



# **BUILDING A SMOKE-FREE WALES**

## **LESSON PLAN AND ACTIVITY PACK**

# OVERVIEW

Running time: 60 minutes

Lesson Section	Time	Activity	Resources
<b>Welcome</b>	2 mins	Short welcome. Explain the Senedd simply and why these pupils have been invited to help share ideas for a healthier Wales.	<ul style="list-style-type: none"> <li>• <b>Presentation slide</b></li> </ul>
<b>Meet The Teams</b>	3 mins	Introduce the three committees: Eco Eagles, Puffin Protectors, Seagull Scouts. Pupils sit at their team tables.	<ul style="list-style-type: none"> <li>• <b>Team table signs</b></li> </ul>
<b>Energiser Stations</b>	10 mins	Three fast stations running at the same time. Teams work at their own station only. Each team fills in the Task 1 worksheet. Stations: Guess the Mess, Chemistry Cards, Butt Busters.	<ul style="list-style-type: none"> <li>• <b>Chemical cards</b></li> <li>• <b>Container cards (OR the real containers);</b></li> <li>• <b>Task 1 worksheets (one per team)</b></li> <li>• <b>Pencils/pens</b></li> </ul>
<b>Committee Discovery Mission</b>	10 mins	Each team gets its theme pack: Health, Environment, or Community. They use pictures and facts to discover new information. They note: <ul style="list-style-type: none"> <li>• One thing that surprised us</li> <li>• One wish for a Healthy Wales</li> <li>• on the Task 2 sheet.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>3 themed discovery packs;</b></li> <li>• <b>Task 2 worksheets;</b></li> <li>• <b>Pencils/pens</b></li> <li>• <b>Optional props (tar jar, pig's lungs, jar of phlegm, chemical board)</b></li> </ul>
<b>Mini Committee Priorities</b>	10 mins	Teams look at the priority ideas, choose three, then agree on one final committee priority for a healthier Wales.	<ul style="list-style-type: none"> <li>• <b>Task 3 worksheet;</b></li> <li>• <b>Pencils/pens</b></li> </ul>
<b>Posters</b>	20 mins	Each team creates a poster showing: <ul style="list-style-type: none"> <li>• their team wish (Task 2)</li> <li>• something that surprised them (Task 2)</li> <li>• their three chosen priorities</li> <li>• their final committee priority</li> <li>• their handprints outlined and signed by each team member</li> <li>• They can cut out pictures from their discovery packs to decorate their poster.</li> <li>• Resources: A3/A2 paper, discovery pack sheets, scissors, glue, pens.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>A3 Paper to create posters</b></li> <li>• <b>Pens, crayons, pencils, arts crafts materials</b></li> <li>• <b>Glue</b></li> <li>• <b>Scissors</b></li> </ul>
<b>Team Points</b>	3 mins	Quick reveal of team points from activities. Celebrate effort over winning. Award certificates to each child.	<ul style="list-style-type: none"> <li>• <b>Award Certificates</b></li> </ul>
<b>True / False Quiz (can be skipped)</b>	2 mins	Teams who finish early complete the Task 4 Quiz Sheet for fun while the facilitator helps groups still working.	<ul style="list-style-type: none"> <li>• <b>3 × Quiz Sheets</b></li> <li>• <b>Pencils/Pens</b></li> </ul>

# PRESENTATION

## **SLIDE 2: Welcome Smoke-free Squad**

"Today we're doing something a bit special. Our class is joining the Smoke-Free Squad, which means we'll be thinking about how to keep the places we live, learn and play healthy and safe. You already know lots about looking after yourselves and your community, and today is a chance to use that knowledge. Your ideas matter, and we'll be exploring what children think about smoking, vaping and keeping Wales a healthy place to grow up."

## **SLIDE 3**

"You might have seen this building before - it's the Senedd in Cardiff. It's where important decisions are made about life in Wales, like health, schools, the environment, and keeping our communities safe. When adults make decisions, they don't always hear what children think. That's why we're doing this today: your voices are important, and grown-ups need to know what matters to you. We'll look at some facts about smoking and vaping, talk together about what you notice, and share the ideas you think could help make Wales healthier for everyone."

