I Am a Winner Quick Activity

Review some of the harmful effects of smoking on people who smoke. Then point out to students that smoking also affects people who don’t smoke themselves but breathe in others' smoke. Remind students that the best ways to avoid the harmful effects of smoking are to never start smoking and to encourage others to stop smoking.

Distribute sheets of colored construction paper. Have scraps of cloth and construction paper, glue, crayons and marking pens on hand.

Tell students that they will make a medal that they can award themselves or give to someone they know who doesn't smoke or who has quit smoking. Suggest that students write a message on the medal, such as “I am a winner! I don't smoke,” and then decorate the medal any way they wish.