

Why Animals Don't Smoke

Pocket Card Tips, Games and Activities

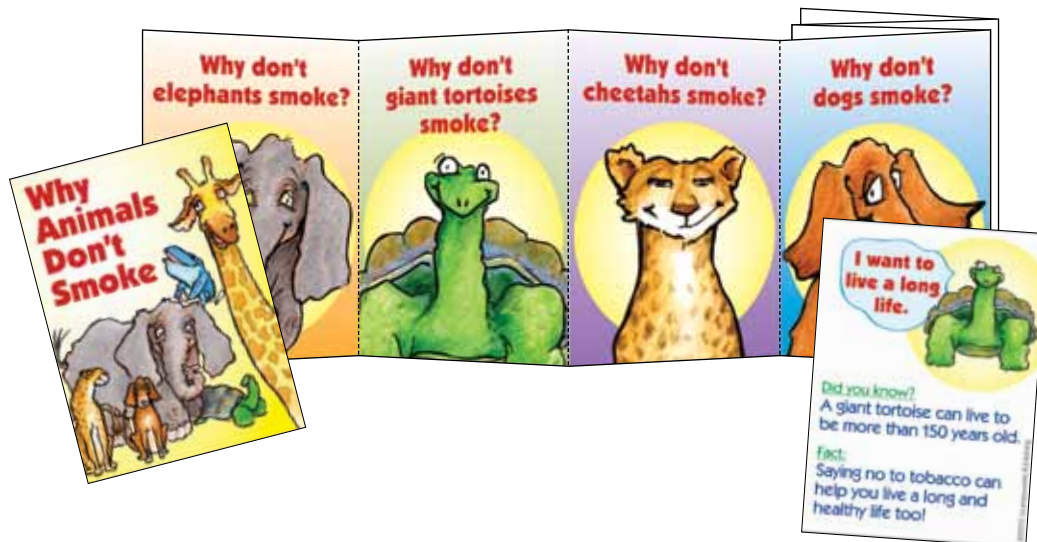
The **Why Animals Don't Smoke** pocket card offers a creative way to help children learn about the dangers of tobacco and develop solid refusal skills. With the help of the animals, children learn how to say no to tobacco and smoking!

The **Why Animals Don't Smoke** pocket card works as a mini-brochure, and the panels can be separated along the perforated edges to become 2.5 x 3.5 cards—providing flexibility for interactive learning activities.

Why Animals Don't Smoke pocket cards can be used as:

- discussion starters in a group or classroom setting
- the creative foundation for learning activities and games (see below for fun ideas)
- handouts at health fairs, community events or school assemblies
- send-home pieces to get the whole family involved
- trading cards to encourage engagement and deeper learning—and because kids love to trade cards!
- prizes and incentives in classroom and other youth-group settings
- reinforcements for your own tobacco prevention messages

Here are just a few of the many games and activities you can do with these cards. (To play these games, take each panel and carefully separate them into individual cards.)



Activities and Games for One or More!



Think Up Three

Pick a card. Think up 3 other reasons why this animal would say no to tobacco.

My Animal Says

Look through the cards for inspiration, and then draw a card with your favorite animal! Be sure to include a reason why your animal doesn't use tobacco.

Picture Me Smoke Free

Draw a self-portrait (because people are animals too!) and give your own reasons for not smoking.

The Animal Said

Pick a card. Then make up a story about the animal on the card and its thoughts on tobacco. Here is an example:

Daisy Dalmatian was walking with her friend Sampson Shepherd in the park when they came across a burning cigarette lying on the ground.

"I really hate the smell of smoke," said Daisy. "It makes me cough. I sure wish people would not throw their cigarette butts on the ground!"

"Yah and I wish that nobody smoked" replied Sampson. "That way people would be healthier!"

"You're right, Sampson. And if people were healthier they would feel better and would want to go on walks more often!"

"That sounds good to me! Do you think we would get more treats too?"



Looking for games for classrooms or groups?

Look below.

Activities and Games for Groups Big and Small!



Please Don't Smoke Near Me

As a group, discuss secondhand smoke and how we can all stick up for smoke-free air. Role-play what you can say if someone is smoking near you. (Hint: You can use any of the animals' reasons, or come up with a new one of your own.)

Who Said That?

Using the cards, you can quiz your partner. For example, you can ask, who said: "I don't smoke because it would slow me down"?

20 Questions

Have partners stand back to back then pick a card. Each partner can ask up to 20 yes or no questions as they try to guess which animal the other one has.



Tobacco-Free Play

In small groups, each child can choose an animal card. Using those cards as the main characters, the group can then create and act out a skit. Don't forget to include a tobacco free message.



Discover How

Use the cards as jumping-off points to learn more about the body and how tobacco affects it. Have each child take a card. Ask them to look up the tobacco fact on the card, and share what they discover with the group.

- How tobacco affects the heart
- How tobacco affects the lungs
- The dangers of secondhand smoke
- How tobacco affects a persons' lifespan
- How tobacco affects your throat

Litter: Did You Know?

Look up information about cigarette litter on beaches, lakes and oceans and its affects on wildlife. How does this information affect your favorite animal?



What other games or activities can you think of?

We would love to hear your great ideas!