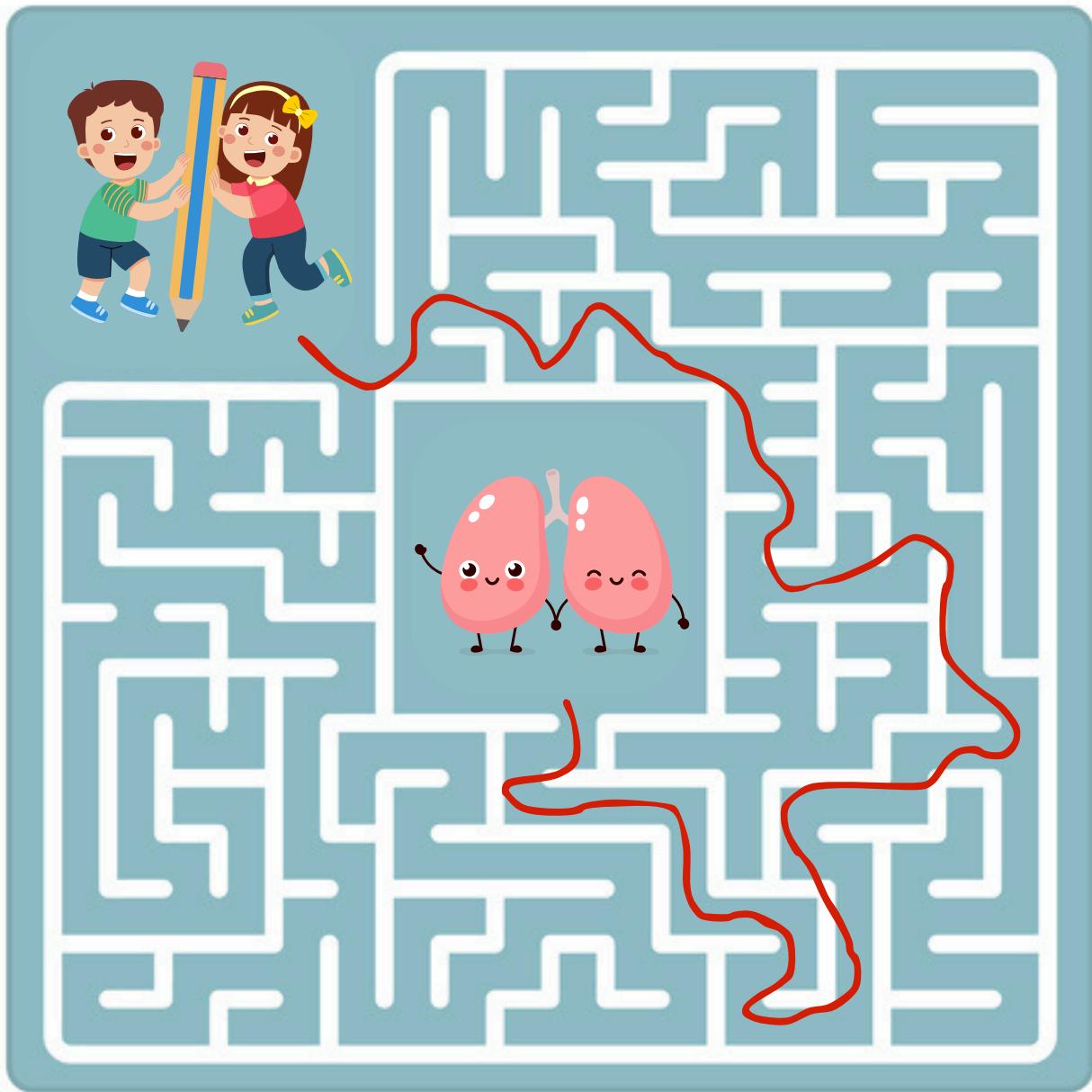


Vaping: The EX Files



LET'S EXPLAIN VAPING

FIND THE PATH TO HEALTHY LUNGS!



