

Tobacco-Free for You and Me!





= Action



= Discussion



In a far, far away land where the sun shines bright and the air is clean and fresh, live three members of the Lung Squad: Jade, Jordan, and Brie. The Lung Squad like to laugh and play just like you. They often meet and play in the Lung Squad tree-house. Together they eat healthy food, breathe in fresh air and exercise in order to take care of their bodies.

One day, Brie, Jordan and Jade were having a regular Lung Squad tree-house meeting when Jordan said, “Hey, what’s that?” Jade exclaimed, “Oh YUCK! A big dark cloud is coming our way!” The Lung Squad watched nervously as the cloud came closer. Suddenly, they heard a loud “ACHOOOOO!”



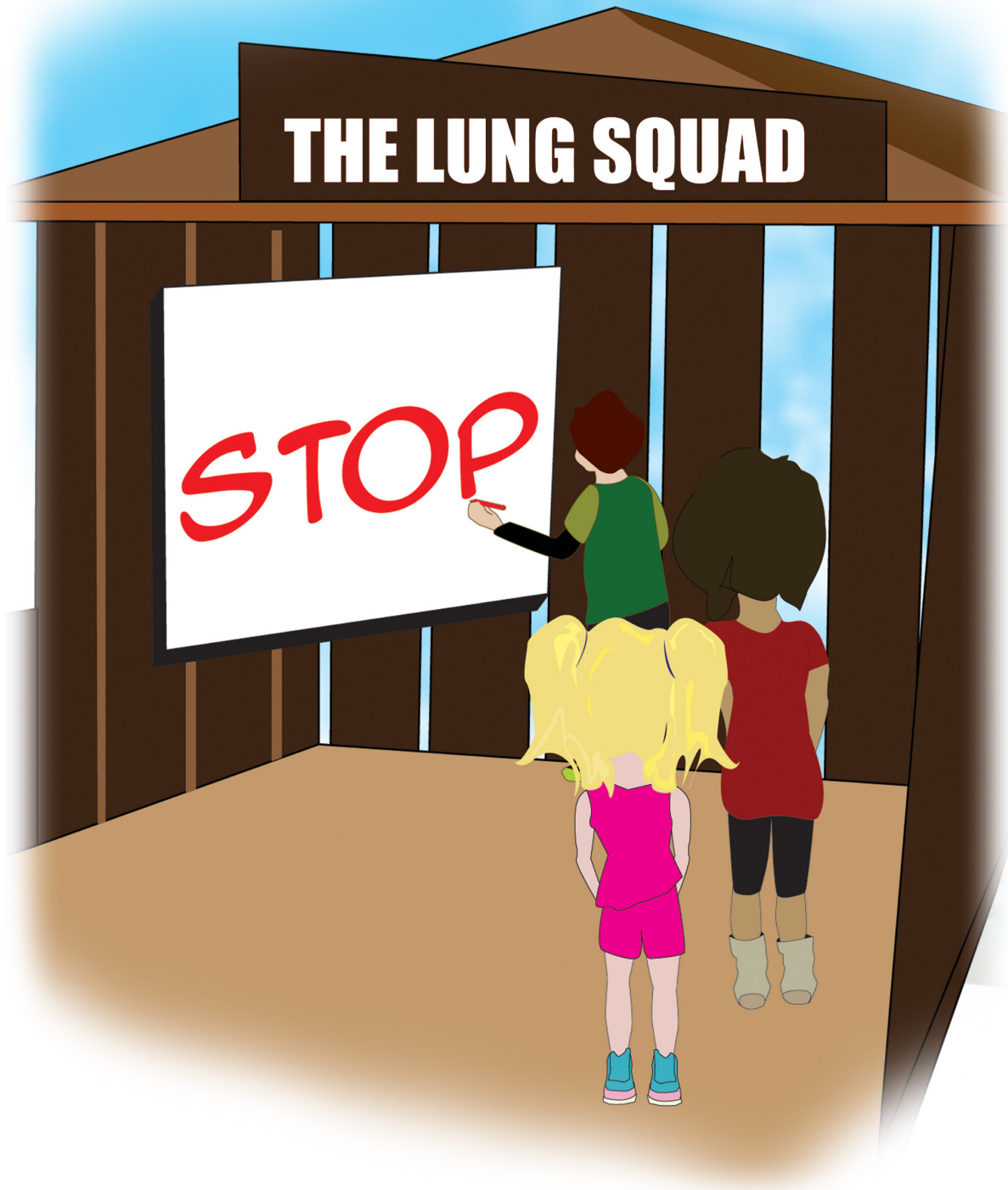
Everyone jumped back as a large grey creature landed on the ground in front of the tree-house. “What is it?” whispered Brie. Jade shook her head, “It’s a dragon and he looks really sick!”

