Why Is Smoking Bad For You? Lesson Idea

Objective

- Recognize that tobacco smoke is bad for the heart.

Materials

- Chart paper and markers

Explore

1. Introduce the subject of smoking by asking the following questions: Have you ever seen smoke? What color is smoke? How does smoke smell? Have you ever been outside when someone is burning leaves? Have you ever been around someone who is smoking cigarettes? How did the smoke make you feel? Do you think smoking is good for you?

2. Name a part of the body. Have children point to the part and tell how smoking hurts that part of the body. What does smoke do to your eyes? Help children conclude that smoke makes their eyes burn. What does smoke do to your nose? Help children conclude that smoke makes them sneeze. What does smoke do to your throat? Help children conclude that smoking burns their throat. What does smoking do to your heart? Explain that smoking makes the heart work harder, even when the body is resting.

3. Discuss reasons for not smoking. On chart paper, write, "Please don't smoke." Possible reasons to include: Smoking is bad for your body; it makes the air smell; it makes you cough; it bothers other people. Post the chart in a school hallway.

Why Is Smoking Bad For You? Lesson Idea (Spanish)

¿Por qué es malo para ti fumar?

Objective

- Recognize that tobacco smoke is bad for the heart.

Materials

- Chart paper and markers

Explore

1. Introduce the subject of smoking by asking the following questions: Have you ever seen smoke? Han visto humo algunas veces? What color is smoke? De qué color es el humo? How does smoke smell? Cómo es el olor del humo? Have you ever been outside when someone is burning leaves? Han visto alguna vez a alguien quemar hojas en el jardín? Have you ever been around someone who is smoking? Alguna vez han estado cerca de alguien que está fumando? How did the smoke make you feel? ¿Cómo los hizo sentir el humo? Do you think smoking is good for you? Creen que fumar es bueno para el cuerpo?

2. Name a part of the body. Voy a nombrar una parte del cuerpo. Have children point to the part and tell how smoking hurts that part of the body. Señalen esa parte del cuerpo. What does smoke do to your eyes? ¿Qué les hace el humo a los ojos? Help children conclude that smoke makes their eyes burn. El humo nos hace arder los ojos. What does smoke do to your nose? ¿Qué le hace el humo a la nariz? Help children conclude that smoke makes them sneeze. El humo nos hace estornudar. What does smoke do to your throat? ¿Qué le hace el humo a la garganta? Help children conclude that smoking burns their throat. El humo nos hace arder la garganta. What does smoking do to your heart? ¿Qué le hace el fumar al corazón?
Explain that smoking makes the heart work harder, even when the body is resting. *Fumar hace que el corazón trabaje más duro, aun cuando el cuerpo está descansando.*

3. Discuss reasons for not smoking. ¿Por qué no es bueno fumar? On chart paper, write, *"No fumes, por favor."* Possible reasons to include: Smoking is bad for your body; it makes the air smell; it makes you cough; it bothers other people. *Fumar es malo para el cuerpo; da mal olor al aire; nos hace toser; molesta a los demás.* Post the chart in a school hallway.