

# Vaping: The EX Files

GR

4

Explain

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

## Grade 4 Lesson Plan

### Purpose

Vaping is an emerging health concern, drawing children and youth into nicotine addiction. **Vaping: The EX-Files** has been developed to complement the existing provincial curricula (see [Grade 4 Curriculum Connections for Vaping Education](#)). Existing outcomes introduce smoking and the effects of second-hand smoke. This additional lesson and its activities are intended to introduce vaping and enable Grade 4 students to recognize similarities and common risks between smoking and vaping – two sources of nicotine which can lead to addiction and both have health risks.

### Learning Outcome(s)

Students will:

- o Identify Nicotine as an addictive drug
- o Recognize that vaping products contain nicotine
- o Identify some risks of vaping

**Materials:** Using the Grade 4 Powerpoint Game: **Let's EXPLAIN Vaping**, teachers will present key messages about vaping. This activity has been duplicated as a Kahoot Game, but will require wifi and chrome books or ipads. After the game, a student workbook of activities has been prepared to reinforce key concepts.

A second game-style activity, Fact Block, can be used as a concluding lesson or at some later time to review and highlight key messages.

- o Let's EXPLAIN Vaping – PowerPoint Game **OR**
  - o Let's EXPLAIN Vaping- Kahoot Game - Duplicate of Powerpoint, if time and tech resources permit:
    - o <https://create.kahoot.it/share/vaping-the-ex-files-let-s-explain-vaping/3ce6aec3-294a-4336-8eb1-8657e4c5fe5f>
- o Let's Explain Vaping Game Teacher Notes and Answer Key
- o Let's Explain Vaping Grade 4 Student Workbook
- o Let's Explain Vaping Grade 4 Student Workbook - Teacher Answer Key
- o Fact Block Student Game Cards, A set of 30 unique game cards provided, print one per student
- o Fact Block Instructions and Clues

### Methods:

- o Play Let's EXPLAIN Vaping PowerPoint Game
- o You may arrange small teams to play together or have everyone play as an independent player.
  - o Alternatively, use the Kahoot version of the game. It is an exact duplicate.

- o Students will need chrome books or ipads, and good wifi to play Kahoot.
- o Distribute student workbooks.
  - o Teachers have discretion to decide how to use the activities in the workbook. It may be an in-class assignment, or some pages may be assigned for completion at home. You may not complete all the activities, it is completely your choice.
- **Activity 1** - Find the Path to Healthy Lungs is a cover activity to gain student interest
- **Activity 2** - Let's Explain Vaping presents a short reading comprehension passage describing how a vape works and how nicotine from vapes can affect a young person.
- **Activity 3** - Word Search is a review of terms and vocabulary that will be repeated as the students learn more about vaping in future grades.
- **Activity 4** - Key Messages is a Fill-In-The Blank Worksheet that summarizes all key messages of this unit.
- **Activity 5** - Jamie's Choice is a reading and writing exercise that introduces the concept of refusing a vape and prompts students to think of a way to refuse a vape.
- **Activity 6** - Lungs are for Life introduces the basics of the respiratory system to link healthy lungs to living vape-free.
- o A Teacher Answer key for the workbook activities is provided. However, some open-ended questions that have many options for answers will rely on the teacher's expertise to determine acceptable and reasonable answers.
- o Play Fact Block at a later time as an extension activity or review.

#### Discussion questions:

- o What new information have you learned about vaping?
- o Are there things that are the same between smoking and vaping? What are the differences?
- o What can you say or do if you are offered a vape?
- o What things can you do to be the healthiest you can be?

#### Extension Activity: Revisiting Vaping at a later date:

- o Play the Fact Block game at a later date, as an opportunity to review key messages and vocabulary.
- o As Teacher reads the clues, students can cross off their answers on their cards with a marker.
- o Not every card will contain every answer.
- o Suggest that each correct answer be revealed/discussed as the game is played, so that students do not make errors throughout the game.
- o Teacher can choose the pattern to win (lines, X, full card, etc.).

#### Teacher Feedback Form

Please complete this short evaluation: <https://forms.gle/Qm793VAiNjyKoEXT9>