
TOBACCO AND ADDICTIONS

LEVEL 6

Level 6: I Take a Deep Breath Lesson Plan

ICON LEGEND



TEACHER SCRIPT



CLASS DISCUSSION



IMPORTANT INFORMATION



INDIVIDUAL ACTIVITY



PAIRS/SMALL GROUP ACTIVITY



PHYSICAL ACTIVITY



LARGE OPEN SPACE REQUIRED

**EXTENSION
ACTIVITY**

BOOK TITLE

**I Take a
Deep Breath**

TOPIC

**Tobacco and
Addictions****Essential
Question**

Why is breathing clean,
smoke-free air important for
our lungs?

Teaching Strategy

This activity incorporates hands-on, active
participation from both the teacher and students.

**REQUIRED MATERIALS**

Open space to play
Simon Says

LEARNING ACTIVITIES

Class discussion
about the book *I Take
a Deep Breath*.



Class discussion about
smoke-free air.



Game of Simon Says.



Class discussion
about keeping our
lungs healthy.

LEARNING CONNECTION

This activity asks students to think about the
importance of smoke-free air, and leads them
through some physical activities to show them what
they can do with healthy lungs. The activity builds
on the book *I Take a Deep Breath*, which shows
students various instances throughout the day
when they use their lungs to breathe. It builds the
foundation for understanding that healthy lungs are
important for the physical activities that the students
enjoy doing.

READING VOCABULARY

*Deep breath, play, tag, Inuit games, hockey, soccer,
dance, sing.*

