name: _____ Class: _____ Date: _____

Cross out the wrong word and tick the better way Loud Lion should ask Puffin' Porcupine to stop smoking around him.



WORKSHEET 3

Name: _____ Class: _____ Date: _____

Colour the pictures below and circle the cigarette butts that should be cleaned up, so that Zesty Zebra, Knowledgeable Kangaroo and Roo Junior can live in a clean and happy environment.



NOTES

Lined area for writing notes, consisting of 18 horizontal lines on a white background with a light blue border.

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