## **SLIDE 4: Introduce Teams**

"Inside the Senedd, adults work in groups called committees. Each one focuses on something different - like nature, health or communities. But today... our committees are much more fun because you are running them."

- First up... the Eco Eagles! You look after nature - animals, beaches, parks, and the planet.
- Next - the Puffin Protectors! You look after children's health - breathing, clean air, bodies and wellbeing.
- And finally - the Seagull Scouts! You look after our communities - streets, school gates, shops and places we spend time.

## **SLIDE 5:**

"Here's our plan for today: We'll play quick games, discover surprising facts, choose our best ideas, and make a team poster to share your message for a healthier Wales."

## **SLIDE 6-10 - The Smoke-Free Showdown (10 minutes)**

"You've got three quick games on your table. Work together as a team and fill in your Task 1 sheet."

**Game 1 - Guess the Mess** "Write down your guesses for one of the top 5 most littered items in the UK. You have two guesses. You'll get a point for any on the top 5, and 2 points for your team if you get the top answer. Do you know what litter is? Anything dropped on the ground where it shouldn't be."

**Game 2 - Cigarette Chemistry Showdown** "You've got cards with different ingredients. Some are inside cigarettes, some aren't. Tick the ones you think are found in cigarettes."

**Game 3 - Butt Busters** "You have a photo of a container on your table - a cup, a crisp packet or a Pringles tube. Guess how many cigarette butts would fit inside." "Ready? Off you go!" (Use the answer slides to reveal results.)

### **SLIDE 11 - 26 ANSWERS (Additional): What's in a Cigarette?**

- "Now let's look at what's actually inside a cigarette." "Cigarettes contain tobacco, wrapped in paper, with a small plastic filter. There are over 7,000 chemicals inside - and many are dangerous for both health and the environment." (Briefly highlight 2-3 shocking ones, e.g. arsenic, ammonia, benzene.)

### **SLIDE 27-28 - Committee Discovery Mission**

Each table now has a discovery pack based on your committee's theme." "Your job is to:

- Look through the facts and pictures
- Choose one thing that surprised your team
- Choose one wish for a healthy Wales
- Write them on your Task 2 sheet"

If you're unsure, ask yourselves: What would make Wales better for children?

**NOTES FOR EAGLES:** Eco Eagles, your job is all about nature and the planet. Look at what's in your pack - the animals, the beaches, the parks, the streets. Think about what smoking and vaping do to nature.

**So your wish could be something like:**

- 'We wish Wales had cleaner parks and beaches.'
- We wish for a Wales with no smoking
- 'We wish animals didn't get hurt by litter.'
- 'We want a Wales where nature is protected.'
- 'We want people to stop dropping things that harm the planet.'
- 'We hope Wales will be a place with fresh air and no smoking around kids.'

Think together... What would make nature in Wales safer, cleaner, or happier for children and animals?

### **NOTES FOR PUFFINS:**

"Puffin Protectors, your mission is health - bodies, breathing, and feeling well.

**Think about the facts in your pack:**

- Breathing in other people's smoke can make asthma worse.
- Smoke in the air can spread - even outside.
- Clean air helps us run, play, and breathe easily.

**So your wish might sound like:**

- 'We want clean air for all children in Wales.'
- 'We wish children didn't have to breathe in smoke.'
- 'We wish grown-ups wouldn't smoke around school gates.'
- 'We hope Wales will be a place where kids can grow up healthy.'
- 'We want less vaping and smoking around children.'

**Talk together:**

What would help children stay healthy in Wales?

What would help everyone breathe easier and feel stronger?"



## NOTES FOR SEAGULLS

Seagull Scouts, your job is to think about our communities - the places children walk, play and spend time.

So your wish could be:

- 'We want clean, safe places to play.'
- 'We wish adults thought more about children when they smoke.'
- 'We want our streets and parks to feel clean and welcoming.'
- 'We hope people stop dropping vapes and cigarettes on the ground.'
- 'We want a Wales where children feel safe wherever they go.'

Chat together:

What would make your community - your street, school, park - better and safer for children?"