They climbed down the ladder and Jordan asked, “Who are you?” The dragon coughed and gasped for breath and said, “My name is Darren. I have just come from my friend’s cave and I need the Lung Squad’s help!”





“What is the problem?” asked Jordan. “Well, my friend Dot, who I care very much about, started smoking and asked me if I wanted to try it. I did not want to hurt Dot’s feelings so I tried it, but smoking makes it hard for me to breathe. I cough and I wheeze. My nose drips, my eyes are all red, and I think I smell like smoke. Now that I think about it, Dot does not look or seem healthy either since she started smoking. Can the Lung Squad help me?” asked Darren.



“You bet! Let’s go inside the Lung Squad tree-house to the Smart Board and take a closer look at what is going on,” said Jordan. He picked up the red crayon and wrote in big capital letters S - T - O - P on the Smart Board.

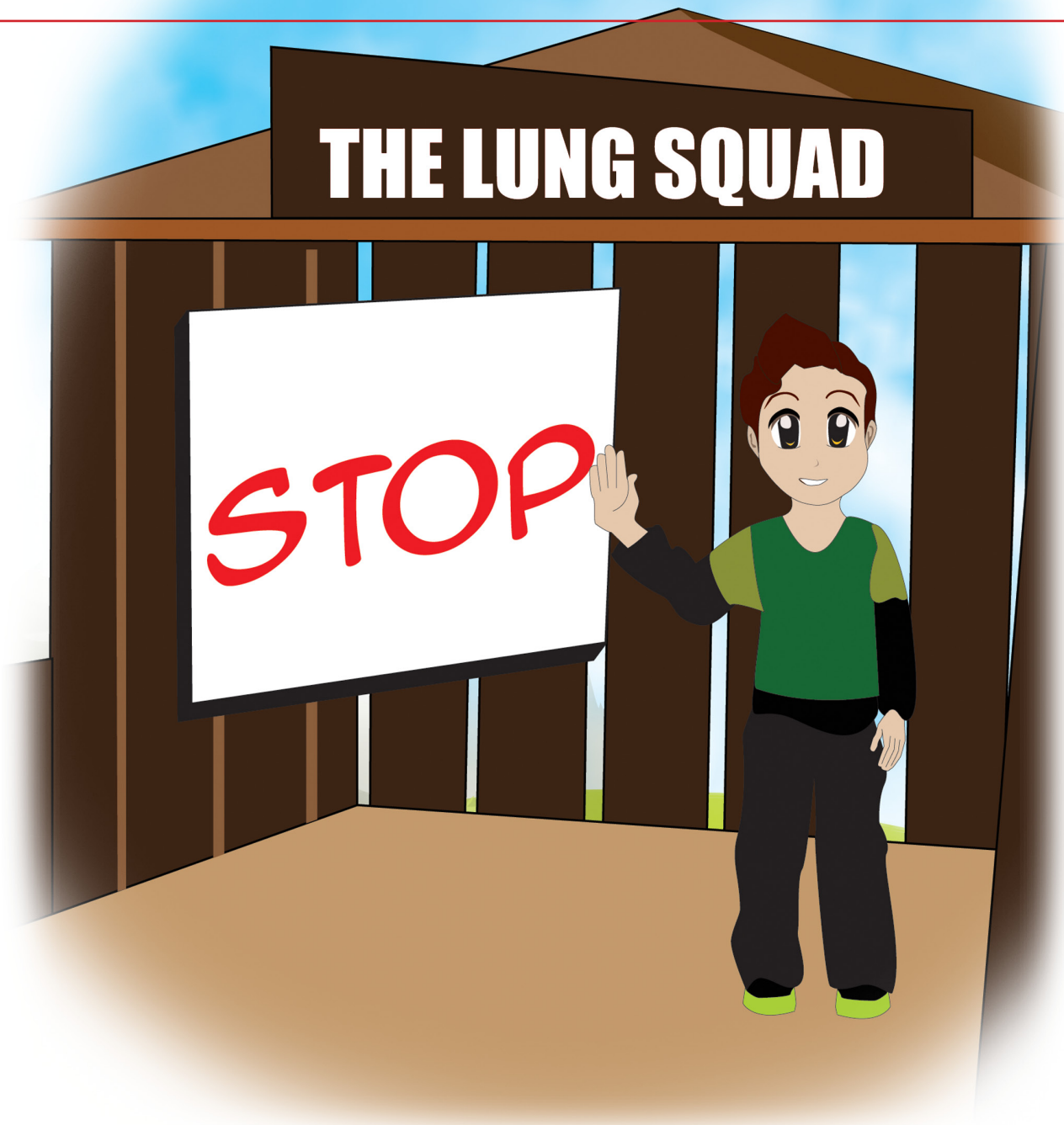
“This spells the word STOP,” said Jordan, as he pushed his hand in front of his body as if he was stopping something. “We need to STOP and look at the problem,” said Jordan.

