



Pangula Mannamurna
Aboriginal Corporation

Our Health In Our Hands



Learning through play

Games and Activities developed for use among Tackling Indigenous Smoking teams.

Developed by Pangula Mannamurna Aboriginal Corporation Tackling Indigenous Smoking team

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Created by the Tackling Indigenous Smoking team, Pangula Mannamurna Aboriginal Corporation in 2019.

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ABOUT THIS BOOK

This book has been compiled of activities that the Tackling Indigenous Smoking team at Pangula Mannamurna Aboriginal Corporation created. Pangula Mannamurna is located on Boandik country in the South East of SA. The Indigenous population here is made up of a majority of those between the ages of 0 and 35 years.



The beautiful Blue Lake, local dreaming stories identify the Blue Lake as one of Craitbul the giants, ovens.

The reason for sharing these activities and games is to share knowledge, improve engagement and education of all Aboriginal and Torres Strait Islander people, ultimately hope to improve the quality of life, and to contribute to better life expectancy.

We welcome you to use these activities and resources amongst your community and welcome feedback and any information you are able to share from the use of the books.

To best use these activities practice them first among your team, research any relevant illnesses, body parts etc that are involved and encourage participation from the group. By being open and friendly you welcome participation and encourage learning for all.

We also hope that this may inspire some unique ideas of your own and encourage you to look at different ways of providing information to those within your community.

Feel free to adapt these to suit your community. All Aboriginal and Torres Strait Islander communities are different and by making these activities as relatable as possible to your community, the higher the chance of retaining information.

USING GAMES AND ACTIVITIES FOR POPULATION HEALTH PROMOTION

From the Ottawa charter—Health promotion is the process of enabling people to increase control over, and to improve, their health.— WHO 1986

The games and activities in this book were developed to engage participants in active learning, increase the retainment of information, share important information about health and provoke thoughts and discussions within our communities. Interactive games give the opportunity for all to learn and give individuals and groups a break from messages they have heard time and time again the same way. Due to everyone learning best in a different ways; activities that are able to be modified for people will increase the retainment of information. For example those who learn best with a hands on approach will enjoy the activities that require physically doing a task while learning. Providing activities and games that are educational, interactive, address social influences and peer leadership; and are culturally and age appropriate have been shown to have an increased chance of educating people.

Population health promotion is about empowering communities to take control of their health. In health promotion there are 5 action strategies, these are:

- ⇒ Build healthy public policy
- ⇒ Strengthen community action
- ⇒ Create supportive environments
- ⇒ Develop personal skills
- ⇒ Reorient health services

Within these activities there are messages to support the above 5 action strategies. The aim is that participants will take the information away and be confident enough to relay it to other members of their community or where possible use it to implement changes within their community , encourage others to make changes, support those in their community to be in control of their health and how it affects their community, speak up about services or policies that are not currently meeting their needs or are not known about. All the activities and games can have an impact on people of all ages in this book either directly or indirectly.

Some of the other changes we hope to see from this resource being used is:

- * A view that smoking is not glamorous or popular
- * That smoking is not a normal part of Aboriginal and/or Torres Strait Islander culture
- * The prevention of younger children from taking up smoking, those who are smokers seeking assistance from supports to quit and those who have quit being reminded why they quit and what has changed for the better.

It is very much about ensuring that our communities learn, understand and share this information with each other so that quality of life and life expectancy can be improved. By putting the control of peoples health back in their hands there is the hope that they will be more proactive in living or maintaining a healthy lifestyle.

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Lung Health Obstacle Course

Recommended for ages: 4+ - *could be modified for younger ages or made harder for the older participants*

About

The lung health obstacle course promotes physical activity while aiming to teach participants about their lungs and smoking. Participants can see and explore the lungs' structure by completing the obstacle course. It can be modified to have a smokers lung (harder) vs a healthy lung (easier), as a messy obstacle course with "phlegm" and "tar" or just as a clean obstacle course.

Participants that have been through the obstacle course in the past have really enjoyed it and it has led to questions and discussions about smoking, lungs and provides an easy to take away message. Due to the colours and excitement of competition and physical activity participants will often bring parents / guardians, siblings or friends to watch or compete against them. This enables us to capture a wider audience and discuss smoking with them.

****Kids really enjoy seeing adults doing this, local sports stars are popular and can include a message in the explanation about athleticism and healthy lungs.**

Materials needed

- ◇ 1 tunnel - 3 tunnels
- ◇ 6—12 tyres – ask at your local tyre fitting centre for a few old tyres, spray paint them in whatever colour you like
- ◇ 2 hurdles – PVC pipe can be used – can wrap a pool noodle around the PVC for a bit of cushioning
- ◇ 1 sack
- ◇ See layout on page 24
- ◇ Small whiteboard / blackboard
- ◇ Doctor dress up – white shirt, stethoscope, mask
- ◇ Agility grid or another 6 tyres
- ◇ Cones
- ◇ Timer
- ◇ Sheet or whiteboard to record times and names

Pros

Can be modified according to:

- ◆ Age, Space, Messy, Clean, fitness / ability level
- ◆ Is water resistant
- ◆ Can be used indoors if it is too hot or cold
- ◆ Competitive
- ◆ Active
- ◆ Popular at events
- ◆ Can use the materials for other games
- ◆ Cheap to make

Cons

- ◆ Needs supervision at all times
- ◆ Possibility of injury – though we have never had an injury occur
- ◆ Staff to time children
- ◆ Takes up a good amount of space to use and store
- ◆ Needs to be cordoned off to ensure those not participating do not wander in front of those running the obstacle course.
- ◆ Use in extreme heat or cold weather is not recommended
- ◆ Difficult to find out what information children have retained from the obstacle course if no follow up.
- ◆ Cannot play on asphalt or concrete
- ◆ May not be able to clearly explain to kids especially if they are young.
- ◆ Time to set up depends on staff assisting.

Other resources or activities you can pair with this activity

- Lou Wheeze
- Clems Phlegm
- A years' worth of Tar

Possible Outcomes

- Understanding what the different parts of their lungs are
- How lungs work – what happens physically – adding streamers can show cilia and by giving the participants something to take through with them can show how the cilia clean the lungs by working the stuff out of them.
- Unhealthy vs Healthy lungs – visual
- Thought provoking – for both observers and participants
- Opportunity to reach further population than just those involved with the obstacle course due to attraction to watch participants, those participants telling other family members about the obstacle course and what they learnt about smoking.
- Reinforces that being a smoker is 'hard work' and would be harder to breathe

*** Parents and teachers often give really good feedback and ask questions about the obstacle course.*



Butt Out Twister

Recommended for ages: 8+ could be modified for younger ages

About

Butt out twister, encourages teamwork and being active while learning about smoking and its effects. The teams attempt to get to each others' end of the mat. Each **T** card brings a consequence of smoking or reward for not smoking etc.; while the chance (**?**) cards give information and test or increases knowledge about smoking. This game, being something familiar and popular and is attractive to many ages.