### SLIDE 29 - Mini Committee Priorities

- Now it's time to choose your Mini Senedd priorities. On your table you'll see the 'A Wales where...' idea cards. These ideas match the facts you've just explored." "Work together to:
- Choose three ideas you think matter most
- Then agree on one final committee priority - the idea your team thinks is the most important for helping Wales become healthier."

"Write your three favourites and your final priority on your Task 3 sheet."

### SLIDE 30 - Committee Posters (12–20 minutes)

"Time to create your team poster!

Your poster must include:

- Something that surprised your team
- Your team wish for a healthy Wales
- Your three chosen priority ideas
- Your final committee priority
- An outlined handprint from every team member - write your name inside"

"You can decorate your poster using pictures from your discovery pack."

"Work together - every voice matters."

### True or False? (Optional 2 minutes)

"If your team finishes early, try the True or False quiz while I visit groups still working." Earn bonus point for your team.

### SLIDE 33 - Team Points & Celebration (3 minutes)

"Fantastic work, everyone. Let's celebrate your teamwork, creativity and ideas."

"Well done to every team - you've all helped create messages that grown-ups in Wales need to hear." "Come and collect your certificates!"

### SLIDE 34 - Closing Slide

"Thank you for being part of the Smoke-Free Squad.

Your ideas help shape a healthier Wales for the future."

## TEACHERS NOTES

### Supporting Committees

- Encourage pupils to talk through their ideas as a group before choosing their three priorities.
- Prompt quieter pupils gently: “What do you think would help children in Wales?”
- If groups struggle to narrow their ideas, ask:
  - “Which of these would help the most people?”
  - “Which idea links best to your team wish?”

### During Poster Time

- Remind children their posters must include:
  - one thing that surprised them
  - their team wish
  - their three chosen priorities
  - their final committee priority
  - each team member’s handprint and name
- Encourage teams to use their discovery packs for pictures and facts.
- Keep scissors and glue use calm and safe.
- Move between groups to check progress and help them stay on task.

### Managing Timing

- The True/False quiz is optional and works well as an early finisher task.
- If a group is running behind, help them complete headings first, then handprints, then decoration.

### Sharing Posters

We would love to showcase the pupils’ ideas and creativity.

Teachers can share photos of the posters with us by:

- tagging @ashwalescymru on social media, or
- emailing them to [communications@ashwales.org.uk](mailto:communications@ashwales.org.uk)

We would love to show members of the Senedd all of your pupils’ incredible posters and the ideas they’ve created for a healthier Wales.

TEAM ECO EAGLES



TEAM PUFFIN PROTECTORS



TEAM SEAGULL SCOUTS

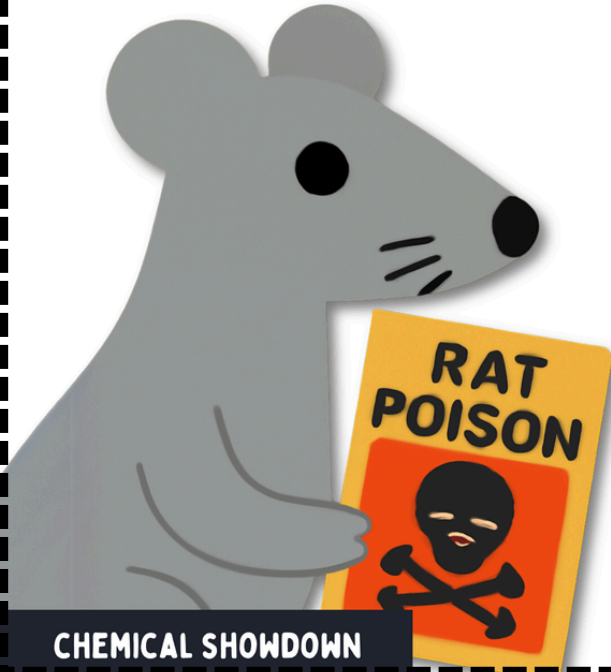






# ARSENIC

Found in rat poison



CHEMICAL SHOWDOWN

# SALT

Used in food (like on chips)



CHEMICAL SHOWDOWN

# FORMALDEHYDE

Used to kill germs and keep things from rotting (like dead bodies).