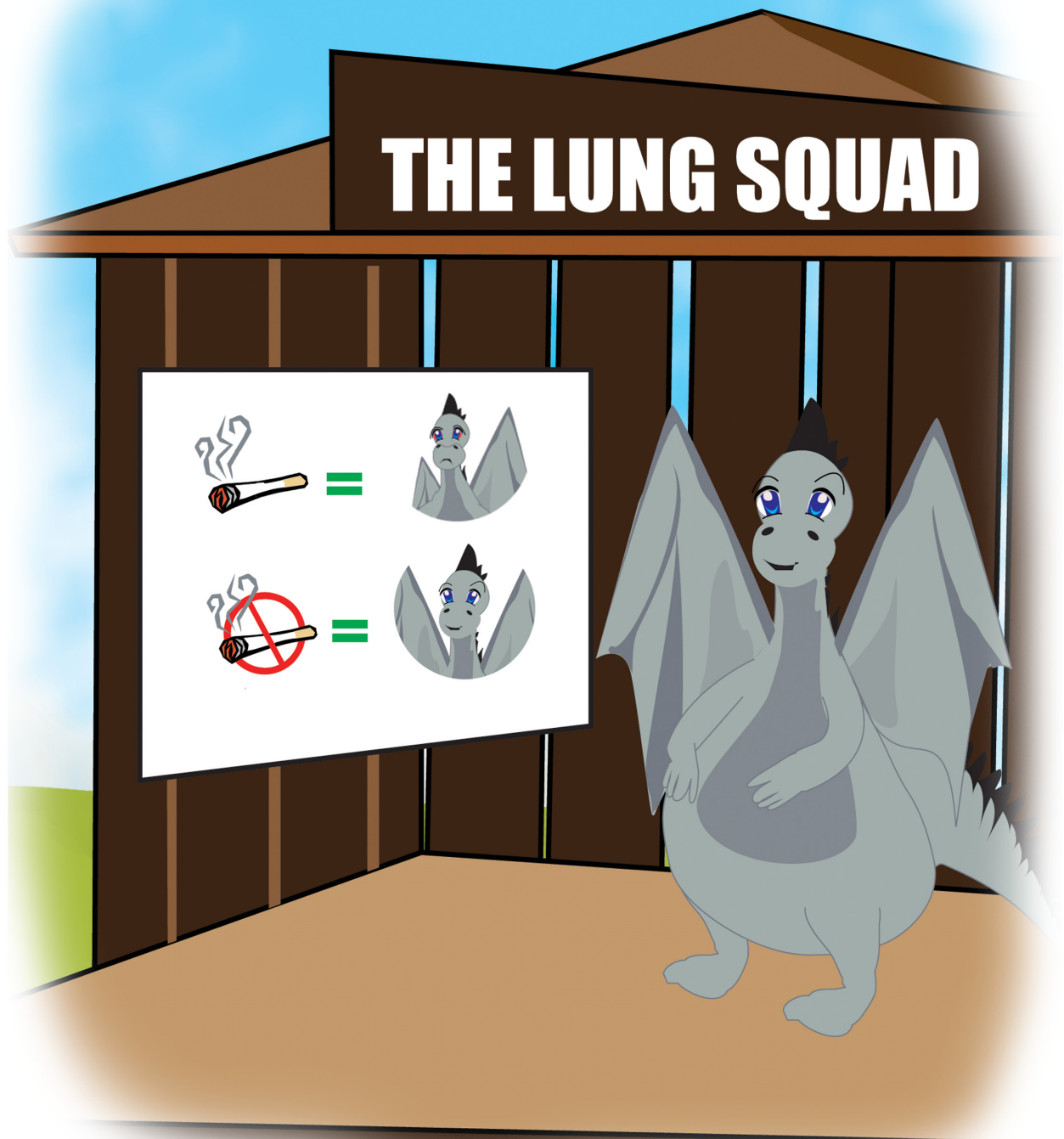


Let's all do the STOP action and push our hands in front of our bodies and say the word STOP.