- ◇ *Mark dots on the mat with either paint or sharpie—see page 27*
- ◇ *4 twister mats (cheap version 'Don't fall down' in Kmart for \$5)*
- ◇ *Twister board – comes in the box requires editing due to confusing feet and colours etc. or you can make a big one using a lazy Susan and some paint.*
- ◇ *Chance cards and task cards*
- ◇ *Duct tape or fabric tape*
- ◇ *2 staff*
- ◇ *A reader and a spinner*
- ◇ *Non slip matting – can purchase from cheap as chips etc.*
- ◇ *Tape all 4 mats together making one large one, attach*
- ◇ *non slip backing to the bottom of the mat.*
- ◇ *If using outside you can use tent pegs to peg it to the grass to stop it flying away / moving*
- ◇ *See pages 25 - 32*

Pros

- Competitive in nature
- Based on a well-known, popular game
- Ability to include many different topics and modify if need be
- Can be played indoor and outdoor
- Information from the game and what children have retained is easy to gather

Can be modified according to:

- Age
- Space
- Messy (by having paint on the coloured dots)
- Clean

- Is water resistant
- Can be used indoors if too hot or cold
- Children can play this on their own if they wish with little to no supervision

Cons

- Requires clear and flat surface to play
- Cannot play on asphalt or concrete
- May not be able to clearly explain to kids especially if they are young.
- Can pose issues for children who have trouble reading
- Some teenagers do not enjoy this game due to being self-conscious.

Therefore if taking to try with teens I suggest taking along a back-up activity or ensuring there are other ways teens who do not wish to participate can be involved, i.e. reading the cards, being umpires, spinners etc.

Other resources or activities you can pair with this activity

Play Butt out twister after an information session to see what information was retained by students or play it prior to see what areas the class need more information on. Otherwise you can pair other resources depending on the topics you use in the game.

Possible Outcomes

- Thought provoking – for both observers and participants
- Opportunity to reach further population than just those involved
- Opportunity to engage people in information about quitting smoking, never smoking etc.
- Consequences of smoking – health, money, family, life in general
- Benefits of never smoking
- Benefits of quitting smoking

Effects of:

- Second hand smoke / third hand smoke
- Chemicals in a cigarette
- Addiction
- Assistance to quit smoking

- Environmental concerns
- History of smoking and use of tobacco
- Laws and smoking
- Peer support and teamwork skills



True or False and Trivia Game

Recommended for ages: *Pre-teen children to adults*

About

This game engages mainly teens and adults. It can be played a variety of ways i.e. using a point system for each correct answer or via teams in the classrooms or groups. It is also easy to use at events and requires minimal staff assistance.

If required this can be created and played via the use of a tablet or computer.

Instructions and materials needed

- ◇ *Statement cards*
- ◇ *Magnetic tape*
- ◇ *Laminator*
- ◇ *Magnetic board*

- ◇ *See page number 34*
- ◇ *CAQ App or similar*
- ◇ *Tablet / iPad*

True or False Activity

The way this activity works is by having the statements displayed on a board or on an ipad/tablet that can be used by people to identify true or false statements. This activity stimulates discussion, encourages questions and attracts people if the statements are relatable. CAQ app on the google play store – there would be others that do the same thing – is a good example of this working electronically. See screenshots - page 11

Trivia game

2-4 chairs – depending on the size of the group

For the trivia game split the group into either two or four teams, one person from each team sits on a chair at the front of the room. A game host reads the question out loud and the participants use their name to buzz in, first in to use their buzzer answers the question if correct they choose another person from their team to take their spot at the front of the room and a point is recorded if incorrect the other participants get a turn to answer. The participant that gets it wrong must stay on the seat until they get a question right. First team to 25 points wins.

Pros

- Modifiable for the community you are working with or specific topic you would like to cover
- Easy to set up and use
- Can be played without assistance from staff
- Students enjoy this in groups – competitive and interactive
- Interactive and competitive
- Can be played quickly or draw it out to allow for discussions
- Weather, time and area do not really affect the use and playing of this game

Cons

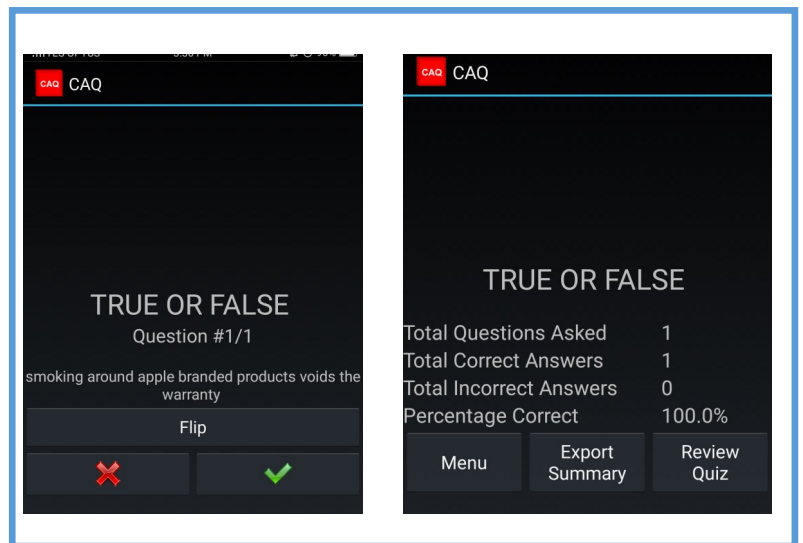
- Literacy and understanding levels may affect how this is played


Other resources or activities you can pair with this activity


- Information session prior to the game if being used in classes – this can then show if the children have retained information from the information session held.
- People at events have asked if this can be printed in a leaflet for them to take away to share with people in their family or friend groups.

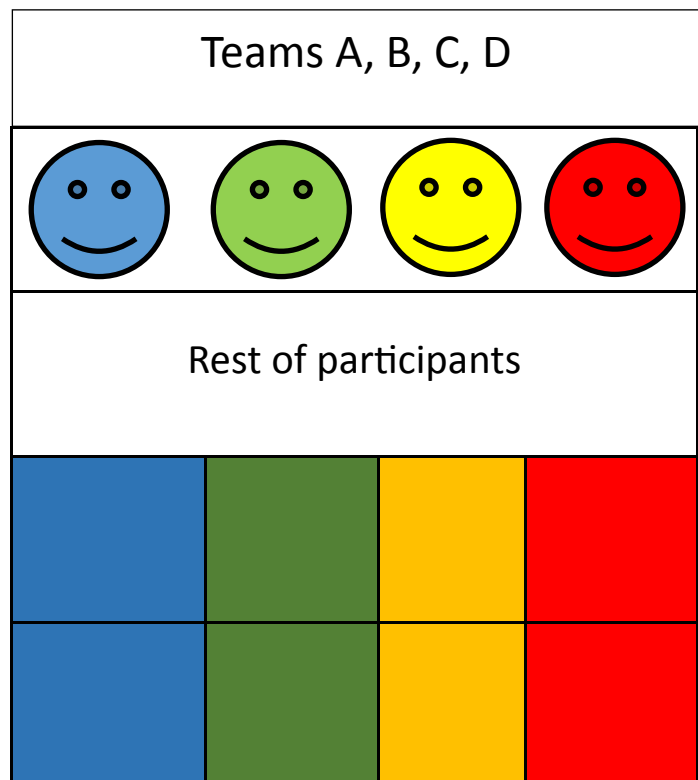
Possible Outcomes

- Increased understanding of topics used in the true and false statements
- Stimulates conversations among those participating
- Promotes questions
- Gives an idea of current knowledge about the topics covered



Quiz master 

Score keeper 



Tar Blaster

Recommended for ages: 4+

About

This game is more of a visual aid to pique interest in learning about lungs and smoking by using a fun, modern game that kids enjoy. The aim is to clear the lungs of tar (black balloons) and leave as much of the healthy parts (pink balloons) of the lungs intact with 20 bullets.

