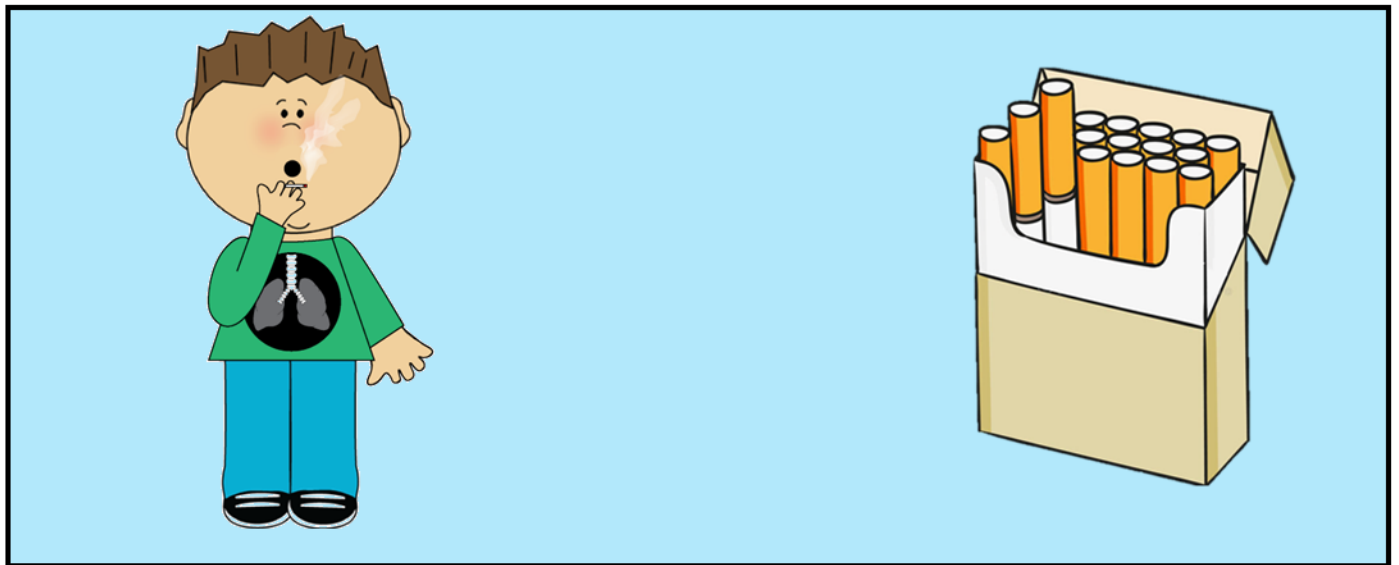


SMOKING

- WORDSEARCH
- FILL IN THE BLANKS
- MAZE



- COLOURING
- TRUE OR FALSE?
- CODE-BREAKER

ACTIVITY BOOKLET

WORDSEARCH



- ☐ Smoking
- ☐ Cigarette
- ☐ Nicotine
- ☐ Tobacco
- ☐ Addictive
- ☐ Smelly
- ☐ Expensive
- ☐ Lungs
- ☐ Peer Pressure
- ☐ Unhealthy



FILL IN THE BLANKS

Cigarettes contain _____, which comes from the leaves of a tobacco plant.

It contains harmful chemicals such as _____, making it very _____.

Smoking is bad for your _____, which can make it difficult to _____.

Smoking is also bad for your _____.

Smoking makes you _____.

If someone tells you to smoke, you should say ____.

