



# Anti-Tobacco Lesson #1

## Smoking Takes Your Breath Away

Smoking shortens your breath when you play. This activity simulates what it's like to develop Emphysema after smoking.

**Activity Supplies:** You will need a regular drinking straw and a small coffee stirring straw for each child.

**Lesson:** The problem with smoking is that it damages your body gradually, and it is sometimes difficult to feel the damage right away.

Have each child do jumping jacks or run in place for one minute, then place the regular drinking straw in their mouth. Ask the kids how it feels to breathe. Then have them resume running in place or jumping jacks for a moment, and then allow them to attempt breathing through the small coffee stirring straw. A stark contrast should be noticeable, and that may be the equivalent to trying to breathe after years of smoking.

Warning: Do not attempt this exercise with children who have asthma, bronchitis or any condition that affects breathing.

I'm Blaze, the Braggin' Blue Dragon®. I don't smoke or use tobacco. I eat right, get plenty of exercise and feel great!

Third through fifth grade Oklahoma students are invited to join Blaze at *Be Smart-Don't Start Anti-Tobacco Day* on **Tuesday, May 7** at **Science Museum Oklahoma**. Museum visitors receive free admission!



**PARTNERS**