Materials needed

- ◇ 1 nerf gun
- ◇ 20 bullets
- ◇ Balloon pump
- ◇ Pins
- ◇ Nails
- ◇ Black, pink and green food dye or paint - or black only
- ◇ Black balloons
- ◇ Pink or red balloons
- ◇ Green balloons
- ◇ Two large pieces of cork board with ability to stand or lean on against a wall -if using the food dye or paint cover the cork board to keep the cork board getting wet and damaged

Pros

- Visual
- Interactive
- Physical
- Competitive
- Cheap
- Effective
- Can be modified for inside and outside use

Cons

- Needs room to be stored
- Requires ample space for setup and for safe play
- Requires two staff to run / assist

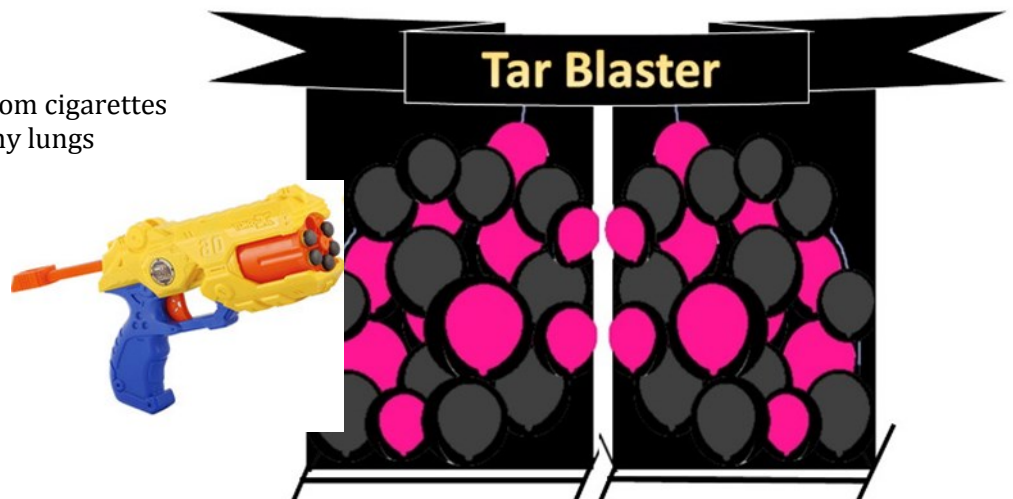
Other resources or activities you can pair with this activity

Children can wear Smokey eyes goggles to make it a little harder and to learn a bit about macular degeneration

- Tar Jar
- Lou Wheeze

Possible Outcomes

- Knowledge about tar from cigarettes
- Healthy lungs/unhealthy lungs
- Lung anatomy



Oxygen Thief

Recommended for ages: 10+

About

Oxygen thief is a competitive, physical game that is fun and educational for most ages. This game can be modified to suit members intended to play and materials can be used for other games and activities. Having the oxygen thief game set up is attractive to many people of different ages and allows for interaction and engagement with adults and children. The game has an easy to understand message about how readily carbon monoxide is picked up by red blood cells as opposed to oxygen. There is an opportunity to expand on what is learnt using this game for example:

V.1 – SEE DIAGRAM BELOW -The oxygen balls become chemicals from a cigarette and the person in the belly bumper is trying to stop them from pumping through the body (getting to the goals) while the person / people not in a belly bumper try to get the chemicals through the body (goal)

V.2 – SEE DIAGRAM BELOW - One on one game can be played with one person being the red blood cell and trying to score in the oxygen goal– this person is in the belly bumper while the other is uninhibited and is trying to score in the carbon monoxide goal.

V.3 When playing in a group you can point out that when the red blood cells were trying to get oxygen or oxygen goals the team banded together which is what happens in the body when you are exposed to carbon monoxide. This increase in red blood cells can lead to a stroke or heart attack.

V.4 Have one person or a group of people stand guard over the balls, the other person or team must try to get the balls without being tagged if they are tagged before they get the balls they are out, if the team manage to get the balls they win.

Instructions and materials needed

- See diagrams for ways to play page 33
- 1 belly bumper
- 2 goals
- To disinfect use glen 20 or disinfectant wipes

Pros

- Simple to set up and take down
- Simple to play
- Engaging
- Easy and little room needed to store
- Clear message
- Modifiable for ages and number of players
- Simple to clean

Cons

- Risk of injury – have not had any injuries as yet
- Can't be played in extreme heat or wet weather
- Not suited for young children

Other resources or activities you can pair with this activity

- Smokerlyzer – can be used to show environmental CO if you have a micro+ smokerlyzer
- Heart information and activities
- Preventable causes of death

Possible Outcomes

- Knowledge about carbon monoxide and the effects on the body
- Red blood cells and how they are impaired by smoking – how hard they have to work against the carbon monoxide for oxygen
- How chemicals are transported around the body.

See over the page for images



Happy Healthy Little Me

Recommended ages: 0+

About

The happy healthy little me book is designed for young children. It can be used with new parents who can personalize it with their own images or photos of their children. It stimulates conversation with parents and has in some cases lead to a parent / family member or guardian seeking assistance to quit smoking. The book is brightly colored and has an easy-to-read rhyme throughout that encourages non-smoking, quitting and smoke free environments. Children who are old enough to draw can create their own drawings of the family members and paste them in its also great for stimulating conversations among children.

Materials needed

- *Happy Healthy little me books – available at request from Pangula Mannamurna Aboriginal Corporation for a small cost.*
- *Glue sticks*
- *Paper and pencils / textas etc.*
- *Photos of the child's family.*

Pros

- easy to read and understand
- bright colors
- engaging
- Keepsake for children
- reiterates the non-smoking message to parents
- opens conversation with children about smoking

Cons

- for a limited age group
- literacy may be a concern
- parents and guardians may feel personally attacked
- children may not have all these family members in their life
- may not be culturally appropriate in all areas

Other resources or activities you can pair with this activity

- Questions for kids
- Visual resources

Possible Outcomes

- Kids discuss or ask parents about their smoking
- Parents / guardians / caregivers may seek help for their smoking
- Kids recognize healthier choices about smoking and their environments



Working for your addiction

Recommended ages: 14+

About

This activity gives a visual representation of how much money a person spends on their cigarettes by the amount of time it would take for them to end the money at work.

Other ways to present it is by collecting empty food containers doing a shot using shop online site of one of the major supermarkets or collecting the cost of groceries from a local shop and then collecting the empty packaging and displaying the groceries vs the tobacco. Enter you can do this with other payments as well such as new start parentsnext Austudy ABSTUDY or any other payment that people may receive

Materials needed

◇ You can see the images below or make your own to present actual costs in your own community

Pros

- instant visual representation of money spent
- real time showing per month amount spent
- motivation to change

Cons

- different communities more expensive or less expensive different methods of pay etc such as basics card

Other resources or activities you can pair with this activity

The price is right activity

Shopping activity

Possible Outcomes

- Increased want to keep money for other rewarding things
- Better understanding of actual costs
- A better perspective of the cost of smoking

Over 1 year, a smoker who
smokes 15 cigarettes per
day would work

445 hours

Or

2 whole months

Just to pay for cigarettes



Jack and Rose

Recommended ages: 10+

About

Jack and Rose is a simple experiment that shows the effect of 2nd and 3rd hand smoke on a living thing. The students / participants are responsible for these two plants. Choose hardy plants for your area, ones you know will grow in the environment and are difficult to kill. For example we used camellias.