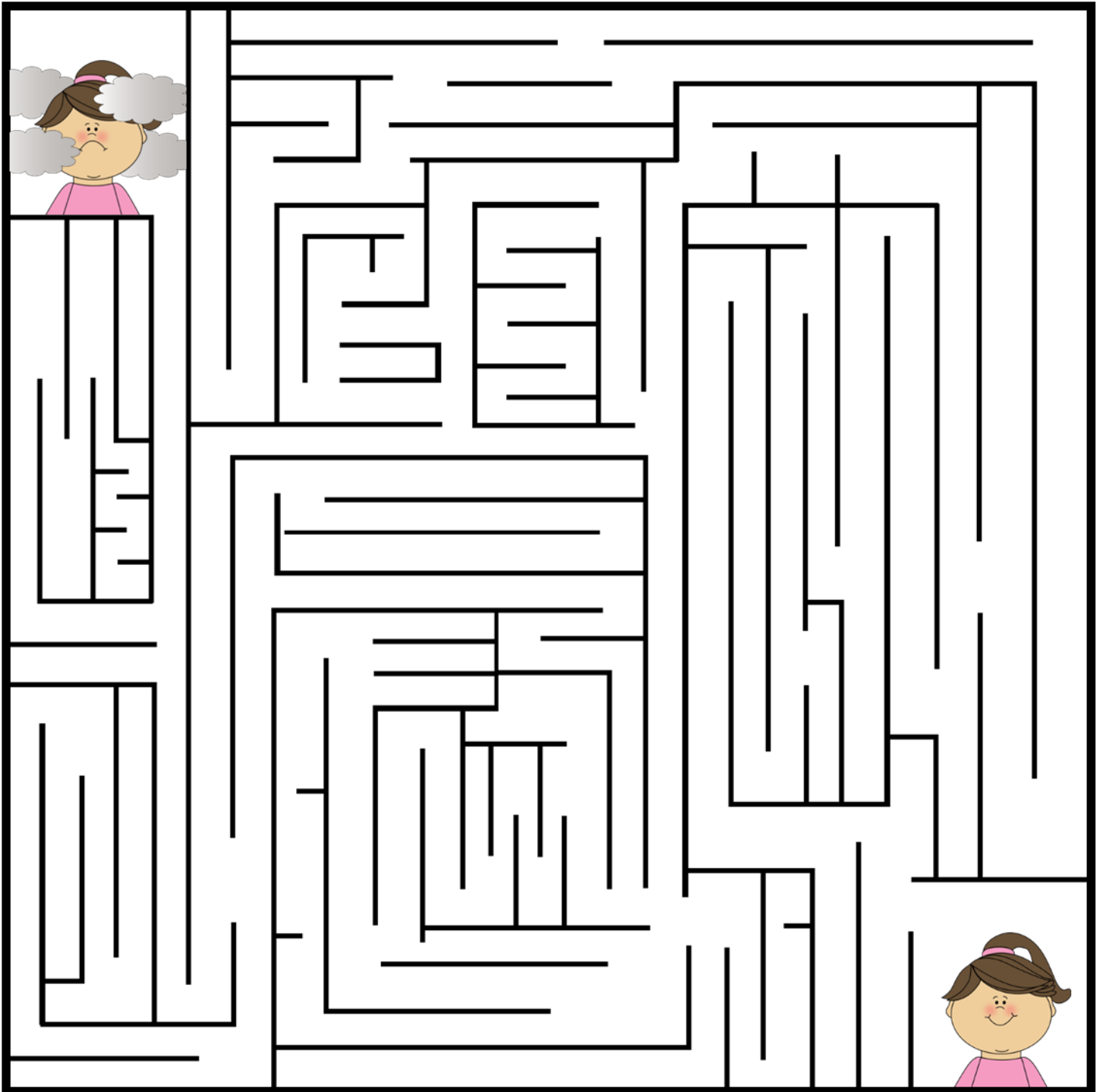


WORD BANK

- | | | |
|----------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> No | <input type="checkbox"/> Smell bad | <input type="checkbox"/> Lungs |
| <input type="checkbox"/> Heart | <input type="checkbox"/> Breathe | <input type="checkbox"/> Addictive |
| <input type="checkbox"/> Tobacco | <input type="checkbox"/> Nicotine | |



