A Bunch of Reasons Not To Smoke Quick Activity

Ask students to think of reasons why it is smart not to smoke. List the reasons on the chalkboard as students name them. Depending on their knowledge level, students might mention that smoking makes the heart beat faster; it temporarily raises blood pressure; it makes the arteries smaller and harder; and it makes breathing harder. They might also mention that smoking is messy; it makes clothes, hair and breath smell bad; it makes a smoker’s teeth yellow; it pollutes the air; and it hurts others who breathe the smoke.

After students have offered a number of reasons, supply each student with a round balloon and a piece of string. Have students blow up the balloons and tie off the ends. Ask them to use a felt-tip marking pen to carefully write a reason for not smoking on the balloon. Finally, have them tie the string to the end of the balloon. Gather the balloons in a bunch and place them in the classroom or in a hallway where other classes can read the reminders on the balloons.