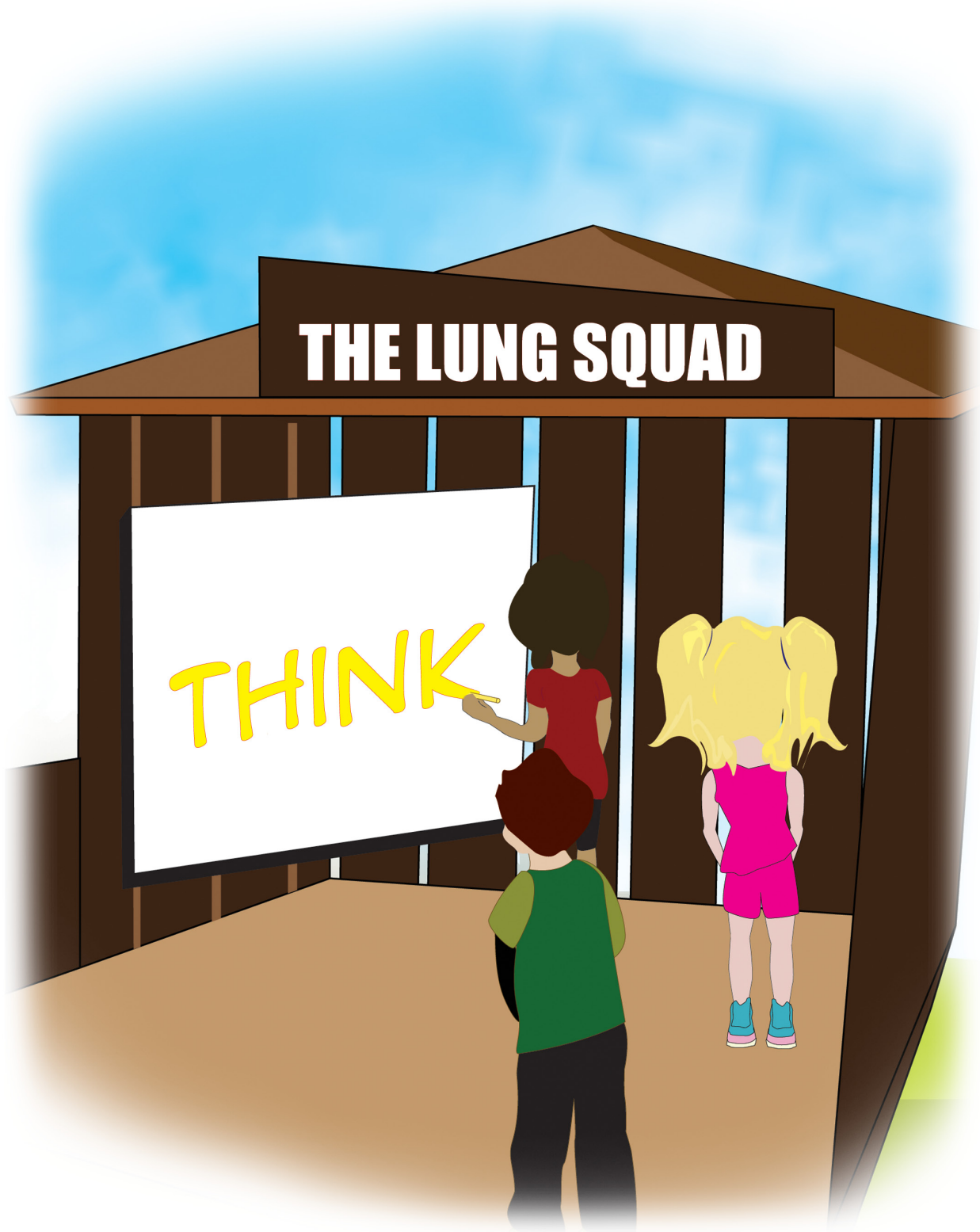
Now that we've stopped, can you tell me what Darren's problem is?