CHEMICAL SHOWDOWN

# BENZENE

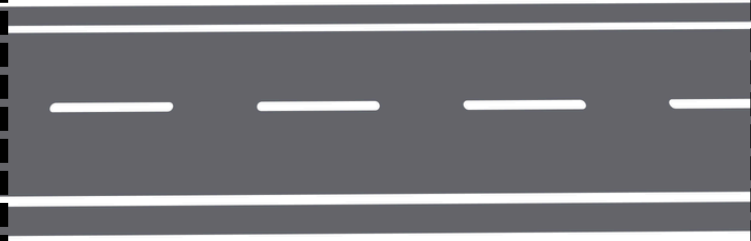
Found in petrol fumes and bug sprays



CHEMICAL SHOWDOWN

# TAR

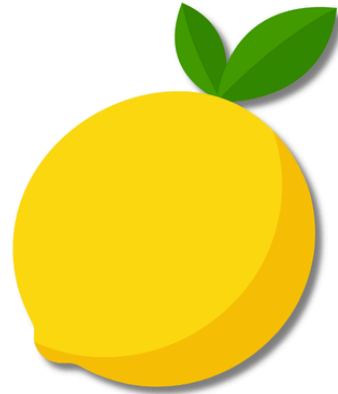
Road surfaces



CHEMICAL SHOWDOWN

# VITAMIN C

Found naturally in  
fruits and vegetables



CHEMICAL SHOWDOWN

# MILK

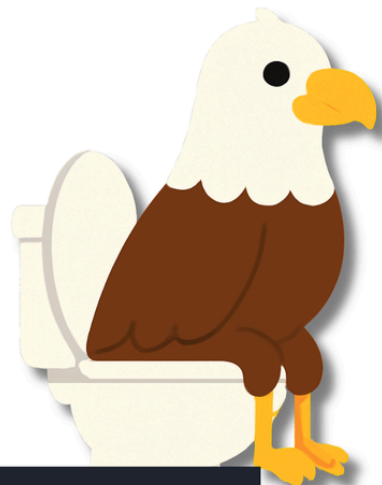
The stuff you have on  
your breakfast cereal



CHEMICAL SHOWDOWN

# AMMONIA

Found in strong  
cleaning products like  
toilet cleaners.



CHEMICAL SHOWDOWN

# CADMIUM

Found in batteries.



CHEMICAL SHOWDOWN

# CADMIUM

Found in batteries.



CHEMICAL SHOWDOWN

# CADMIUM

Found in batteries.



CHEMICAL SHOWDOWN



# TEAM: ECO EAGLES (ENVIRONMENT)

## TASK ONE: SMOKE-FREE SHOWDOWN

What do you think the top 5 most littered items are in Wales?

Guess 1:

Guess 2:

How many cigarette butts do you think could fit in this item?

Guess 1:

Which of these do you think is in a cigarette? Tick all the ones you think!



ARSENIC ☐



SALT ☐



FORMALDEHYDE ☐



BENZENE ☐



TAR ☐



VITAMIN C ☐



AMMONIA ☐



CADMIUM ☐



MILK ☐



# TASK TWO - DISCOVERY

Something that surprised our team:

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Our wish for a healthy Wales:

*Choose one way to start your sentence)*

- *We wish Wales had...*
- *We want our parks, beaches and streets to...*
- *We hope nature in Wales will...*
- *Our wish is...*

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# TASK THREE - PRIORITIES

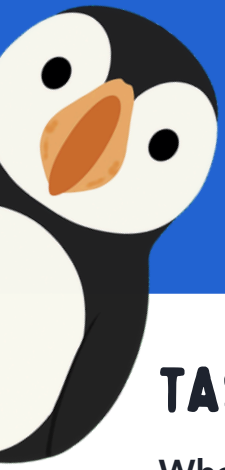


## WHAT A SMOKE-FREE WALES MEANS TO US

*Talk about these ideas with your team. Tick your top three favourites, then choose the one idea you think matters the most for helping make Wales healthier. This is the idea your committee will share with the class*

