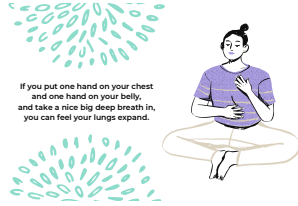




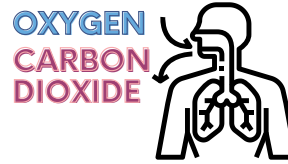
1. Leave this gif playing while everyone gets into their seats and organized. Offer that if they like, they can get started by breathing in time with the cat.

If you find yourself waiting, you might name the cat.



2. Model the movement with one hand on your chest and one hand on your belly. Stand sideways to demonstrate.

You can add some play by inhaling into your belly and chest separately.



What else are healthy lungs good for?

3. Keep learners breathing mindfully. Tell them we breathe in oxygen and we breathe out carbon dioxide.

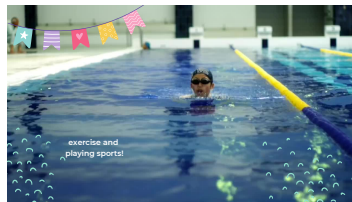
You can add some wisdom by having them imagine inhaling a fresh batch of cookies (the kid version of golden light) and exhaling any grumbles they might be feeling. Encourage noises.

4. Ask them what healthy lungs are good for - make a list or not, but do repeat back and affirm their answers.



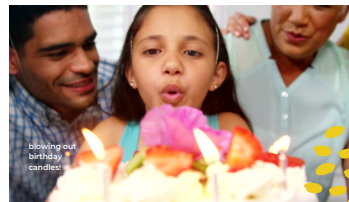
5. Tell them you have some favorite ways to use your lungs and invite them to practice using their lungs with you.

Go ahead, mask up, open your mouth, and get the whole class into a nice big belly laugh.

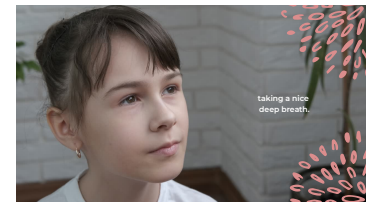


6. Bob your bodies up and down, if there's space, move your arms like you're swimming. Coordinate your breath with the video.

If you have extra time or want to move slowly, ask students to demonstrate how they might breathe for other sports.



7. Close your eyes, imagine a cake filled with candles, take a big deep breath, and blow out the candles together. Suggest they make a silent, secret wish.



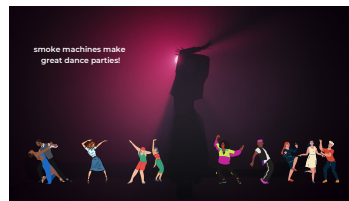
8. Take a deep breath. Add something like hands on chest/ belly or a visualization if you like.



9. Read the slide. A group "Yikes!" may be called for.

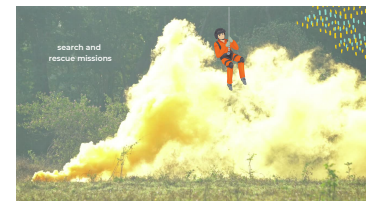


10. Let's not be unfair to smoke - it's got some good uses.

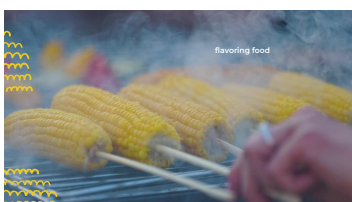


11. Ask learners if they've ever been to a dance party with a smoke machine.

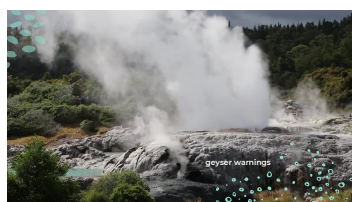
You can add some play by quickly asking someone to beat box or provide a beat and having the class do their best dance move - seated or standing, your call.



12. If someone is ever lost, having a smoke canister makes it easier for a rescue team to find you.



13. It's better to put the smoke flavor on your food and then in your belly, than to just pull it straight into your lungs.



14. Geysers send vapor signals to warn of an impending eruption.



15. Volcanoes use smoke the same way - to warn everyone that they better take cover because there is about to be some lava!



16. Ask the question.

For younger kids, you might make a show of examining them - well, that volcano doesn't have arms and I don't see any rocky crags on you, so...

# NOPE!

Will vaping make LOLing, birthdays, or playing sports easier or more fun?

17. Remind them one more time that they are not volcanoes.

You can add some play by asking them other smokey things they are not - geysers, grills, etc. - and creating a kind of call and response pattern.

# NOPE!

19. N-O-P-E-NOPE!



20. Who here is a kid? Who here has a brain? Who here is still growing up?

**HOW LONG DOES IT TAKE FOR A HUMAN BRAIN TO FULLY DEVELOP?**

25 YEARS

300 MONTHS

1,300 WEEKS

227,500 DAYS

ALL OF THE ABOVE

21. All of these answers are correct.

When our brains are still developing, until around age 25, the chemicals we inhale from vapes and cigarettes change our brains permanently.

And that isn't good for our brains!

PROPYLENE GLYCOL  
NICOTINE  
CARCINOGENS  
ACROLEIN

22. A group "Yikes!" may be called for.



23. We know elementary kids don't really smoke, but we want to talk to you now so you're extra prepared when you get to middle school!

**HOW MANY MIDDLE SCHOOL AGED KIDS HAVE NEVER SMOKED OR VAPED?**

93.3%

11,140,299

NEARLY ALL

MORE THAN 9/10

ALL OF THE ABOVE

24. All of these answers are correct.

Let's get to 100% and leave the smoking to volcanoes.

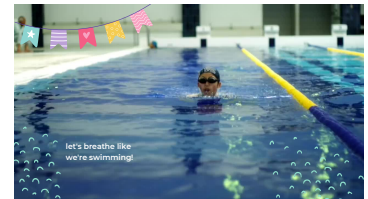
25. You can add some play by starting a "one-hun-dred" chant.

Shall we have one last round of using our lungs together?

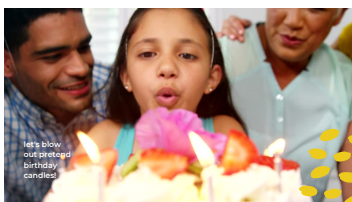
26. Ask the question.



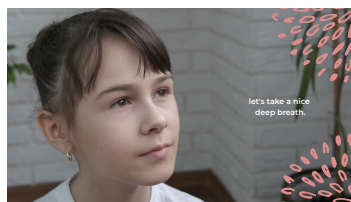
27. Do the thing.



28. Do the thing.



29. Do the thing.



30. Do the thing.

Excellent ❤️  
If you have any questions, ask as many adults as it takes to get an answer that makes sense to you.

31. Reiterate that these things can be a little tricky, that different adults have different information, and that it's OK to ask as many questions as they have.