Materials needed

- ◇ 2 hardy plants in small pots – need to be able to be moved and carried easily
- ◇ A 5ml medicine syringe
- ◇ 2 liters of nicotine juice – used cigarette butts worked as they have already been smoked, however you could use a pouch of tobacco and soak the tobacco in water over night.
- ◇ A bottle with a childproof lid and clear label
- ◇ Permanent marker and a water proof label for the pots
- ◇ See charts and printouts pages 36–38

Pros

- Able to see effects of second and third hand smoke
- The experiment runs over 10 weeks – can be shortened by increasing the doses of nicotine juice given per day
- Gives a reason for second attendance / follow up session

Cons

- Requires adult supervision
- Long experiment
- Requires monitoring of the plants state

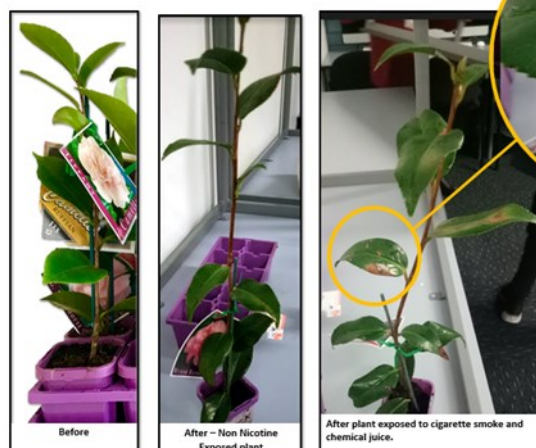
Other resources or activities you can pair with this activity

- Images from smokers' homes, smokers' clothes or other
- Poisons board
- Trivia game
- Question ball
- Information session

Possible Outcomes

- Awareness of the toxic chemicals in cigarettes
- Thought provoking and increases discussions
- Seeing effect of second and third hand smoking.

Jack and Rose



Questions for Kids

Recommended ages: 6+

About

This activity while targeted at children has an amazing ability to engage parents. This is a non-threatening way for adults to be engaged particularly at events. Generally at events everything costs money for parents, by offering this you gain and they gain. Children come over to answer a question or draw us a picture about smoking and we offer a lucky dip that contains paper activities about smoking and perhaps a balloon, a badge, some pencils etc. These usually equate to around 70c each, for the kids that are older or give an exceptionally good insight, discussion we have drink bottles or wrist bands. This gets us noticed around the event. Now for the adults, while the child is happily drawing or writing we approach the adults. If they make a remark like "oh I have been smoking for too long" it opens up the opportunity for further discussion, if not we ask if they would be willing to complete a quick survey (the good thing about this is they don't want to be awkward so most times they will.) While they are waiting for their child or they will share their smoking history or story with us.

Materials needed

- ◇ See page 38 for printable questions
- ◇ Textas / pencils etc
- ◇ Blue tack

Pros

- Knowledge among the community / age groups
- Engagement with community
- What the children are recalling from ads, school information sessions or absorbing from their friends and family.

Cons

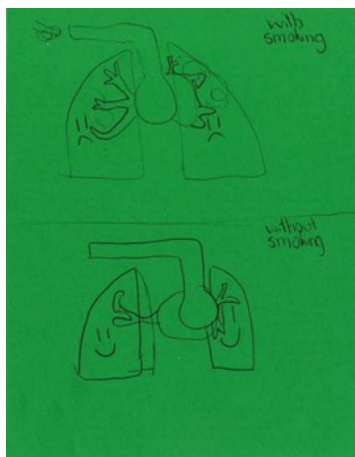
- Some parents can be defensive, its important they know we are not there to judge or be critical but to educate
- Some parents believe their children are too young to know about smoking and some are, offer a balloon and let them be on their way

Other resources or activities you can pair with this activity

- Visual resources

Possible Outcomes

- Understanding of what children are thinking and feeling
- Current trends and areas to target
- Parents are made aware of what their kids know and think.



Price is Right

Recommended ages: 10+

About

One of the most common reasons that we hear of why people want to quit smoking is the cost. With this activity we show people what can be purchased for the average amount spent on cigarettes per year. This can be played multiple ways, if you have smokers in the group ask for their estimated fortnightly spend on cigarettes or roll your own tobacco and products. Times the amount spent per fortnight by 26, for example Joe spends \$180 per fortnight, $180 \times 26 = \$4680$ his yearly amount. You can also do the same for their lifetime amount spent by multiplying that yearly amount by the amount of time they have smoked for – this will be an estimate due to costs of tobacco now vs what they were in the past. For example if Joe has been a smoker for 40 years he has already spent an estimated \$187,000, it is a good way of presenting that information to them. See if they can guess what they can purchase with their money from the items you have. You can present this either by PowerPoint presentation or printed on to paper and laminated.

Materials needed

- ◇ See below or create your own
- ◇ Printed cards or PowerPoint presentation with the items.

Pros

- Easy to use
- Shows information people can relate to
- Motivational for those who are thinking of quitting
- Can be used at events, in group sessions etc
- Modifiable for age, lifestyle, interests and community lived in

Cons

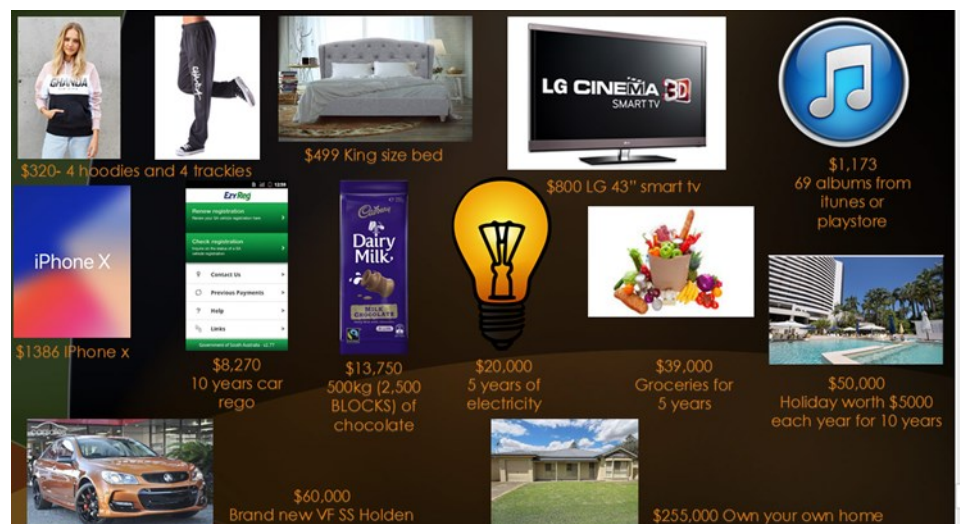
- Requires set up and staff to assist
- Relies on estimated costs

Other resources or activities you can pair with this activity

- How much you work for your addiction.
- Physical representation of cash

Possible Outcomes

- Aware of costs of smoking
- Relatable
- The money wasted of cigarettes.



Emphysema and Macular Degeneration

Recommended ages: 10+

About

Chronic Obstructive Pulmonary Disease (COPD) is a group of lung diseases that make it hard to breathe and macular degeneration is a disease that causes vision loss. Both can be caused by smoking.