- ☐ A Wales where parks, beaches and streets stay clean and tidy
- ☐ A Wales where animals don't get hurt by smoking or vaping litter
- ☐ A Wales where vape waste doesn't start fires or damage nature
- ☐ A Wales where our rivers and seas stay clean and healthy
- ☐ A Wales where children can breathe clean, fresh air
- ☐ A Wales where babies and younger children aren't around smoke
- ☐ A Wales with fewer people getting sick from smoking
- ☐ A Wales where the places we play and spend time feel smoke-free
- ☐ A Wales where children aren't given or sold vapes or cigarettes
- ☐ A Wales where school gates feel clean and smoke-free
- ☐ A Wales where vapes don't look like toys or sweets
- ☐ A Wales where adverts for vapes aren't shown to children





# TEAM: PUFFIN PROTECTORS (HEALTH)

## TASK ONE: SMOKE-FREE SHOWDOWN

What do you think the top 5 most littered items are in Wales?

Guess 1:

Guess 2:

How many cigarette butts do you think could fit in this item?

Guess 1:

Which of these do you think is in a cigarette? Tick all the ones you think!



ARSENIC ☐



SALT ☐



FORMALDEHYDE ☐



BENZENE ☐



TAR ☐



VITAMIN C ☐



AMMONIA ☐



CADMIUM ☐



MILK ☐

# TASK TWO - DISCOVERY

Something that surprised our team:

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Our wish for a healthy Wales:

*Choose one way to start your sentence)*

- *We wish that children could...*
- *We want Wales to be a place where everyone can...*
- *We hope children in Wales will be able to...*
- *Our wish is...*

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# TASK THREE - PRIORITIES



## WHAT A SMOKE-FREE WALES MEANS TO US

*Talk about these ideas with your team. Tick your top three favourites, then choose the one idea you think matters the most for helping make Wales healthier. This is the idea your committee will share with the class*

- ☐ A Wales where parks, beaches and streets stay clean and tidy
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- ☐ A Wales where our rivers and seas stay clean and healthy
- ☐ A Wales where children can breathe clean, fresh air
- ☐ A Wales where babies and younger children aren't around smoke
- ☐ A Wales with fewer people getting sick from smoking
- ☐ A Wales where the places we play and spend time feel smoke-free
- ☐ A Wales where children aren't given or sold vapes or cigarettes
- ☐ A Wales where school gates feel clean and smoke-free
- ☐ A Wales where vapes don't look like toys or sweets
- ☐ A Wales where adverts for vapes aren't shown to children





# TEAM: SEAGULL SCOUTS (COMMUNITY)

## TASK ONE: SMOKE-FREE SHOWDOWN

What do you think the top 5 most littered items are in Wales?

Guess 1:

Guess 2:

How many cigarette butts do you think could fit in this item?

Guess 1:

Which of these do you think is in a cigarette? Tick all the ones you think!



ARSENIC ☐



SALT ☐



FORMALDEHYDE ☐



BENZENE ☐



TAR ☐



VITAMIN C ☐



AMMONIA ☐



CADMIUM ☐



MILK ☐

## TASK TWO: TEAM DISCOVERY SHEET

Something that surprised our team:

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Our wish for a healthy Wales:

*Choose one way to start your sentence)*

- *We wish grown-ups would...*
- *We hope families in Wales can...*
- *We want our communities to...*
- *Our wish is...*

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# TASK THREE - PRIORITIES



## WHAT A SMOKE-FREE WALES MEANS TO US

*Talk about these ideas with your team. Tick your top three favourites, then choose the one idea you think matters the most for helping make Wales healthier. This is the idea your committee will share with the class*

- ☐ A Wales where parks, beaches and streets stay clean and tidy
- ☐ A Wales where animals don't get hurt by smoking or vaping litter
- ☐ A Wales where vape waste doesn't start fires or damage nature
- ☐ A Wales where our rivers and seas stay clean and healthy
- ☐ A Wales where children can breathe clean, fresh air
- ☐ A Wales where babies and younger children aren't around smoke
- ☐ A Wales with fewer people getting sick from smoking
- ☐ A Wales where the places we play and spend time feel smoke-free
- ☐ A Wales where children aren't given or sold vapes or cigarettes
- ☐ A Wales where school gates feel clean and smoke-free
- ☐ A Wales where vapes don't look like toys or sweets
- ☐ A Wales where adverts for vapes aren't shown to children





