



GAME OF CHOICES

LESSON PLAN

OVERVIEW

Lesson Section	Time	Activity	Teaching Methods	Resources
Presentation	10–15 min	Deliver the Fox & Raccoon Smoke Free Quest assembly using the slides. Engage pupils with the interactive story and decision moments.	Teacher-led presentation	Assembly slides
Activity (Teacher Chooses One)	20–25 min	Option 1: Create Your Own Video Game Character – Pupils design a game character who makes healthy choices and avoids obstacles. Option 2: Energy Bar Challenge – The class keeps a large energy bar full by deciding which actions help our bodies stay strong and which make the level harder.	Creative drawing (Option 1) Whole-class discussion and decision game (Option 2)	Paper and colouring pencils (Option 1) Whiteboard or flipchart and marker (Option 2)
Closing Reflection	5–10 min	Discuss the key messages from the lesson: how healthy choices help keep our bodies strong and full of energy. Invite pupils to share one healthy choice they can make.	Whole-class discussion	Whiteboard (optional)

PRESENTATION

1. Introduction: Today we are going on a Smoke Free Quest. Meet our characters. Raspy the Raccoon and Breezy the Fox. They are setting off on an adventure through the forest. Along the way they will face choices. Some choices help them stay strong and healthy. Some choices make the game much harder. We're going to watch what happens to them. But I need your help. Whenever you see a bad choice, show me a thumbs down. Whenever you see a great choice, show me a thumbs up. Let's practise. Bad choice... (show thumbs down) Good choice... (show thumbs up) Perfect. Let's start the quest.

Slide 2: The adventure begins. Raspy and Breezy set off down the forest path. They are climbing, exploring and having fun. But wait... Raspy the Raccoon has spotted something on the path. It's a mystery box. Hmm... What could be inside? Let's open it and find out.

Slide 3: Raspy opens the mystery box. Inside he finds... a cigarette. A cigarette is something people smoke that creates harmful smoke. That smoke can damage your lungs. Everyone point to your chest. Inside your chest are your lungs. Your lungs help you breathe, run, sing, play games, run around at playtime So your lungs need clean air to stay strong.

Slide 4: Now Raspy is holding the cigarette. He's thinking about it. Should he try it...or should he leave it? Let's make a prediction. What do you think will happen if Raspy takes the cigarette? Hands up if you think he will: • Lose a life • Gain coins • Nothing happens Let's see what Raspy does.

Slide 5: Raspy decides to try the cigarette. Show me with your thumbs... Is that a good choice or a bad choice? (children show thumbs down) That's right. It's a bad choice. Let's see what happens next.

Slide 6: Raspy is coughing. His health bar is dropping. The smoke is making it harder for him to breathe. When breathing gets harder, running and playing get harder too. "Who likes running around at playtime?" Our bodies need clean air to stay strong and full of energy. Cigarette smoke contains thousands of harmful chemicals. Raspy is breathing those chemicals in. And the level is already getting harder.

Slide 7: Now Breezy the Fox opens the next box. Inside... he finds a cigarette too. Hmm. Breezy remembers what happened to Raspy. Raspy started coughing and lost health. So Breezy stops and thinks. Is this a good choice... or a bad choice?

Slide 8: Breezy decides to leave the cigarette behind and keep exploring. Show me with your thumbs... Is that a good choice or a bad choice? (children show thumbs up) That's right. It's a great choice. And look what happens next...

Slide 9: Breezy finds a gold coin! Nice reward for making a smart choice. Cigarettes and vapes can cost people a lot of money. Some people end up buying them again and again. That money could be used for much better things. Like a game, a day out, a bike, a football In this game, Breezy keeps his coin and keeps moving forward. That's a pretty smart choice. But wait... Breezy spots another cigarette on the path.

Slide 10: Watch this move. Breezy doesn't stop. He jumps right over it! Nice dodge! Show me with your thumbs... Was that a good choice or a bad choice? (children show thumbs up) That's right. A great choice. That keeps Breezy's lungs clear and his energy strong. And he's still winning the game.

Slide 11: And look what happens next. Breezy collects another gold coin. Good choices help our bodies stay strong and healthy and he's saving so much money instead of having cigarettes.

Slide 12: Let's check in on Raspy... oh no.... Raspy has spotted another cigarette on the path. He's thinking bout it... This time it's a little different. Remember earlier when Raspy tried the first cigarette? Cigarettes and vapes contain something called nicotine. Nicotine can trick the brain into wanting more and more. Has anyone heard the word addicted before? When someone is addicted, their brain keeps telling them they want more, even when it isn't good for them. So now Raspy's choice isn't as easy as it was before. Let's see what Raspy decides to do.