This activity gets children, teens and adults thinking about the effects that emphysema and macular degeneration have on people. The activity is usually played with two groups of people, using the Smokey eyes game and straws. The group's line up parallel to each other and a staff member holds the Smokey eyes bucket. The team with the goggles on begin throwing the objects trying to get one into the bucket. Each person in the other team is given a straw and told to place the straw in the mouth. At the word go the first person holds their nose and begins walking at a brisk pace on the spot. If the team wearing Smokey eyes get an object in the bucket the straw teams next person also begins walking on the spot and holding their nose, if the Smokey eyes team miss then the first person in the line walking can stop but others already walking, must continue walking.

After the activity it's good to ask the participants what they would miss doing the most if their breathing or eyesight was affected.

Materials needed

- ◇ 1 smokey eyes game – available for purchase online or make your own using a pair of scuba goggles, squishies and a bucket
- ◇ Straws cut into 3 inch lengths

Pros

- Easy to set up
- Can be played both inside and outside
- Popular among school groups
- It is quick and effective in getting the message across
- Can be used to gather opinions from children playing the game
- Active
- Competitive

Cons

- Can be confusing
- Some children with certain medical conditions should check with their teacher before participating i.e balance, breathing issues

Other resources or activities you can pair with this activity

Lou Wheeze

Driving video— <https://www.youtube.com/watch?v=SJ3IU0siGmE>— link to a fairly decent driving simulation video.

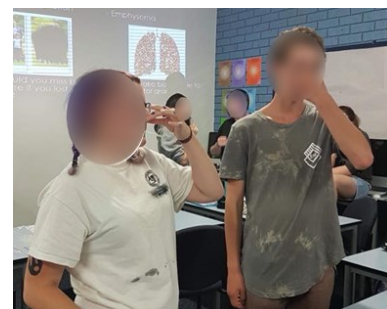
Images

Possible Outcomes

Understanding of the possible lesser known impacts of smoking

Smoking and the effect on different parts of the body

Recognition of what you can lose if you smoke

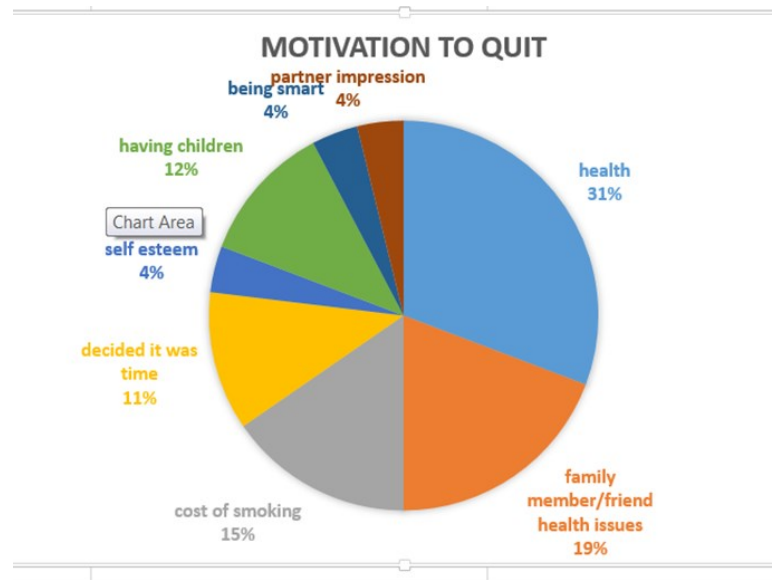


Gathering Data

These are merely suggestions there are many ways to collect and analyze data. By using the appropriate method for your community, it will give you a better representation and understanding of what your community is thinking, feeling and where they are heading.

Counting

- Record the number of those involved, we use a click counter or sheet to record the numbers on
- The number of those that participated who you were targeting with the activity
- Did they participate more than one time? How many sessions were held?
- How many knew certain information before you began? You can check this with a pre knowledge survey.
- Ages—gender - smoking status—where possible?
- Length of time as a smoker, what have they tried to quit, what prevented them from taking it up
- How many times has the activity been requested? Who is it most popular with?
- Are the amount of people participating in these activities increasing?



Information recall

- How many children remembered information from a session?
- What did they remember?
- Do you hear them explain to their friends about how the game or activity works?
- Are they discussing it with people?
- Are they relating the information to any real life examples?

Images / recordings - often recording children talking about their lungs and smoking is the clearest way to get the information and have it recorded accurately, consent forms should be done by parents / guardians.

Observation

by watching, listening to or interacting with participants you can get good information about:

- what they already know and don't know
- what their thoughts and feelings are about certain topics
- Their opinion about smoking or the effects of smoking—i.e comments like “that’s disgusting” or screwing their face up about a certain resource or piece of information
- What attracted people?
- If at an event did anyone return to do it again?

Parents / guardians also generally provide excellent data about their smoking history, status or their thoughts about smoking and their children – this can provide topics to target at future events especially if they are regularly mentioned.

Brief interventions at events

Interviews / stories give good insight in to what is prompting them to think about quitting etc

Photos and videos

Taking photos and videos can assist in putting together an accurate picture. It can quite often capture things that you don't, remind you of things you forgot and assist you if there are any changes that need to be made.

see over for content analysis.

Content analysis – When participants write something during an activity or game this provides information that can be broken down into topics that they mention and can lead to the collection of both quantitative and qualitative data.

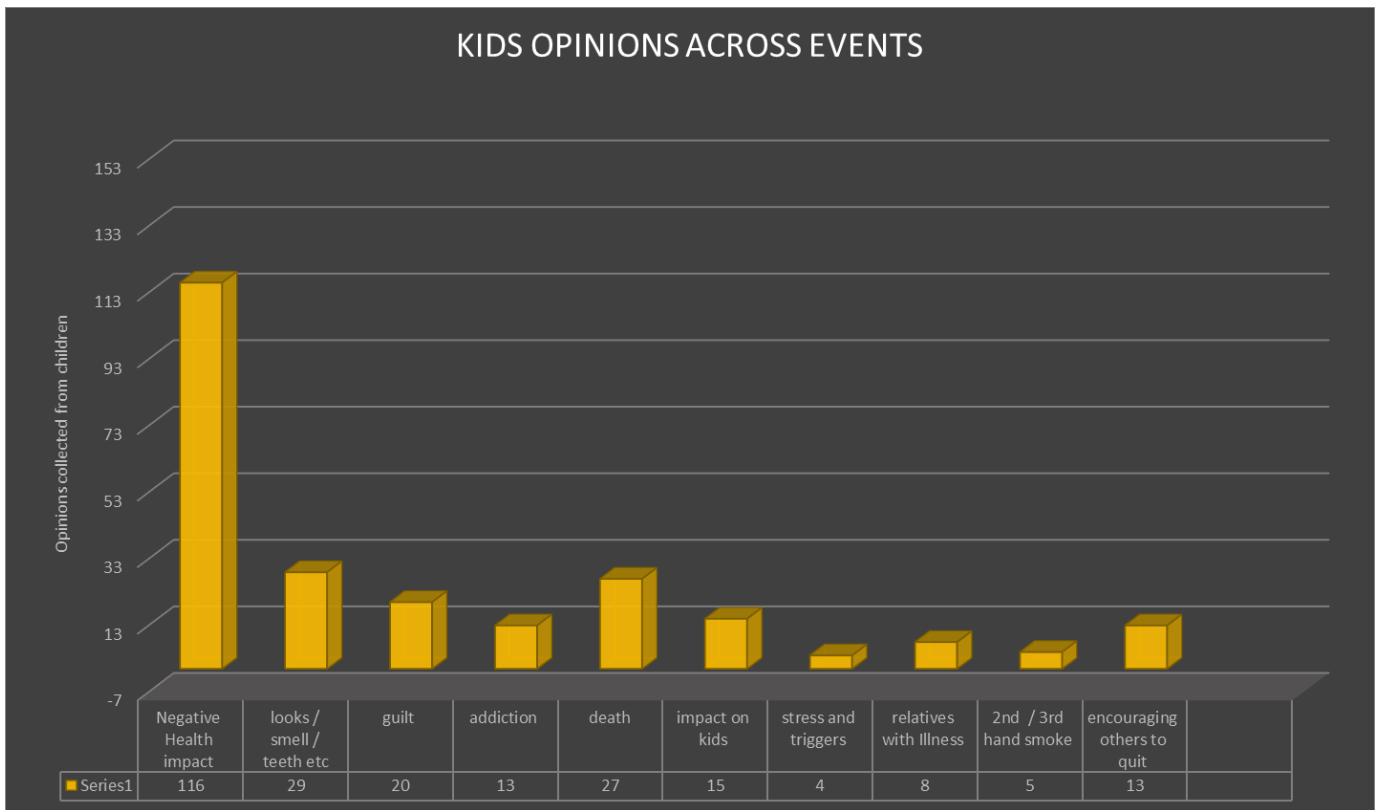
For example: If 9 / 15 children write that smoking causes cancer, it shows that **15 children wrote on the board** and that **the majority that did were aware of the link between smoking and cancer** and that the topic is well covered.