# TEAM QUIZ

1. Breathing in other people's cigarette smoke can harm your lungs.

TRUE ☐ FALSE ☐

2. Cigarette butts have tiny bits of plastic inside them.

TRUE ☐ FALSE ☐

3. You can throw a used vape in the normal bin and it is always safe.

TRUE ☐ FALSE ☐

4. Fruit flavours in vapes come from real fruit

TRUE ☐ FALSE ☐

5. New rules in Wales are being talked about to help children grow up without smoking.

TRUE ☐ FALSE ☐

6. Cigarette butts disappear in the rain after they are dropped

TRUE ☐ FALSE ☐

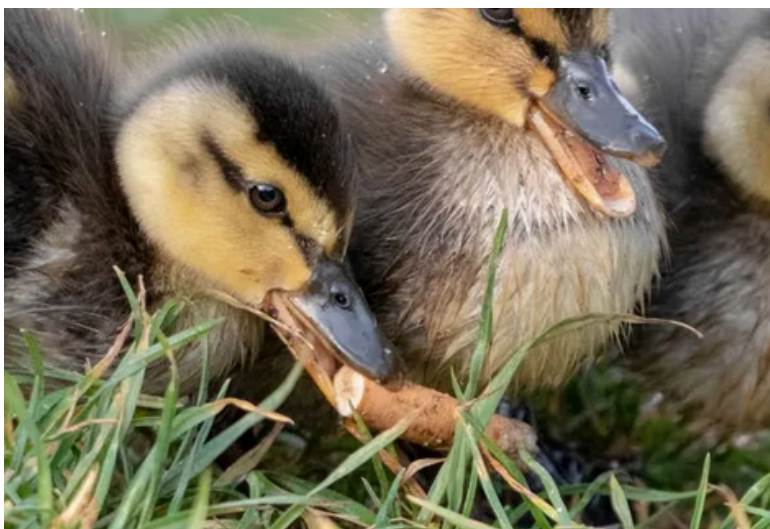
7. Most grown-ups in Wales smoke?

TRUE ☐ FALSE ☐

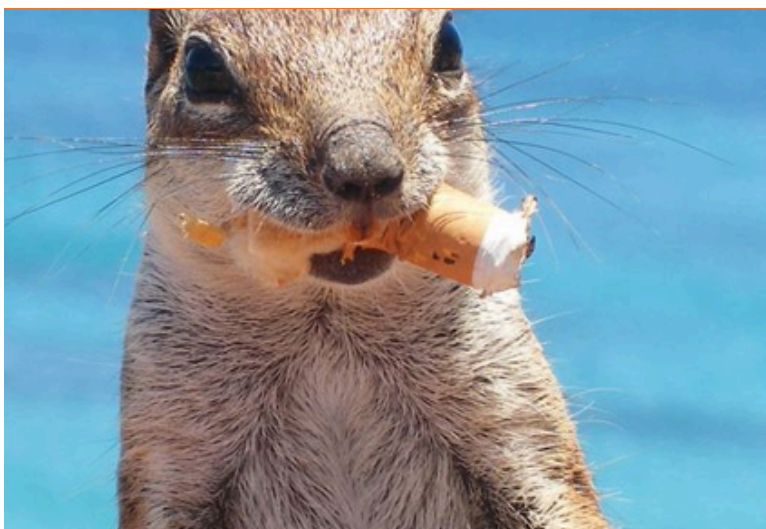


# TEAM: ECO EAGLES (ENVIRONMENT)

## DISCOVERY PACK



Animals mistake cigarette butts for food!



Dangerous chemicals in cigarette butts can make animals sick/die



They can choke on cigarette butts or hurt their digestive system.







A littered vape can stay there for 600+ years. Longer than castles have been standing in Wales.



4 trillion butts are littered every year across the WORLD.



Cigarette butts are the number one littered item in the world.