Name: _____

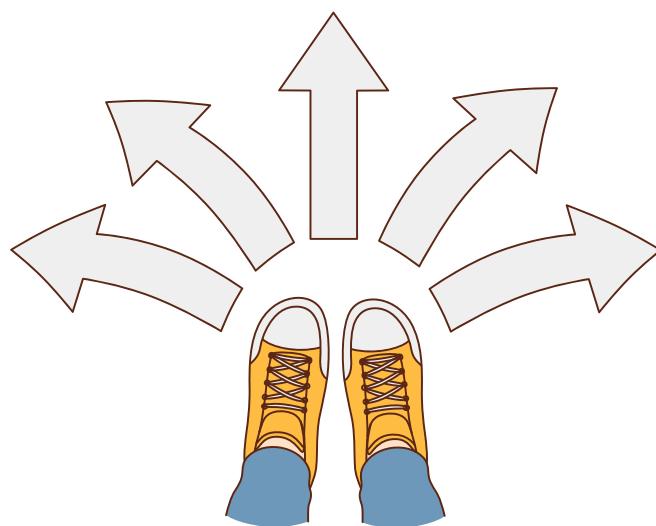
Hello there,

How is grade 4 going? It is an exciting grade where you can learn lots of new things in science, math, social studies and health. Life is like a maze, and all the things you are learning will help you find your way. Some things you learn in grade 4 will be important for the rest of your life - cool things about your body, about relationships and about the world around you.

Here's the question of the day:

**What do you know about electronic cigarettes,
vapes or vaping?**

Let's look into that so that you can EXPLAIN what vaping is and how it can affect you in different ways.



WORKBOOK ACTIVITIES

1

FIND THE PATH TO HEALTHY
LUNGS (FRONT COVER)

2

LET'S EXPLAIN VAPING

3

WORD SEARCH

4

FILL IN THE FACTS

5

JAMIE'S CHOICE

6

LUNGS ARE FOR LIFE

Let's Explain Vaping

Vaping is not safe for kids and can be harmful to their health. People who vape use something called an electronic cigarette. An electronic cigarette heats up e-liquid so that it becomes an aerosol and can be inhaled. That aerosol can have dangerous chemicals in it, like nicotine. Nicotine is the same drug found in cigarettes and is very harmful. Nicotine can change your brain and make it harder for you to learn and concentrate. Other chemicals from vaping can damage your lungs, heart, and brain. It can also make your throat and eyes sore. It is important to know that vaping nicotine is dangerous, and it can be hard to stop once you start. The healthy choice is to never start vaping in the first place.

Reading Summary

- Vaping is not safe for kids and can be harmful to their health.
- Vaping and smoking can damage your heart, lungs and brain.
- Nicotine affects people's brains and makes it harder to learn and concentrate.

Vocabulary

Term	Definition	Example Sentence
aerosol	A fine mist of tiny particles that can be breathed in.	The air freshener sprayed an aerosol into the room, making it smell like flowers.
chemicals	Substances that can be used to make things or change how things work.	The scientist used chemicals to mix a new kind of paint.
nicotine	A drug found in cigarettes and vaping products that can be very addictive.	Nicotine is harmful to your health and can make it hard to stop smoking.
vaping	Inhaling and exhaling vapor from an electronic cigarette.	Some people vape instead of smoking regular cigarettes.
e-liquid	The liquid that is heated in an electronic cigarette to create an aerosol	E-liquid comes in many different flavors, like fruit or candy.

Question #1	Question #2	Question #3
What is the name of the drug found in cigarettes and vaping devices?	What can happen to your brain if you vape nicotine?	What is the name of the substance that comes out of a vaping device?
<p>A. Nicotine</p> <p>B. Caffeine</p> <p>C. Sugar</p> <p>D. Alcohol</p>	<p>A. It can make you smarter.</p> <p>B. It can make it harder to learn.</p> <p>C. It can make you taller.</p> <p>D. It can make you stronger.</p>	<p>A. Smoke</p> <p>B. Aerosol</p> <p>C. Dust</p> <p>D. Fog</p>

Question #4	Question #5
What is a common name for an e-cigarette?	Vaping and the aerosol from vaping can make which body parts feel sore?
<p>A. Vaporizer</p> <p>B. Vape</p> <p>C. Inhaler</p> <p>D. Cigarette</p>	<p>A. Your teeth and hair</p> <p>B. Your fingernails and skin</p> <p>C. Your throat and eyes</p> <p>D. Your bones and toenails</p>

Question #6	Explain how a vape works.
<p>An electronic cigarette heats up e-liquid so that it becomes an aerosol and can be inhaled.</p>	
Question #7	How can vaping hurt your body?
<p>Nicotine can change your brain and make it harder for you to learn and concentrate. Other chemicals from vaping can damage your lungs, heart, and brain. It can also make your throat and eyes sore.</p>	

③

WORD SEARCH



BREATHING

HEALTHY

LUNGS

THROAT

FLAVOURS

VAPING

AEROSOL

HEART

NICOTINE

SMOKING

ELIQUID

BRAIN

DRUG

EYES

4

FILL IN THE FACTS

Fill in the blanks with the correct word(s) from the word bank below to complete the paragraph. The first letter of each answer is provided as a clue.