What was the most frequent topic written about?

Was there anything really particular that bothered them?

Was there any particular wording they used? i.e death, disease, sad, angry


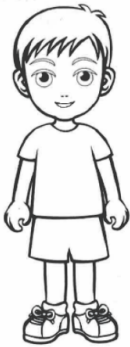
Breaking down this information is handy for targeting certain topics.



I think smoking is:

Really bad because over time
It eats away at you and
you might eventually die...



Name..... Age.....

I think smoking is:

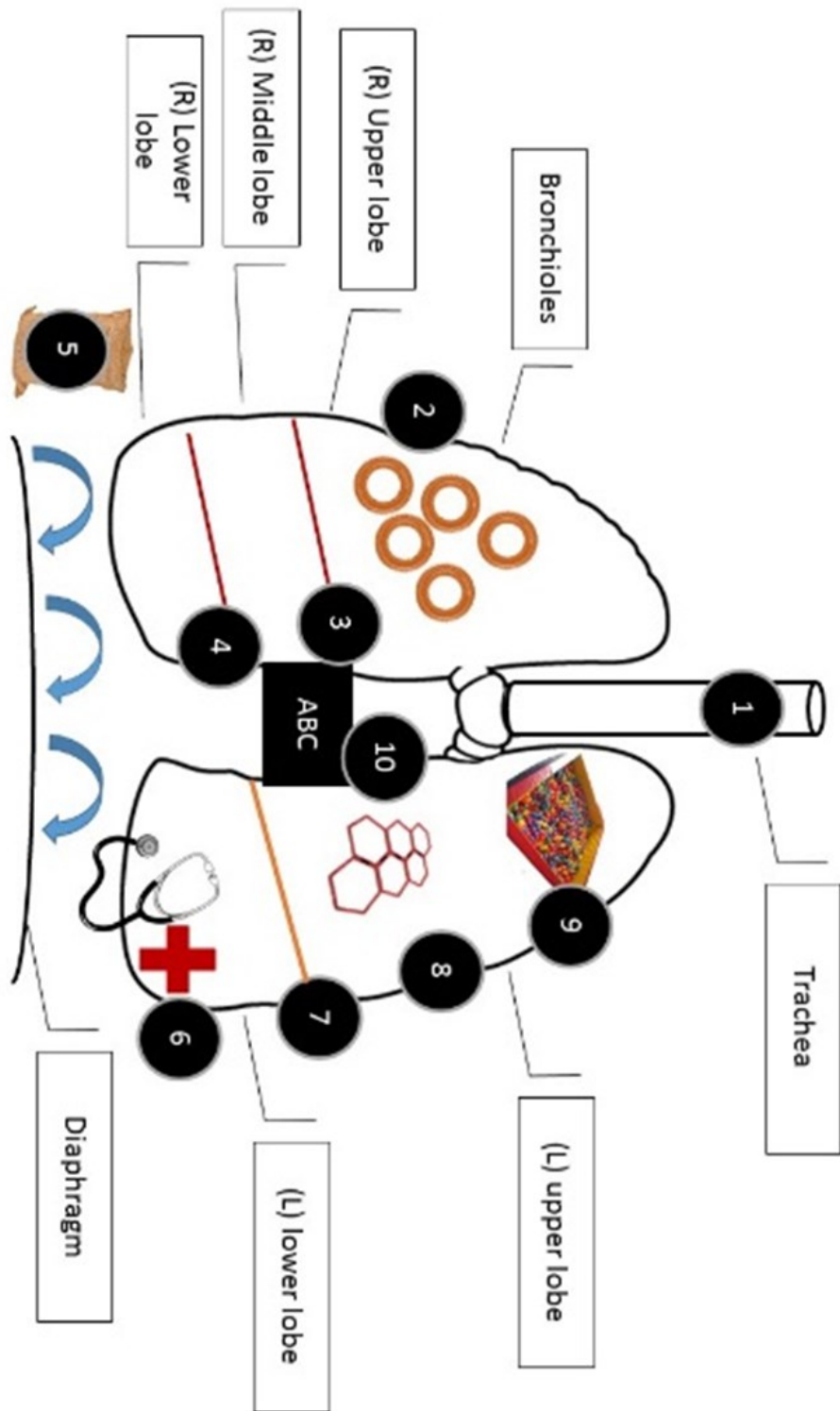
Not good and it is very bad
I think it should not exist...
I hate Smoking!

Name..... Age.....

***Instruction
sheets and game
cards to print***

Lung Health Obstacle Course



BUTT OUT TWISTER

Twister Instructions

You will need a spinner and a reader

Standard rule applies, if your butt hits the floor or you move your hands or feet without being told, you're out!

If the spinner shows a limb and colour you are already on you must move that limb to a different spot.

If the card says you're out it means the team member closest to the opposing team's side of the mat.

