

Grade 2

<p>Health Objective 5.01 Analyze the dangers of using tobacco products.</p>	<p>Language Arts Objectives 3.02 Connect and compare information within and across selections (fiction, nonfiction, poetry, and drama) to experience and knowledge. 3.04 Increase oral and written vocabulary by listening, discussing, and composing texts when responding to literature that is read and heard.</p>
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Materials Needed:

Two "healthy" stick puppets-one boy, one girl
One stick puppet to show each harmful effect of smoking (7)
Paint sticks or rulers to display puppets
Words to the "Be Careful" song (to the tune of "Be careful little eyes what you see...")

Focus:

Ask students to feel their smooth faces, look at their clean fingers, jog in place and take a deep breath, sit down and breathe slowly, look at their neighbors smile. You are like my healthy puppets. (Show a boy and girl puppet) They don't use tobacco products because they want to stay healthy. Without saying any names, raise your hand if you know someone who smokes. Even though doctors, nurses, and teachers tell everybody about how dangerous using tobacco is, lots of people still use tobacco. Once you start using tobacco, it is very hard to stop because it is addictive. Your body gets used to having it. Today, I am going to explain some of the dangers of tobacco use.

Teacher Input:

As you discuss each harmful effect of tobacco use, show a puppet to help emphasize the point.
Tobacco

- Gives your smooth face wrinkles.
- Makes your clean hands have yellow stains.
- Makes your teeth yellow-brown.
- Makes your breath stink.
- Makes your mouth and lips have sores.
- Makes it hard for your lungs to work.
- Makes your heart muscle work harder.

More detailed information is found at
www.cdc.gov/tobacco/data_statistics/Factsheets/health_effects.htm

Practice and Assessment:

As a way to review each harmful effect of smoking, sing the new verses printed below to the tune of:

"Oh, be careful little eyes what you see, (clap-clap) Oh, be careful little eyes what you see, the Father up above, is looking down with love, so, be careful little eyes what you see!(clap, clap)"

BE CAREFUL....

Oh, be careful little lungs what you breathe,
Oh, be careful little lungs what you breathe,
You only have one set,
So take care of them, you bet!
Oh, be careful little lungs what you breathe!
Oh, be careful little lips what you taste,
Oh, be careful little lips what you taste,
Dip is such a harmful thing,
And our lips will always sing.
Oh, be careful little lips what you taste!

Oh, be careful little hands what you hold,
Oh, be careful little hands what you hold,
We don't want yellow skin,
Or a wrinkly face and chin,
Oh, be careful little hands what you hold!

You and the students could add your own verses!