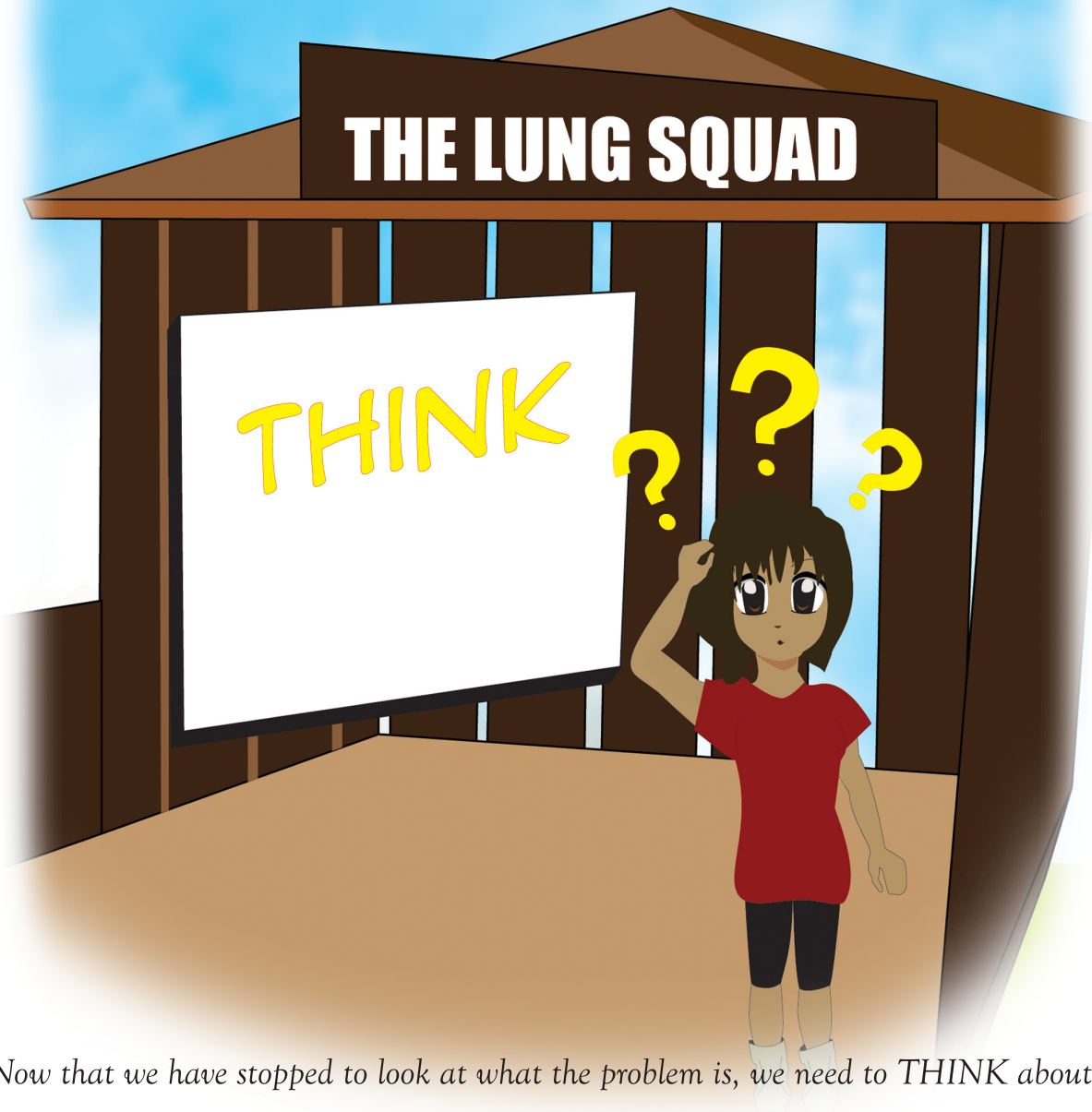




“The problem is that Darren and his friend Dot tried smoking cigarettes and smoking is making them both sick,” said Brie. “Smoke makes us smell, feel and look bad and it is unhealthy for our bodies. There are many unhealthy chemicals and poisons in smoke, too. We all need fresh air to have healthy lungs and to grow strong!” said Jade.

Brie then picked up the yellow crayon and wrote in big capitals letters T - H - I - N - K. “This spells the word THINK” as she pointed to her head. “It is important to think about all of our choices, the healthy and the unhealthy ones. Whenever we can, we should try to make healthy choices to keep our bodies healthy.”





“Now that we have stopped to look at what the problem is, we need to THINK about what choices Darren has,” said Brie.