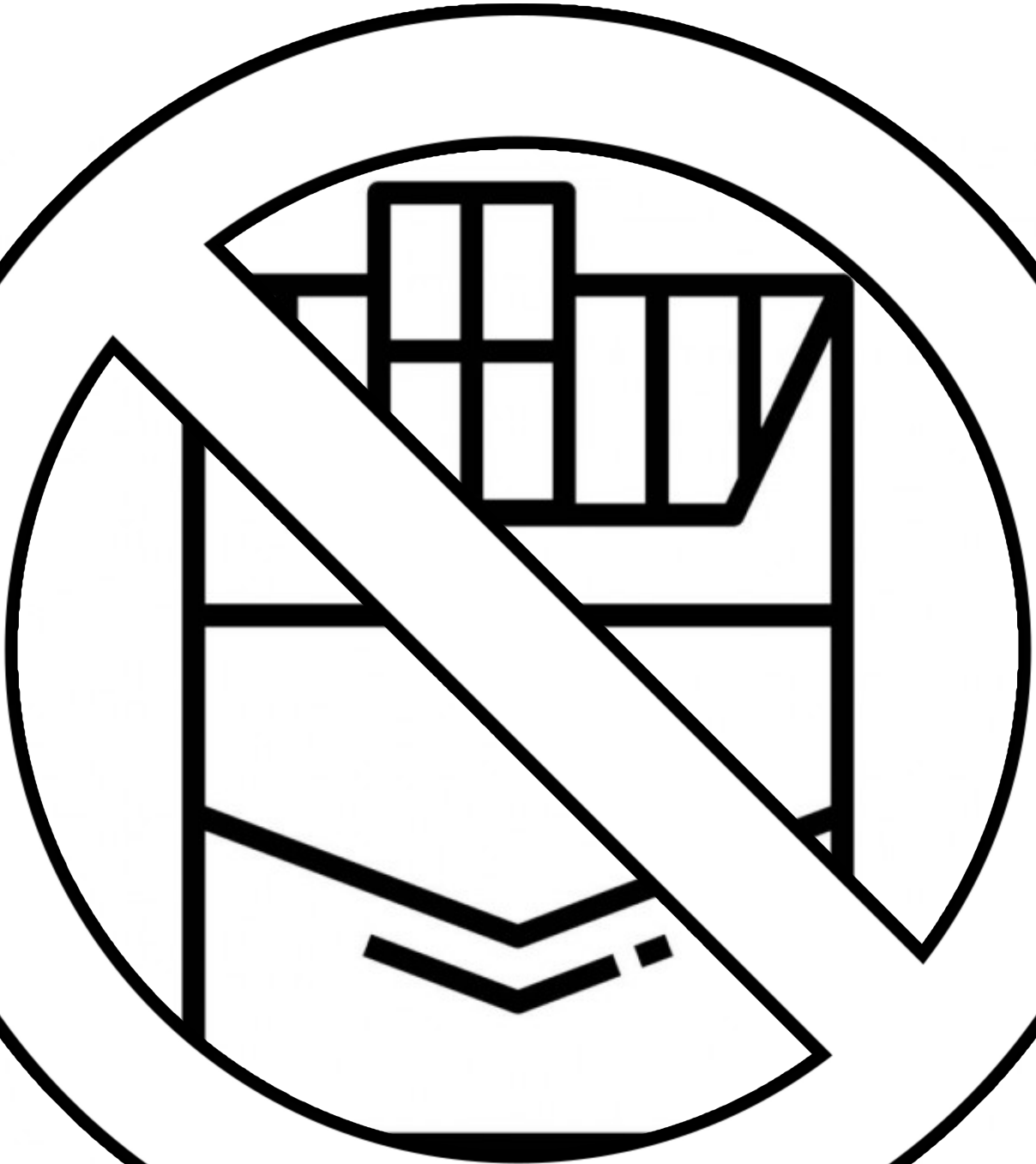
MAZE



HELP SARAH STAY HEALTHY BY GETTING AWAY FROM THE SECOND-HAND SMOKE!
START AT THE TOP LEFT WHERE SARAH IS SURROUNDED BY SMOKE, AND MAKE
YOUR WAY TO THE BOTTOM RIGHT WHERE THE CLEAN AIR IS.

SMOKING SAFETY

COLOURING SHEET



white-ribbon.org.uk

TRUE OR FALSE?

1. There are more smokers than non-smokers in the UK
2. Smoking only causes harm if you've been doing it for a long time
3. Smoking is bad for your lungs
4. Nicotine makes cigarettes addictive
5. Smokers usually find it easy to give up smoking
6. Smoking is an expensive habit

CODE-BREAKER

Each letter matches with a number.

Use the code below to find out what the sentence is...

Can you break the code?