One small butt can poison a whole litre of water.



8 out of every 10 streets in Wales have cigarette butts on the floor. Is there one on your street?



Growing tobacco cuts down a lot of trees - enough to cover thousands of football pitches.





Would you bath in butts? Our sea animals do!



Vape litter can cause fires if they are not thrown away properly.



Most people (80%) want cigarette butts with plastic to stop being sold.



Cigarette filters are plastic – they don't break down like leaves.



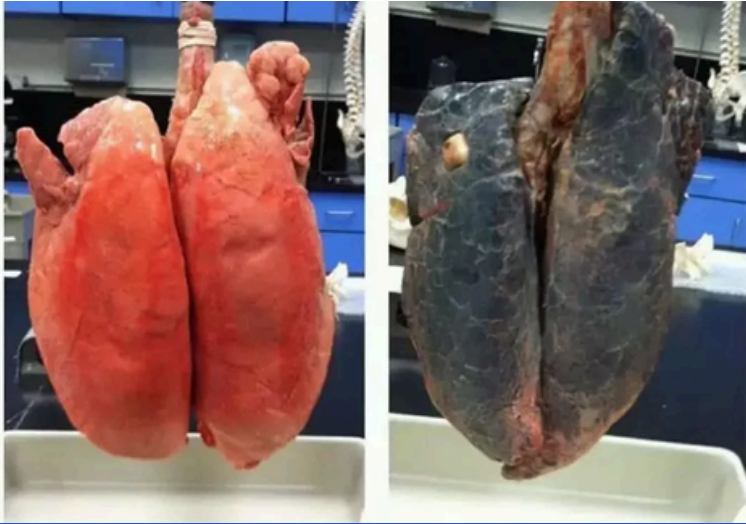
Broken vapes can leak liquid that harms insects and tiny animals.



More than half of people in Wales want beaches to be smoke-free



# PUFFIN PROTECTORS HEALTH DISCOVERY PACK



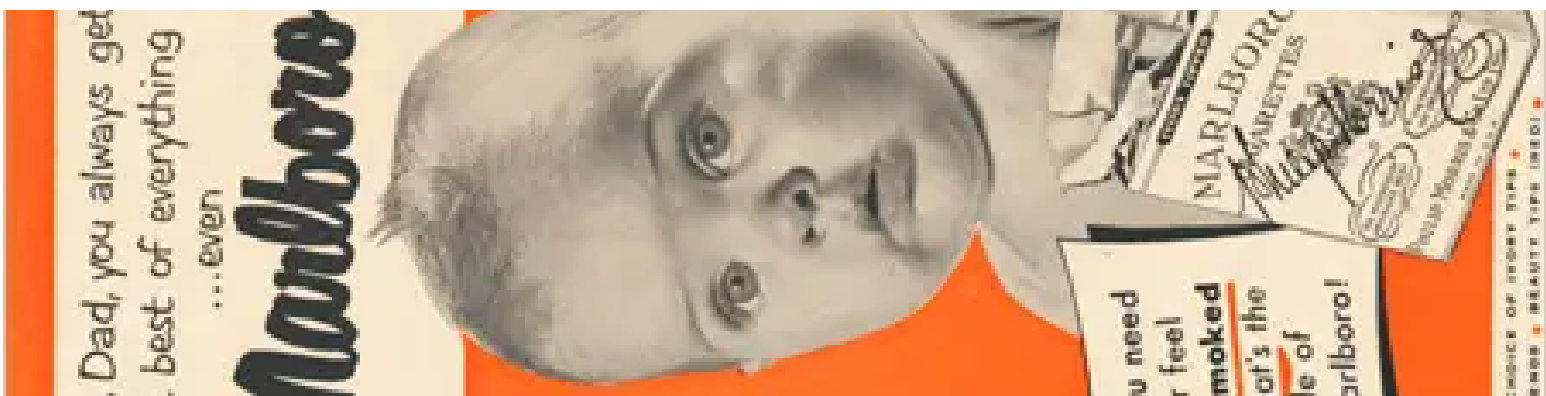
Which one is the smokers lung?



