

## Lesson 2 Physical Effects of Smoking

### Learning Intention

To understand the impact of smoking and passive smoking

### Learning Outcomes

To know some of the effects of smoking on the body

To know about passive smoking

N.B. There are likely to be pupils with family members who smoke. Pupils may be concerned about that person's health or the fact that the adult may not wish to quit smoking. Highlight that for most people the effects of smoking are reversible as soon as they stop smoking.

### Resources

[Smoking Facts Teacher Guide](#)

Talking Ball

Word Storm list from Lesson 1, Activity 4

[Body Template](#)

[No Smoking symbol](#)

[True / False Quiz](#)

## Activities

### 1. Ground Rules

In a circle, remind the group of the ground rules from the previous lesson.

### 2. Circle Activity

Remind the children that during the last lesson they explored the ways smoking affects people's bodies. Can the children think of one way smoking affects people? Using a talking ball, roll the ball to a child and ask them to finish the sentence stem: One reason people smoke is ... Ask the child to roll the ball to another child and so on until all the options are exhausted.

### 3. Physical Effects of Smoking

Give every child a copy of the [Body Template](#). Using the wordstorm list from Lesson 1, Activity 4, ask the children to draw a face on the body and draw or write some of the effects of smoking on the template. To summarise the effects, display the body template on the whiteboard and place [No Smoking symbols](#) on the affected areas; ensure the main physical effects of smoking are covered (see [Smoking Facts Teacher Guide](#)). Alternatively if you have access to a 3D torso, place the symbols directly onto the body. It is important to reassure the children that, for most people, many of the effects of smoking are reversible as soon as they stop smoking.

### 4. True / False Quiz

In pairs, ask the children to complete the [True / False Quiz](#). This will help to assess the learning so far. Go over the answers using the [Smoking Facts Teacher Guide](#).

### 5. What is Passive Smoking?

Ask the children if they know what passive smoking is. Explain that second hand smoke comes from the tip of a cigarette and the smoke that is blown back out by the smoker. Breathing in this smoke is

## Lesson 2 - continued

Page 2

## Physical Effects of Smoking

called passive smoking. Ask them to consider in what situations passive smoking might happen. What do they think are the effects of passive smoking? Can they suggest some ways in which children can help reduce their exposure to passive smoking? For example:

- Opening the window
- Leaving the room
- Going outside
- Asking the person smoking if they could smoke somewhere else

Select volunteers to role play different situations and ask the class to evaluate how effective these techniques might be.

### 6. Reflect and Review

In a circle, tell the class that each time you clap your hand you want them to point to somewhere on their bodies affected by smoking. Repeat this as many times as necessary. Finish with a deep breathing exercise.

## Additional Activities

### Recovery Timeline

Stick a long piece of tape onto the floor from one end of the room to the other to make a timeline; alternatively draw the timeline on the board. Mark one end with '0 minutes' and the other '10 years'. Invite pupils to come up one at a time and take one of the [Recovery Timeline cards](#) and ask them to think how long it might take for the body to start recovering in the way stated on the card and then place it on the timeline. Refer to the [Smoking Facts Teacher Guide](#) for the answers to the timeline.