**Activities**

* **Airway Tubing Activity**

Spray paint the outside of the paper roll pink to represent the airways. Filled the outermost layer with two layers of the red foam sheets to represent the inflammation. Next fill with two layers of the yellow foam sheets to represent the mucus. By the end the diameter of the airway would have decreased by at least half.

* **Straw test**

Have the student jog/run in place for about 30 seconds. Then have the student plug their nose and breathe through the straw for at least a minute. They will find that it is difficult and may have to stop prior to the full minute

* **Smoking Financing activity**

\*\* 1 coordinator of the activity will be needed for each group of students\*\*

For this activity, various pictures will need to be printed on a 3x5 notecard. These pictures include things like Starbucks, video games, fast food restaurants, movies, clothes, and etc. These will be activities that students mostly spend their allowance on. On the other side of the notecard you will write down the dollar amount of each activity (Ex: Starbucks=$15/month) Enough will need to be made for each student. This activity is best when there are 4-5 students in each group. When the group has been made, the coordinator will introduce the activity in brief. It is important that this is not a “financing” activity because then the students will try to budget their allowance and try to spend as little as possible. We want the students to spend as much of their allowance on daily activities. Each student will be given their “allowance” of $100 monopoly dollars (3 x $20, 2 x $10, 4x $5). Then, the coordinator will ask something like “who here like to drink starbucks?” and then pass out the starbucks notecard to the students who likes to drink starbucks. This will continue until all notecards have been called out. And then at the end the students will flip over the notecard one by one and hand the coordinator the amount of money written on it. By then end of this, the students should have little to no money left over. If the do not have enough money to pay for their remaining notecards then they will have to start choosing what they would want to give up (Ex: give up eating out ($20) for watching movies ($10). When the students have little to no money left over, you incorporate that they have just started smoking and now smoke ½ pack a week (1 pack= $10 so $5 a week). That means they have to pay $20/month. Students who do not have any money will need to start sacrificing things like eating out, buying clothes, and etc. in order to make up money for smoking. Then you increase the smoking to 1pack/week because smoking is very addicting. This means that they now need to pay $20 more and need to sacrifice even more activities. After the activity the students will see what they have sacrificed for smoking cigarettes.