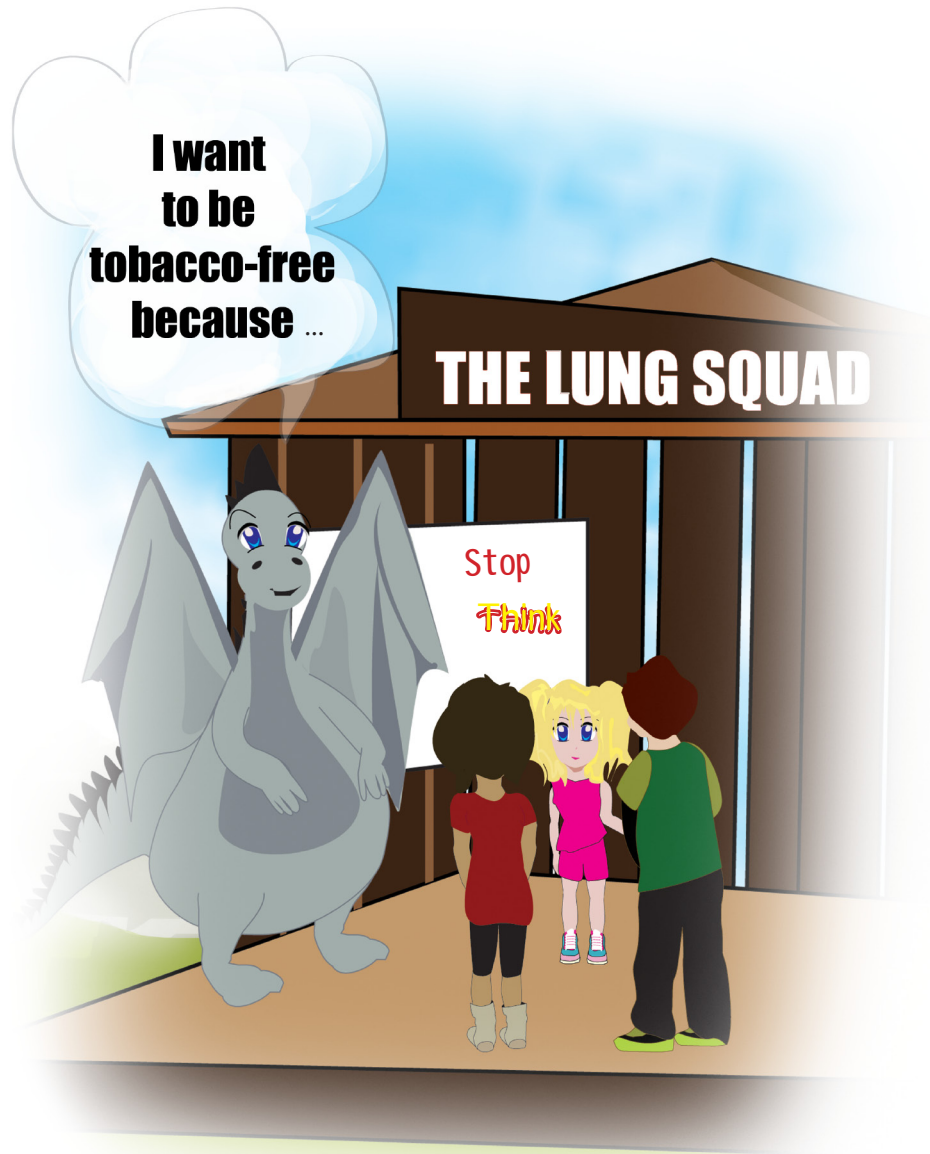


Let’s all do the THINK action and point to our heads.



Can you THINK and tell me what healthy and unhealthy choices Darren has to pick from?

Jade thought to herself for a moment and said, “The unhealthy choice would be for Darren to continue to smoke, which is making him sick. The healthy choice would be to stop smoking so he can feel good!” Brie asked, “Would you like to stop smoking?” “Yes,” replied Darren. She then asked him, “would you feel comfortable