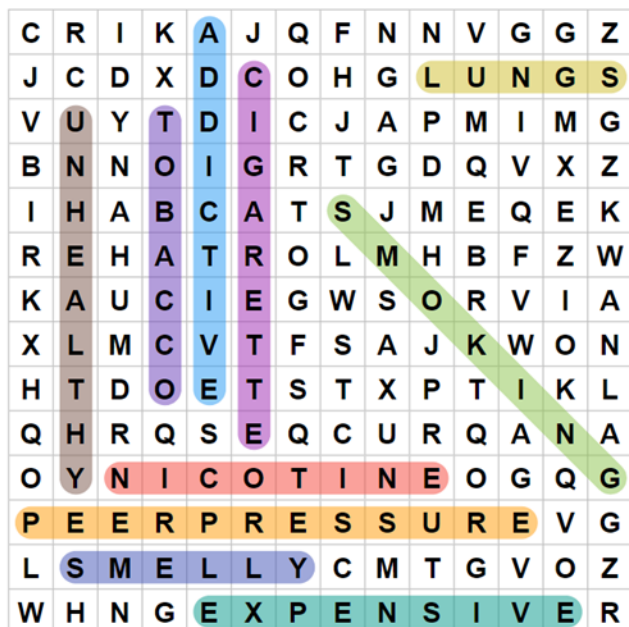
A = 1	B = 2	C = 3	D = 4	E = 5	F = 6	G = 7
H = 8	I = 9	J = 10	K = 11	L = 12	M = 13	N = 14
O = 15	P = 16	Q = 17	R = 18	S = 19	T = 20	U = 21
	V = 22	W = 23	X = 24	Y = 25	Z = 26	

19	1	25		14	15		20	15					
—	—	—		—	—		—	—					
19	13	15	11	9	14	7		1	14	4			
—	—	—	—	—	—	—		—	—	—			
12	9	22	5		1		8	5	1	12	20	8	25
—	—	—	—		—		—	—	—	—	—	—	—
8	1	16	16	25		12	9	6	5				
—	—	—	—	—		—	—	—	—				

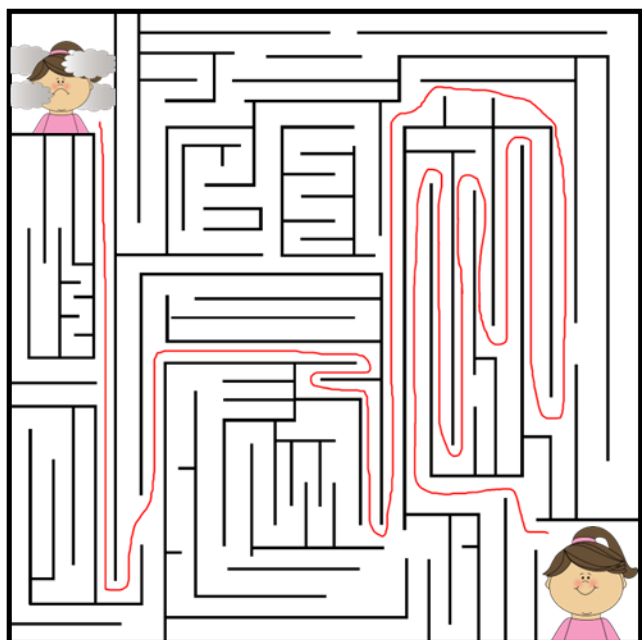


ANSWERS

WORDSEARCH



MAZE



FILL IN THE BLANKS

Cigarettes contain **TOBACCO**, which comes from the leaves of a tobacco plant.

It contains harmful chemicals such as **NICOTINE** making it very **ADDICTIVE**.

Smoking is bad for your **LUNGS** which can make it difficult to **BREATHE**.

Smoking is also bad for your **HEART**.

Smoking makes you **SMELL BAD**.

If someone tells you to smoke, you should say **NO**.

TRUE OR FALSE

- 1) FALSE
- 2) FALSE
- 3) TRUE
- 4) TRUE
- 5) FALSE
- 6) TRUE

CODE-BREAKER

SAY NO TO SMOKING AND LIVE A HEALTHY HAPPY LIFE