Slide 13: Raspy decides to have another cigarette. Show me with your thumbs... Is that a good choice or a bad choice? (children show thumbs down) That's right. It's a bad choice. Now look what's happening. Raspy is coughing again. His health bar is dropping again. The level is getting harder for Raspy.

Slide 14: Breezy climbs the ladder and keeps exploring the level. But wait... What's that on the path? It's a vape. Some vapes contain nicotine too. Remember what happened to Raspy earlier? Nicotine tricked his brain into wanting more. But Breezy knows the goal of this level. Strong lungs. Lots of energy. So watch this move...

Slide 15 and 16: So watch this move... Breezy skips right past the vape! Show me with your thumbs... Was that a good choice or a bad choice? (children show thumbs up) That's right. A great choice. And he keeps racing through the level. He's found another coin too!

Slide 17: Breezy is far ahead exploring the level. And look what Breezy has discovered. A mini game! This one is football. Should he play it? Show me with your thumbs... (children show thumbs up) That's right. A great choice. Breezy is full of energy and ready to play.

Slide 18: Breezy is running, kicking the ball and scoring goals. He's having loads of fun. Running and playing helps our bodies stay strong. It helps our heart and lungs work better. And Breezy has plenty of energy to keep playing.

Slide 19: Look at Breezy's health bar. Is it full or empty? It's still full. He has loads of energy. And lots of coins too. Good choices help the game stay easier. But Raspy... is still having a tough time.

Slide 20: Raspy has taken another cigarette. Show me with your thumbs... Is that a good choice or a bad choice? (children show thumbs down) That's right. It's a bad choice. Now look what's happening. Raspy is coughing again. His health bar is dropping again. Raspy is really struggling in this level.

Slide 21: But look at Breezy! He's been making smart choices all the way through the game. He left the cigarettes behind. He skipped past the vape. He kept his lungs clear. He kept his energy strong. He kept collecting coins. And now look what he's found... An EXTRA LIFE! Show me with your thumbs... Is that a good thing or a bad thing? (children show thumbs up) That's right. A great thing! That extra life means more time for fun. More running. More playing. More exploring. More time with friends and family. More chances to do the things he loves. That's what healthy choices can do. They help give us more life for living. Now it's time for the finish line. Breezy races towards the end of the level.

Slide 22: But where is Raspy? Raspy is far behind. He's coughing. He's out of breath. The cigarettes have made the level much harder for him. Raspy stops for a moment. He realises something. He doesn't want the game to feel like this anymore. So Raspy pulls out his phone. He decides to ask for help to quit smoking and get strong again. Because even if you make mistakes... you can always start a new level.

Slide 23: Breezy reaches the gold star! Show me with your thumbs... Was that a good result or a bad result? (children show thumbs up) That's right. A great result! Breezy wins the level! He kept his lungs clear. He kept his energy high. And he kept making smart choices along the way. That helped him run, explore, play games and collect coins all the way to the end. Breezy finished the adventure strong.

Slide 24: Just like Breezy the Fox, we can make choices that help our bodies stay strong and full of energy. Choices that help us run, play, explore and have fun. So remember: Keep your energy bar full. Look after your lungs. And keep making great choices. Now I've got one last question. Did Breezy win the level? (children show thumbs up) That's right! And can we look after our lungs too? (children show thumbs up) Of course we can. Great choices help us stay strong, healthy and ready for adventure.

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: Energy Bar Challenge

Goal: Help students understand how healthy choices help our bodies stay strong and full of energy.

Materials Needed

- Whiteboard or flipchart
- Marker pen

Instructions:

- Draw a large energy bar on the board like the one from the game in the assembly.
- Explain that the class is going to help keep the energy bar full by thinking about healthy choices.
- Read out different actions and ask the class to decide whether the energy bar should go up or go down.
- Students can show their answer with thumbs up or thumbs down.

Example actions:

- Playing football with friends
- Running around at playtime
- Breathing cigarette smoke
- Skipping past a vape
- Riding a bike
- Sitting inside all day without moving
- Playing outside with friends
- Smoking a cigarette
- Vaping

If the class thinks it helps the body stay strong, move the energy bar up.

If it makes the level harder for the body, move the energy bar down.

Extension

Ask pupils to come up with their own ideas that could boost the energy bar.

Examples might include:

- playing sport
- spending time outside
- laughing with friends
- drinking water
- breathing clean air



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