telling Dot the reasons why you do not want to smoke and maybe you can find other things to do together?”



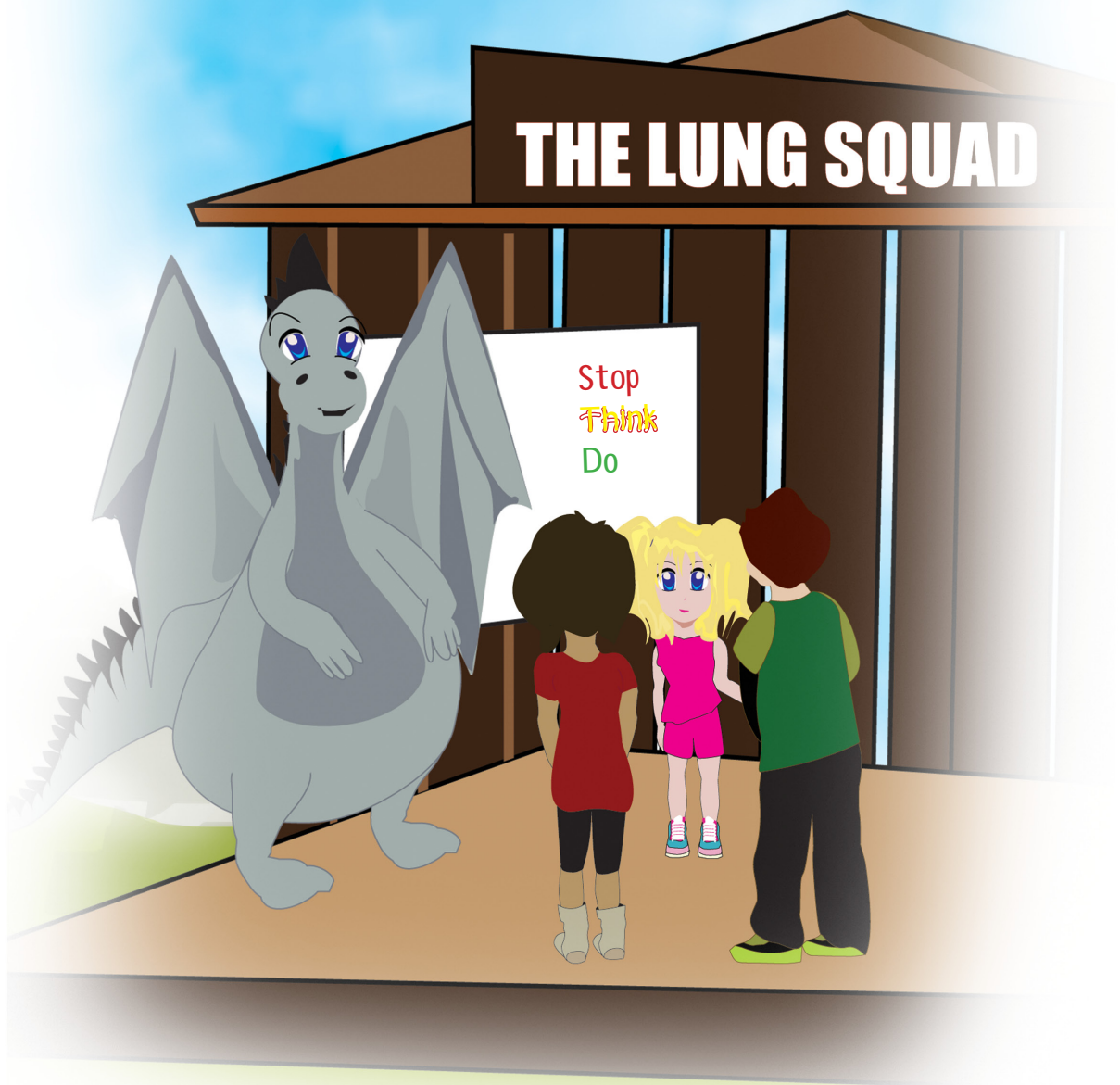
“Yes, that is a great idea!” said Darren “I do not want to smoke because it is unhealthy for my lungs and body. When I smoke, it makes me wheeze and sneeze. My nose drips, my eyes are all red and I smell like smoke! Dot does not look healthy either since she started smoking. I still want to be Dot’s friend, but I do not want to smoke anymore,” said Darren.

