

How many Smarties?

Learning Outcome:

- Thinking about the importance of our lungs
- Considering the effect of smoking on the lungs

Equipment:

- Smarties (or similar sweet)
- Different size straws (thin/thick)
- Two bowls – one with the sweets in
- Stopwatch

Instructions:

- Put the sweets in one bowl and have the other bowl next to it.
- Ask the child to transfer as many Smarties from one bowl to the other while you time them (you can decide how long for). They have to use the larger straw to ‘suck’ the Smartie on to the end and then transfer it to the other bowl – they can’t use their hands or get help.
- Count how many Smarties they manage to transfer.
- Then repeat, but this time use the thinner straw. Give the same amount of time.
- Count again – maybe they got less with the thinner straw? (Depends a bit on how much difference there is between the two straws.)
- Discuss how important it is for us to look after our lungs – to keep the airways healthy. You can use You Tube to help – for example <https://www.youtube.com/watch?v=66CDKBFbQUk> (but check that it is suitable for your child(ren). Hope UK also has some videos about smoking: <https://www.hopeuk.org/hope-uk-films/education-films/>)

National Curriculum: Primary - Pupils should know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Secondary – Pupils should know the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.