Split into two groups – i.e team 1 / team 2 – males / females

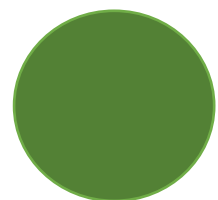
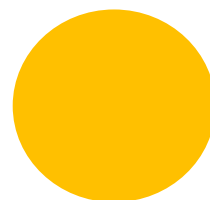
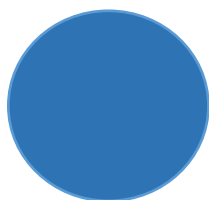
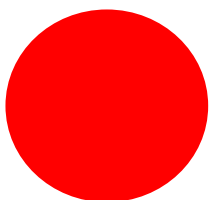
The spinner will spin the wheel, one spin is for all team members to do, i.e red foot blue – all in team 1 will do red foot blue

The aim is for the teams to make it to the other teams end of the mat

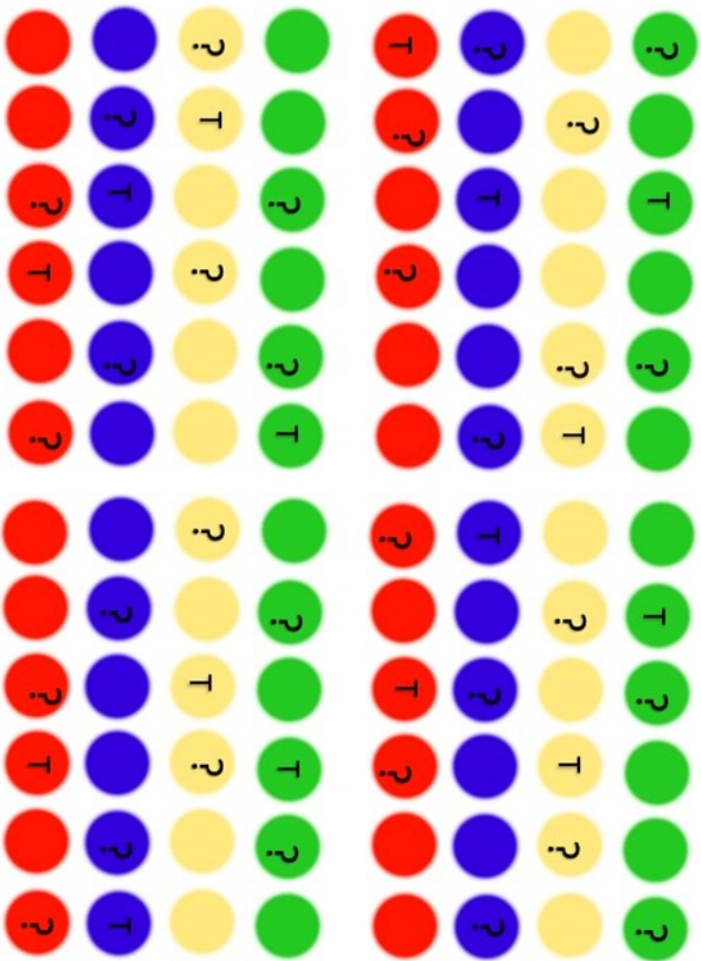
Where there is a '???' card the person who lands on that circle picks up the card and reads it out aloud, they answer the question if they answer correctly the team are safe, if they answer it incorrectly then they will skip a turn remaining where they are.

Where there is a blank coloured card they must pick it up and that person needs to do as it says.

The first player to reach the end of the mats team wins!



TEAM A BEGIN HERE



TEAM B BEGIN HERE

You have had too many sick days off of work due to smoking. You have been sacked.

You joined the gym and increased your natural dopamine, have a stretch and return to your position

You've damaged your teeth by smoking lose a turn

Your team were caught pressuring someone to smoke you skip a turn.

Smoking has made you dizzy, do 5 spins before returning to your position

Your doctor tells you that you are in excellent health due to never being a smoker,

You stop smoking in the morning, you may have a big stretch.

You spend your food money on cigarettes, leave the game due to hunger.

Your parents stop smoking in the car when you spoke to them about its dangers move an opponent's limb of your choice.

Your younger sibling / friend asks you to buy them smokes or give them smokes, you refuse, have a reward on us.

You conquered your withdrawal symptoms, stand up and pose for your champion photo

You were cut from your sports team because you couldn't get through a game without struggling to breathe. Take a breather, you're out.

You changed your routine to avoid triggers to smoke, must be time for a reward.

You get caught smoking within ten meters of a playground, wait for the fine – skip a turn.

An Elder sees you smoking and is disappointed in you. Your entire team all need to move back a dot.

You flick a butt out your car window and start a fire, you are out, go to lock up.

You are caught selling chop chop, Have your mugshot taken.

You become a Quitline counselor. Help out a team member by changing their position to something more comfortable.

<p>What is addictive in cigarettes?</p>	<p>Can pets get sick from second and third hand smoke?</p>
<p>Name three visible effects from smoking.</p>	<p>Where can people go to get help to quit smoking?</p>
<p>True or False If I only smoke a little bit it won't hurt me.</p>	<p>What damage can smoking do to our environment?</p>
<p>What damage can smoking do to our environment?</p>	<p>What were some other uses that tobacco was used for in the past?</p>
<p>Chop chop - or black market tobacco is dangerous for what reason?</p>	<p>How much on average does someone spend on smokes in a year?</p>

<p>There is an estimated – how many - chemicals in a cigarette?</p>	<p>What is the happy chemical called in your brain?</p>
<p>True or false Scarring is made worse by smoking</p>	<p>True or False Smoking can make depression and anxiety symptoms worse.</p>
<p>Give one answer: Smoking during pregnancy can cause</p>	<p>Emphysema is a progressive disease in what area of your body?</p>
<p>This leading cause of death is entirely preventable... -----</p>	<p>Nicotine crosses the membrane and reaches your brain in how many seconds?</p>
<p>There is how many years difference between the life expectancy of Aboriginal and Torres Strait Islander people and non - Indigenous Australians?</p>	<p>Who originally brought tobacco to Australia?</p>

<p style="text-align: center;">True or false E – Cigs are completely safe to use</p>	<p style="text-align: center;">Can you tell me the 4 D's to quitting smoking?</p>
<p style="text-align: center;">Carbon monoxide is highly But has no</p>	<p style="text-align: center;">True or False Smoking around Apple brand products voids the warranty.</p>
<p style="text-align: center;">What is 3rd hand smoke?</p>	<p style="text-align: center;">True or False If you can't smell the smoke on something there is no danger of it being toxic</p>
<p style="text-align: center;">Name 3 things that increase dopamine levels naturally?</p>	<p style="text-align: center;">True or false Adults can be in trouble with the law for buying or supplying people under the age of 18 with cigarettes, even if they are your parents or family member</p>
<p style="text-align: center;">What does NRT stand for?</p>	<p style="text-align: center;">True or false If cancer develops somewhere in your body other than your lungs it is not caused by smoking.</p>

<p>Can you name 3 types of medication that can be used for quitting smoking?</p>	<p>True or False The younger you start smoking the more likely you will be to be a highly dependent smoker.</p>
<p>Where else would carbon monoxide come from?</p>	<p>What ad about quitting smoking do you remember and why?</p>
<p>Smoking yarndi and tobacco together can increase the chance of developing deadly lung cancer, true or false.</p>	<p>Name 3 influences that people would say caused them to smoke?</p>
<p>Smoking can cause a heart rate to do what?</p>	<p>True or False Nicotine be man-made in a factory</p>

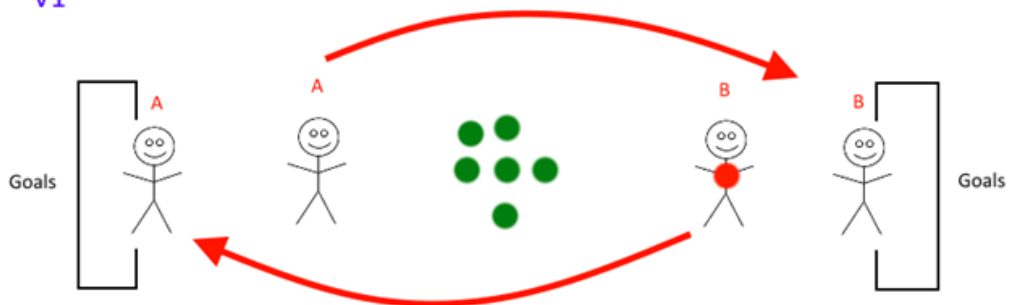
True and False or Trivia Game

⇒ Those cards that contain a in the twister cards can be used for the True / False magnet game