“Those are great reasons,” said Jade. She picked up the green crayon and wrote in big capital letters D - O. “This spells the word DO” said Jade, as she wiggled her arms and hips from side to side and danced.



Let's all get up and act out the 'DO' action and wiggle!

“Thank you so much for helping me with my problem, I will go talk to my friend Dot right now!” said Darren. He spread his wings, took a deep breath of fresh air into his lungs and exhaled with a smile.





A few weeks later, Jordan, Jade and Brie were playing a game of tag when they heard “YAHOOO!” It was Darren and his friend Dot. “Hello, my Lung Squad friends! I want to introduce you to my friend Dot,” said Darren. Dot exclaimed, “Darren told me how he felt and how unhealthy smoking is. We talked to Dr. Lung and he helped us quit. We feel better already!”

“That’s great!” replied Jordan. “What did you and Dot learn from this problem?”
“Both Dot and I now understand that smoking is unhealthy for our bodies.” “Wow,
that is wonderful!” Jade exclaimed. “How does this make you feel?”



“I feel happy to have made a healthy choice and to have helped my friend Dot. I can breathe much better, my nose is not dripping, my eyes are not red and I do not smell like smoke anymore. Thank you for helping me solve my problem Lung Squad friends,” Darren exclaimed! “You will always be near and dear to my heart and lungs!” “You are welcome. We were happy to STOP - THINK - DO and problem solve with you!” declared Brie.



Darren had learned many things from his Lung Squad friends. As he flew off into the clear blue sky, he roared “*I am tobacco-free because I choose to be!*” The Lung Squad waved goodbye and were glad that they could help out their new friends.

Together, Jordan, Brie and Jade began to chant and do the STOP - THINK - DO actions.



Everybody stand up and join us. Let's all do the actions and chant three times together!

 **STOP - THINK - DO!**
STOP - THINK - DO!
STOP - THINK - DO!

THE END



The Lung Association of Saskatchewan developed this book!
(Adapted from Star Kids to the Rescue, Lungs are for Life.)