About 300,000 people in Wales still smoke



Smoking is a top cause of serious illness and early death in Wales



Adverts once used babies, doctors and even Santa to sell cigarettes.

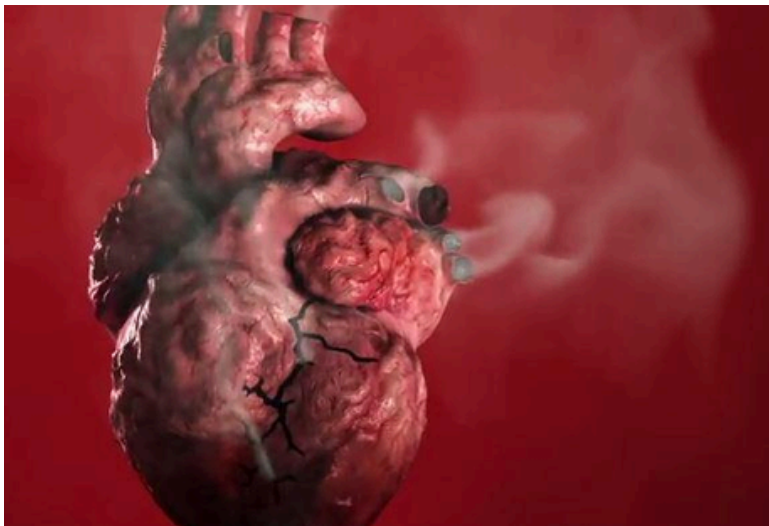




**Smoking ages your skin**



**Smoking causes 15 cancers including lung, throat, bladder, and bowel cancers.**



**Smoking makes your heart work harder and raises the risk of heart attacks and strokes**



**Smoking in pregnancy makes it harder for the baby to get enough air.**



**Around 3,500 babies in Wales breathe in harmful smoke before they're born.**



**This 12-year old started vaping and ended up with a collapsed lung in hospital**



Smoking can make some people feel more stressed.



*According to a recent Nationwide survey:*  
**MORE DOCTORS SMOKE CAMELS**

In the 1950's, cigarette companies lied and said smoking was harmless



Nicotine is a chemical in cigarettes and vapes that tricks your brain into wanting more.



Cigarette smoke can make it harder to breathe and can make asthma worse.



Cigarettes have over 7000 chemicals. One is castoreum - from a beaver's bum!



Smoking one cigarette takes 20 minutes off your life!



# SEAGULL SCOUTS COMMUNITY DISCOVERY PACK



People who sell illegal cigarettes or vapes don't care about children. They care about money



Smoke can cause breathing problems and cancer in cats, dogs, rabbits, birds even goldfish!



Secondhand smoke can make children cough, wheeze, or feel sick



In Wales, 163 house fires in 2022 were caused by smoking materials,



How many of these are ACTUALLY sweets?





Most grown-ups want sweet names and cartoons banned on vapes. (78%)



Most people think smoking should be banned where people wait for buses or trains (75%)



People want outdoor restaurants and cafés to be smoke-free (54%)



Many people in Wales (77%) want shops to stop putting vape/posters in shops



Most people (66%) want a rule to stop children buying cigarettes when they grow up.



Some shops sell cigarettes or vapes to children, even though it's against the law.



Smoke stays in a room for 2 hours. In fact 80% of cigarette smoke is invisible.



Smoke gets stuck in the carpets, sofas and curtains and can be breathed in later.



Some illegal vapes have dangerous chemicals that can make people very ill.



Lots of people in Wales want school gates to be smoke-free.



Young people who vape in school say they can't get through a school day without vaping (45%)



# CERTIFICATE OF ACHIEVEMENT



## THIS IS TO CELEBRATE

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for taking part in the Smoke-Free Squad workshop and sharing brilliant ideas for a healthier Wales.

You are now an official Smoke-Free Squad Member and a proud Voice of Children across Wales.

A handwritten signature in grey ink that reads "Suzanne Cass".

Suzanne Cass

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Chief Executive Officer - ASH Wales





**Help to Quit Smoking (Age 12+)**

**Freephone: 0800 085 2219**

**Visit: [helpmequit.wales](https://helpmequit.wales)**