Nicotine is a drug. Unlike other drugs, it is not a **Medicine**.

Most children and youth in the province of **Newfoundland and Labrador** do not smoke or use vapes.

Both cigarettes and **Vapes** contain nicotine.

We need healthy **Lungs** to breathe. The smoke from cigarettes or the **Aerosol** from vapes can **Hurt** your airways.

Playing sports, singing, dancing and many other activities require strong healthy lungs.

Vaping can hurt your airways and lungs making it harder to **Breathe**.

Nicotine changes our brain and makes it harder to **Learn**.

Smoking and vaping can hurt other parts of our **Body**. It can cause **Cavities** and bad breath. Breathing in second-hand smoke and vaping aerosol is **Dangerous**. It can hurt people who do not smoke or vape, including our **Pets**. To be as healthy as possible, we should **Eat** healthy food, be physically **Active** every day and stay **Smoke And Vape Free** for life.

Word Bank

Breathe	Aerosol	Vapes	Smoke and Vape Free
Lungs	Hurt	Cavities	Dangerous
Pets	Body	Medicine	Learn
Eat	Active	Nicotine	Newfoundland and Labrador

5

JAMIE'S CHOICE

Read this story and write the ending.

Jamie was a curious 11-year-old who loved riding bikes, playing soccer, and hanging out with friends. One day at the park, a friend named Alex pulled out a vape pen.

"Try it," Alex said. "It's just water vapor, and it tastes like bananas!"

Jamie was not sure what to do. In school they had heard a little about vaping, but Alex made it sound harmless. Jamie took a small puff to try it.

After inhaling, Jamie felt a burning feeling in her throat. She started coughing and her chest feeling tight. "I don't feel good," Jamie said, sitting down on the bench. Her stomach hurt, and her heart was racing.

"Are you okay?" Alex asked, looking nervous.

Jamie shook her head. "No. I need to go home." When she got home, she told her mom what happened. Jamie's mom wasn't angry—just worried. She told Jamie that vapes contain harmful chemicals, and even one puff can make a person feel sick.

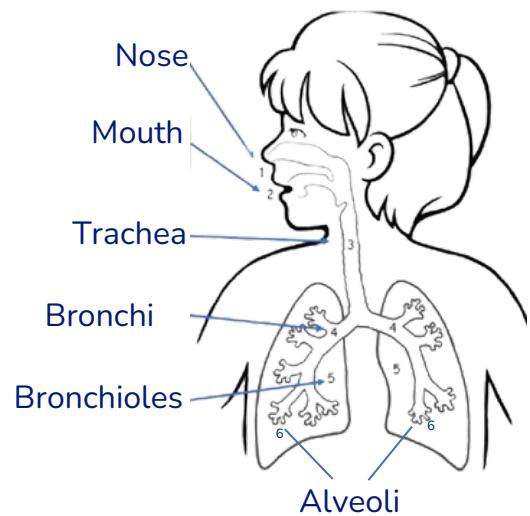
Jamie realized she didn't know how to say no when she was offered a vape. She did not want to be in that position again. The next time someone offered her a vape, she knew exactly what she was going to say!

What do you think Jamie will say: _____

Due to the wide variety of options, a specific answer cannot be provided. Teachers can use their discretion to determine appropriate responses.

