

SMOKE-FREE PUPPET

Materials:

- Clean White Sock
- Pieces of Colored Felt (Red, Blue, Brown, Green, White)
- Small Pompoms
- Scissors
- White Glue

Optional:

- Cardboard Box
- Poster Paint

Objective:

Teach children the ways secondhand smoke can hurt them through role-playing.

Activity:

Step 1: Cut out a pair of eyes from the colored felt—one pair for each child, perhaps matching the color of the child’s eyes. As you cut the eyes out, discuss how smoke can make the children’s eyes itch and water. Have the children glue the eyes on the sock.

Step 2: Cut out a mouth from the red felt—one pair for each child. As you cut the mouth out, discuss how smoke can make the children cough if they breathe it in. Have the children glue the mouth on the sock.

Step 3: Let each child chose a pompom for the nose. As they are making their choices and gluing them on the sock, talk about the way secondhand smoke smells and how they can breathe it in through their nose.

Step 4: Cut out a pair of ears from the white felt—one pair for each child. As you cut them out, discuss how smoke can cause the children to have ear infections. Have the children glue the ears on the sock.

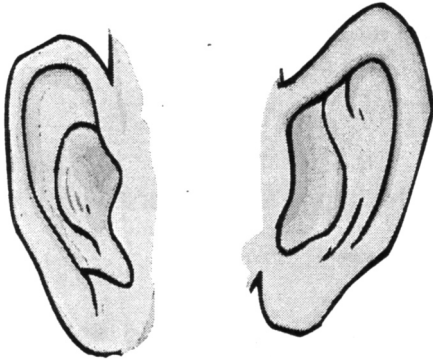
Step 5: While the glue is drying, ask the children if they know anyone who smokes. Ask them to talk about how the smoke makes them feel.

Step 6: When the glue has dried, have the children put the socks on their hands. Have one child pretend to be an adult who smokes (without using a cigarette). Have another child pretend to be a child who is being bothered by the smoke. Help them act out effective ways to ask an adult not to smoke around them by reminding them of the points discussed earlier about how the smoke can hurt them and how it smells bad.

Optional:

Create a stage by cutting out half of the bottom of a cardboard box and painting the remaining box to resemble a stage. Have the two “acting” children kneel down behind the box, out of sight, with their puppets on stage. This might help some of the shy children express their feelings.

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Ears: Smoke can cause them to have ear infections.



Mouth: Smoke can make them cough if they breathe it in.



Eyes: Smoke can make their eyes itch and water.



Nose: Secondhand smoke smells and how they can breathe it through their nose.