

There are two choices of songs that have the same message One is a call and repeat song with actions, the second is a song with an interactive game.

Teachers can choose which works best with their group of students, or choose to do both.

Cigarettes call and repeat Song

To tune of Frère Jacques (actions in brackets)

Leave on the ground , Leave on the ground
(Hands out and flat at hip level, then students mimic pushing downward)
Cigarettes, Cigarettes
(Touch Mouth while Shaking Head No)
Hurts Our Lungs And Bodies, Hurts Our Lungs And Bodies
(Cross Arms in an X, Touch Lungs Then Hips)
Say No Thanks, Say No Thanks
(Shake finger No)

Teacher's Note: This can be sung with the teacher saying the lyrics first and the students just repeating, or with older or practiced students this can be sung as a round, with different groups of students singing different parts.

Cigarettes song and game

To the tune of London Bridge is Falling Down

Cigarettes Are Bad For You,
Bad For You, Bad For You.

Cigarettes Are Bad For You,
Yuck, Yuck,
Do Not Touch.

How To Play The Game: Two children hold hands together to form an arch. The rest of the class lines up and takes turns running under the arch as they sing. When the song gets to the word "touch" the two children forming the arch try to tag/tough the person under. If they can, that student takes up position as one of the student in the arch and the game continues until the teacher chooses it to stop. Check youtube for examples of playing 'London Bridge' to see in action if unsure.

