



Raccoon
has found
a cigarette



GAME OF CHOICES

LESSON PLAN

OVERVIEW

Lesson Section	Time	Activity	Teaching Methods	Resources
Presentation	10-15 min	- Deliver Fox & Raccoon video game assembly.- Engage students with interactive storytelling and choices.	- Teacher-led presentation	- Assembly slides
Activity (Teacher Chooses One)	20-25 min	Option 1: Create Your Own Video Game Character – Students design a game character who makes healthy choices. Option 2: The Ultimate 20-Minute Fun Plan – Students brainstorm fun, healthy activities they could do in 20 minutes instead of smoking..	- Creative drawing- Group discussion	- Activity-specific resources (see below)
Closing Reflection	5-10 min	- Discuss key messages from the lesson.- Reinforce the "Every Minute Counts" campaign.	- Whole-class discussion	- Support services slide

PRESENTATION

1. Introduction: Let's Play a Game!

We're going to follow two characters on a journey in a video game. One is Raspy the Raccoon, and the other is Breezy the Fox. You're going to help me figure out what happens to them. But first, who would you pick to play as—Fox or Raccoon?"

- Ask students to vote by raising their hands for Fox or Raccoon

Slide 2: Fox and Raccoon Begin Their Journey

The adventure begins. Look, they both start with full health and energy! But wait... what does Raccoon see up ahead? It's a mystery box - what's inside?

Slide 3,4,5: Raccoon Finds a Cigarette

Raccoon has found a cigarette. What do you think he'll do? Let's find out... (4) Looks like Raccoon has chosen the cigarette. (5) Raccoon has chosen to smoke the cigarette. Oh dear, look—his health bar has dropped, and he's coughing! Smoking is making him slower and weaker. It's taking his life! What could he have done instead?

Slide 6,7,8: Fox Finds a Cigarette

Now Fox has found a cigarette. What do you think he'll do? Let's find out...(7) Fox has chosen to leave the cigarette behind. Instead, he keeps moving and... oh, look! (8) He's collected a coin! Fox is staying healthy and saving money.

What could Fox use those coins for? (Encourage answers like buying a football, saving for a trip, etc.) Why do you think Fox made that choice?

Slide 9,10: Fox Keeps Collecting Coins

Fox spots another cigarette but has decided to dodge it by jumping over it! (10) Fox is on a roll now and collected even more coins along the way. Look his savings are adding up. Healthy choices aren't just good for your body they save you money too!

Slide 11,12,13: Raccoon Smokes Again

Fox is collecting lots of coins now. Uh-oh, Raccoon has found another cigarette. What do you think will happen if he smokes it? Should he do it? (13) Oh no, health bar is dropping further. Smoking is making him weaker and slower. Poor Raccoon can't keep up with Fox. How do you think Raccoon's choices are affecting his game? What could he do differently?

Slide 14,15: Fox Plays Football

Now let's check in with Fox. Look! Fox has found a mini game. Should he play it? (15) Look! Fox is using his extra time and energy to play football. Playing games keeps him strong and healthy... and look at his heart bar! It's growing bigger and stronger! What kinds of fun, active games do you like to play? How does being active help us stay strong?

Slide 16: Raccoon Spots Another Cigarette

Let's see where Raccoon is now. Oh dear, he's spotted another cigarette. Do you think he'll choose to leave it this time? Let's find out...(17) Nope, Raccoon has smoked the cigarette again. Now he's really struggling. He's out of breath and moving even slower. Poor Raccoon...What do you think Raccoon is missing out on because of his choices?

Slide 18: Look at Fox go! He's been making healthy choices, and now—he's just discovered an extra life! That means more time, more energy, and more chances to keep playing and having fun. Why do you think Fox got an extra life? What kinds of healthy choices give us more energy and help us live longer? What would you do if you had extra time every day?

Slide 19: And now it's time to see who reaches the finish line. Look! Fox is full of energy and is racing towards the end. But where's Raccoon? Oh no, Raccoon is still far behind. He doesn't have enough breath in his lungs to climb the ladder.

Slide 20: Fox has found a shiny star and has won the game! Smoking made Raccoon slower and weaker, while Fox made healthy choices and got to enjoy all the fun things in the game. Fox was able to save time, stay healthy, and have fun because of his good choices.

Slide 23: One Cigarette Takes 20 Minutes of Your Life

Now here's something really important to think about. Just like in the game, smoking takes away your health and energy. Did you know that one cigarette takes 20 minutes off your life? That's time you could spend doing something fun, like playing football, reading your favourite book, or playing with friends. What could you do with 20 extra minutes every day?

Final: Remember, every minute counts. Let's choose to make the most of our time and enjoy all the fun and healthy things we can do!

LESSON PLAN

Duration: 1 hour

Objective: Reinforce the assembly's key messages about healthy choices, using fun, creative, and interactive activities to engage students.

Lesson Structure

1. **Start with the Assembly Script (10-15 minutes)** Use the slides and interactive questions to guide the discussion.
2. **Activity Options (20-25 minutes)** Choose one or more of the following creative activities based on your class's interests and time available:

Option 1: Create Your Own Video Game Character

Goal: Encourage creativity and reinforce the idea of making positive choices in a fun, relatable way.

Materials Needed:

- Blank paper
- Colouring pencils, crayons, or markers

Instructions:

1. Ask students to design their own video game character who makes healthy choices, like Fox.
2. Their character can:
 - Collect rewards (e.g., coins, stars, trophies) by doing healthy activities.
 - Avoid obstacles like cigarettes or junk food.
 - Gain special powers through actions like playing sports or eating healthy snacks.
3. Display the characters on a classroom bulletin board titled "Our Healthy Heroes!"

Extension Idea: Turn the characters into a class video game storyboard. Students can suggest ideas for what the levels might look like and the types of challenges their characters would face.

Option 2: The Ultimate 20-Minute Fun Plan

Goal: Help students think about the best possible ways to spend 20 minutes doing something healthy or fun.

Materials Needed:

- Paper and pencils
- Optional: Stopwatch or timer

Instructions:

Explain to students: "We've talked about how one cigarette takes 20 minutes of life. But if we had an extra 20 minutes in school, what's the most fun, healthy way we could spend it?"

Have students brainstorm and write down their ideas individually or in pairs.

Encourage creativity and variety, such as:

- Playing a group game (e.g., football, tag, or a creative class game).
- Drawing, painting, or crafting something.
- Doing a mini workout or dance.

Once everyone has shared their ideas, pick one that is practical to do as a class.

Teacher's Note: If time or logistics are tight, have students vote on the most creative or fun idea instead, and discuss how they could try it at home or during break time.

3. Closing Reflection (5-10 minutes)

Gather students for a short group discussion.

- "What did you learn today about making healthy choices?"
- "What's one healthy thing you're going to do this week?"
- "If you could tell Raccoon one piece of advice, what would it be?"

End with a positive challenge: "Let's all try to spend 20 minutes today doing something healthy or fun! Remember, every minute counts."



Help to Quit Smoking (Age 12+)

Freephone: 0800 085 2219

Visit: helpmequit.wales