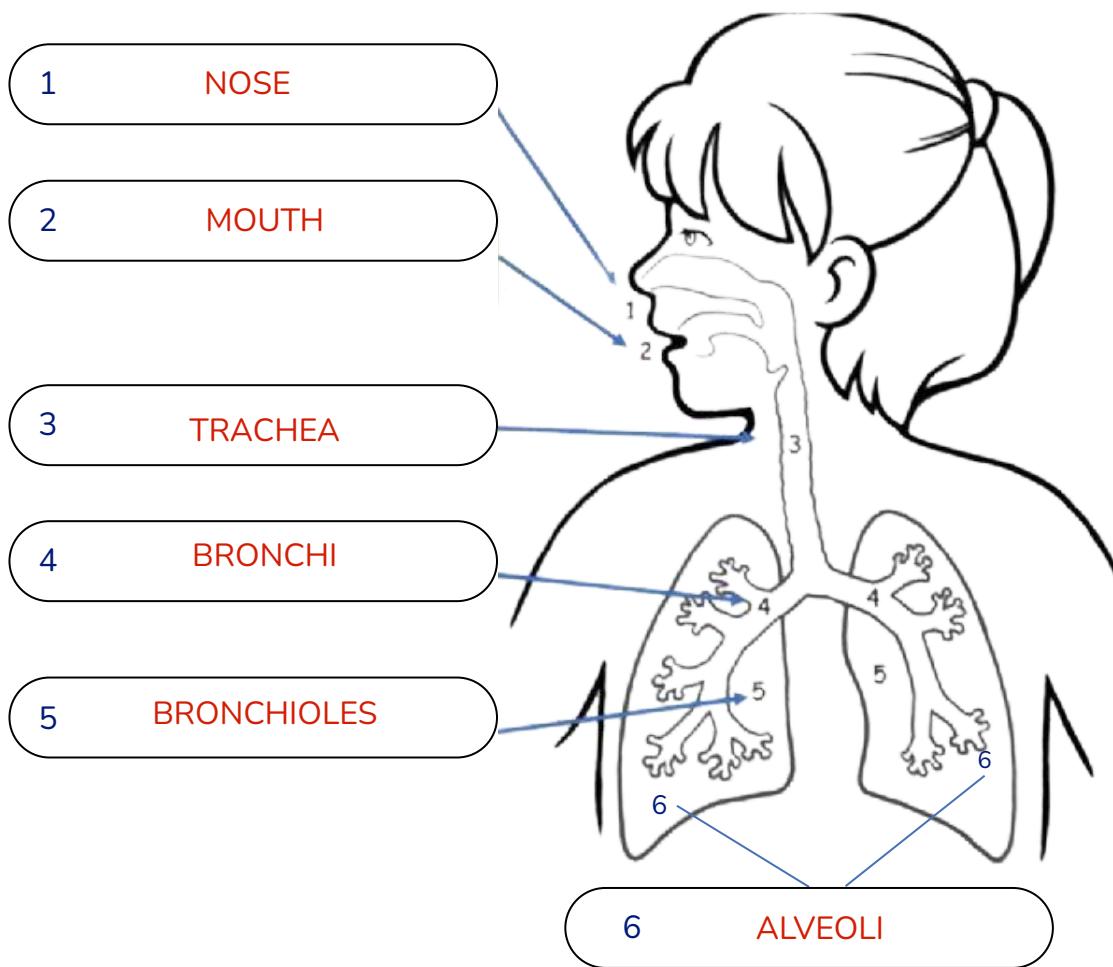
Every few seconds your body does something without you even thinking about it - you breathe! Every day your lungs perform about twenty-thousand breaths. You have two lungs located inside your chest. They are like sponges, you can feel them expand when they fill up with air.

When you breathe in, air travels through your nose or mouth, down your throat, and into your **trachea** (windpipe). The trachea splits into two tubes called **bronchi**, and one leads into each lung. Inside the lungs, the bronchi branch into smaller tubes called **bronchioles**. At the end of these tiny tubes are millions of air sacs called **alveoli**. When you inhale (breath in) the alveoli take in oxygen (which your body needs). When you exhale (breathe out) the alveoli removes carbon dioxide (which your body can't use).



Breathing in clean, fresh air is best for your lungs. Breathing in smoke from cigarettes, aerosol from vapes, or other pollution can hurt your lungs. Sometimes, you may feel short of breath, have a cough or a sore throat if the air you are breathing is not clean.

Label the parts of the respiratory system



Why is vaping unhealthy for your lungs and respiratory system?

Vaping is unhealthy for your lungs and respiratory system because vapes make an aerosol that contains nicotine and other chemicals. Breathing this into your lungs can hurt them. The best thing for your lungs is clean fresh air.

Great job completing this workbook on vaping!

You have learned important facts about what vaping is, how it affects the body, and why it's best to not start vaping. By finishing these activities, you know how important it is to make smart, healthy choices. Remember, saying no to vaping means saying yes to your health and future. Keep making positive choices and stay strong!

Colour the pictures below.

Then go through the maze to collect the healthy body parts!