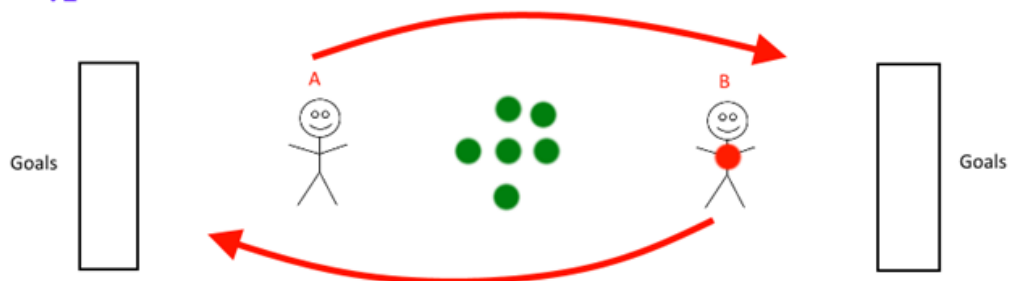
⇒ All chance cards (?) can be used in the trivia game or you can make your own, add more etc.

Oxygen Thief

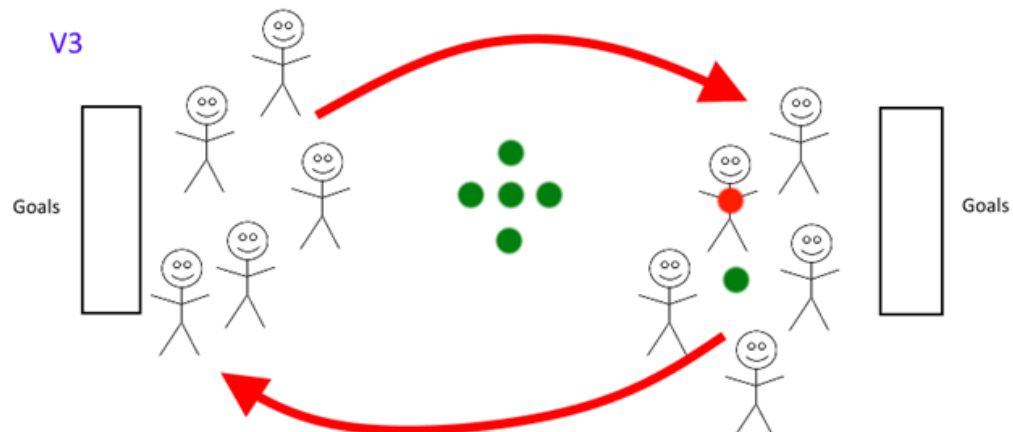
V1



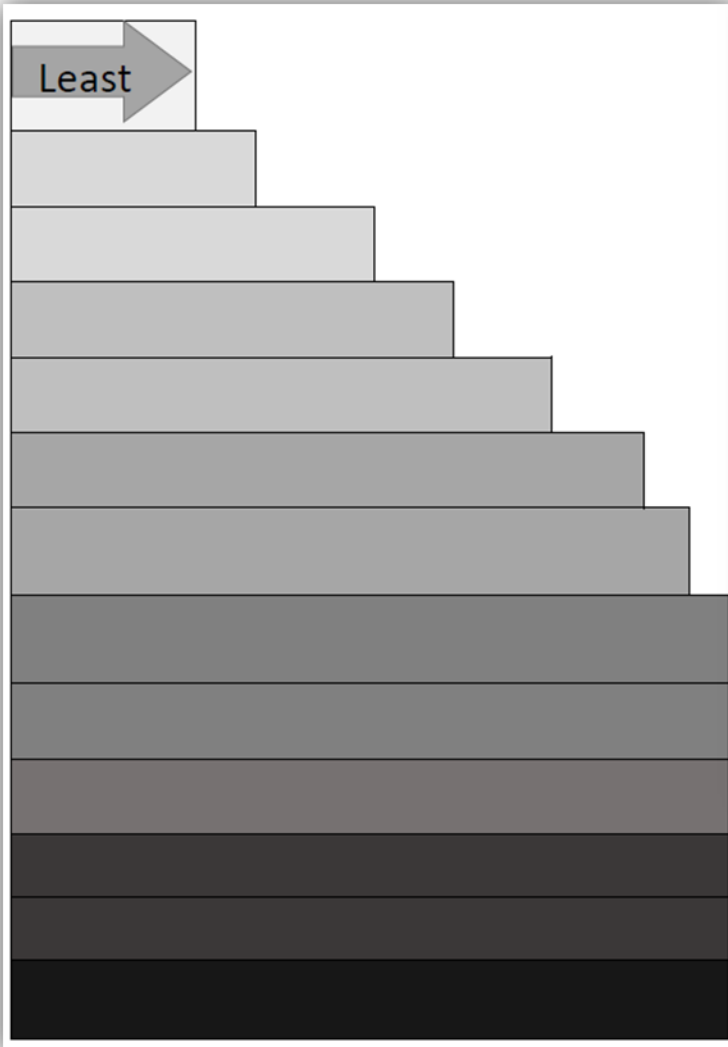
V2



V3



Preventable causes of death



Do you know how many Aboriginal and Torres Strait Islander people die from each of these preventable deaths per year?

Why not try putting them in order of which claims the least lives to which claims the most lives?

Cancer	Transport Accidents
Cerebrovascular Diseases	COPD - Chronic Obstructive Pulmonary Disease
Invasive infections	
Kidney Failure	
Assault	
Heart Disease	
Diabetes	
Overdose	
Suicide	

Jack and Rose

Meet your newest classmates Jack and Rose. They will be in your care until the TIS team return in may. However there is something you need to do with them.

Over the next 10 weeks we want you to keep one plant healthy and free from smoke, the other we want you to:

1/ add 10 mls of the cigarette juice to the plant... every day – continue to water it as usual and keep it in a sunny spot; but not in direct heat, complete shade or frost.

2/ if you are a smoker or have family that smokes take the plant with you and hold it while you have your smoke.

3/ we also want you to take a photo every Friday and email it to us of the two plants side by side

4/ we have included a checklist for you to complete each week about some of the changes you may notice. Use the healthy plant to compare what is happening. Each time the plant is taken for a smoke then you need to add a mark in one of the boxes.

During the holidays someone needs to be responsible for the plants meaning they continue to keep one safe and continue to use the cigarette juice with one plant and if they have a smoker in their home, sitting it where the smoker usually smokes.

The plant will be fine on the weekend.



observation	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Leaves										
stem										
Flowers										
Soil										
Smell										
Discolouration										
Feel of leaves										
other										

Questions for kids

What would you say if someone offered you a smoke?	Have you tried to quit in the past? What did you use? Did it work?	What worries you most about smoking?
Tell me 2 things you know about smoking?	Tell me 2 things that surprised you from our smoking display today	Do you know any friends that smoke?
What do you think about it?	Do you think parents should smoke? Why or why not?	What would your parents say if they caught you smoking?
	Do you know any friends that smoke?	What do you think about pregnant women who smoke?