

LESSON TITLE: *A No Smoking Policy*

Recommended Grade Level: 1st Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill/General Health: The importance of a smoke-free environment

Character Focus: Identifying problems and determining solutions

Integrated Curriculum Concepts*:

- Language Arts: Active listening
- Science: Participating in learning activities involving daily life experiences
- Social Studies: Developing social awareness and problem-solving skills and identifying the need for rules (policy)

Key Concepts:

- **Avoiding second-hand smoke**
- **Making healthy food choices as an after-school snack** (*see additional nutrition concepts*)

What you need for the Lesson:

- *A No Smoking Policy!* book
- Windy, the lungs Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book

Learning Activity:

- Companion Activity Book pgs. 17 and 18 or download the Activities Sheets found beneath the book (*optional: for follow up activities*)

Getting Ready:

- Read and familiarize yourself with the book.

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show the illustrations.

* Reminder to check out state specific curriculum standards for this story and all OrganWise Guys materials at <https://organwiseguys.com/curriculum/>.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to hear from Windy again. Listen closely because I am going to ask you some questions after the story. Let's get started!	Sit Windy next to you as you read the book (with ENTHUSIASM!). As you read the book, be sure to point out the healthy snack that Anna's Grandma made for them. Have the children identify the foods.	Sit quietly and listen until interactive parts of book.
What can you ask an adult who is smoking in the house to do? (ANSWER: Ask them to go outside so the second-hand smoke does not harm everyone.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What kinds of things can second-hand smoke do to your body? (ANSWER: causes coughing, itchy eyes, and troubled breathing)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<p>Additional Nutrition Concepts Anna's Grandma loves to fix her healthy after-school snacks. What did Anna and Windy have as their healthy snack? What type of snacks do you eat after school?</p> <p>Optional: Bring in various samples of fruits for tasting. Ask the students how it tastes. Then ask them to think about what this delicious snack would taste like if the room were filled with second-hand smoke. Windy's Motto is: When eating healthy, delicious FRESH foods you should ALWAYS have healthy FRESH air to go along with it!</p>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Optional Follow-up Activities:

- Use pgs. 17 and 18 in the Companion Activity Book or download the Activities Sheets found beneath the book.
- View the three short videos (1-2 minutes) found below the Activity Sheets.