

RAT 4-6 Monthly Manual

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What is RAT?

4th-6th Grade

RAT stands for "Reject All Tobacco," a tobacco prevention program designed for youth in grades K-6. This manual is intended to be used with youth in grades 4-6. Created from extensive research, RAT encourages schools and community groups to organize "youth teams" to participate in a variety of learning activities. RAT is one of two age-appropriate youth programs developed by The Partnership for a Healthy Mississippi. RAT is funded by a grant from the Mississippi State Department of Health.

Terrance the RAT, the program's mascot, is a lovable purple rat who delivers the age-appropriate lessons about the dangers of tobacco use to the youngest of our children. The lessons delivered through classroom and community activities are supported by a television campaign that allows Terrance the RAT to deliver his message straight into the homes of Mississippi children. An interactive web site, www.gorat.com, provides an additional outlet for teacher resources and other educational activities. RAT Team members can also receive messages from Terrance the RAT when their parent/guardian "likes" RAT, Reject All Tobacco, on Facebook.

The RAT program is made up of two (2) components:

- **RAT in the Community & Classroom:** RAT Teams complete educational activities that help youth learn the dangers of tobacco use and give them the knowledge to tell others what they have learned. A RAT Team can be started by any organization that works with youth in grades 4-6. Boys and Girls Clubs, Big Brothers/Big Sisters, churches, Boy Scouts, Girl Scouts and other after-school organizations are great outlets for RAT Teams.
- **Terrance the RAT and the RAT Pack:** This 30-minute presentation uses song and dance routines to reinforce the lessons taught in the classroom along with supporting the television campaign. Terrance the RAT and the RAT Pack perform in schools across the state. The number of performances is limited each school year. Schools that are interested in this presentation should contact the Youth Programs Coordinator at (601) 420-2414 or (800) PHM-5437, as soon as possible.

RAT encourages youth to learn facts about tobacco use and share them with others. After sixth grade, each RAT Team member is encouraged to move up to the Generation FREE program for grades 7-12.

How to Use the RAT 4-6 Manual

This manual can be used to establish a RAT Team in schools, community organizations, faith-based organizations, or any other youth organizations that have an adult sponsor. Activities are provided for each month from August through May. Activities include lessons, monthly activities, classroom activities, healthy movement activities, and enrichment activities. Additional activities are also provided.

Below are the three easy steps to start a RAT 4-6 team:

- Step 1:** Submit the RAT Team Registration Form and Roster found in this manual. The RAT Team will receive prizes after completing one (1) activity and submitting the correct paperwork.
- Step 2:** Begin conducting the monthly RAT activities found in this manual.
- Step 3:** Submit a RAT Team Activity Report form following each activity. Information from this form will be recorded in the RAT database. After the team has conducted (8) eight activities and the activities have been entered into the database, the team will receive end-of-the-year prizes (which will be sent to the sponsor's address). Please make sure the address you use can receive packages (**No P.O. Boxes**).

Also, please complete the sponsor survey at www.gorat.com/46sponsorsurvey.

Note: All of the activities should be adjusted to fit the needs of the RAT Team members. Some activities may need to be conducted in groups with the older children helping the younger children. There is a wide range of learning abilities between fourth and sixth graders. Please adjust these activities for your RAT Team.

August

Recruitment/Facts:

School is back in session and it is time to organize RAT Teams. Each team sponsor is encouraged to begin recruiting this month as team members begin their classes. Discuss with new team members the benefits of joining a RAT Team, including free incentives and fun activities. The RAT Team will learn the negative effects of tobacco use, refusal tactics, and positive ways to tell others to "Reject All Tobacco!"

Preparation:

A RAT Team consists of five (5) or more members.

Once RAT Team members have been recruited, fill out the RAT Team Registration Form and Roster. Please be sure to fax or mail the registration form, roster, and first activity report to the local Mississippi Tobacco-Free Coalition (MTFC) or The Partnership for a Healthy Mississippi.

Begin preparing for the first meeting by familiarizing yourself with the "Rat Tobacco Facts Sheet" found on page 62 of this manual and organizing the supplies needed for the first activities.

If you have any questions, please contact the local MTFC (www.tobaccofreems.org) or The Partnership for a Healthy Mississippi for more information.

A Few Things to Remember:

- Please provide accurate and complete information on the RAT Team Registration Form and RAT Team Roster forms to ensure the team will receive their first incentive **(NO P.O. Boxes)**.
- When completing the RAT Team Activity Report, please check ALL the activities completed that month.
- If you choose to complete an activity not included in the manual, check the "other" box. This step is very important because it allows us to document the actual number of activities your team is completing.
- The team must complete at least eight (8) activities to receive the last incentive at the end of the school year.
- Remember, HAVE FUN! This is a great opportunity to teach our children while having fun!

What is a Team?

A TEAM is a group of people who share a common interest and goal. It is very important to learn how to work within a team. Each RAT Team member will contribute his or her unique qualities and ideas to accomplish the RAT Team's goals. Many of the RAT Team members will have already been a part of a "team" such as the Girl Scouts, Boy Scouts, football team, or even a dance or cheer team. Now, they are officially a RAT Team member. Being a part of a RAT Team is a special opportunity to learn, make a difference within their community, and have fun at the same time!

Lesson:

Welcome the team members to the RAT Team meeting and thank them for deciding to be members of the RAT Team.

- Ask your RAT Team members if they have been a member of a RAT Team in the past.
- If not, explain to new members that RAT is an acronym for Reject All Tobacco and introduce them to Terrance the Rat.
- Introduce your team to Terrance's favorite phrase, "You Better Tell Somebody!"
- Discuss a RAT Team member's responsibility to tell others about the negative effects tobacco use has on the body and environment and positive things they can do instead of using tobacco.
- Ask your RAT Team members to name any tobacco facts they know.
- List the facts on the board.
- Supply copies of the "RAT Tobacco Facts Sheet" found on page 62 of this manual and review it with your team.
- Make a list of your RAT Team rules and discuss them with your team. Please review them before every meeting with your RAT Team members.
- Recite in unison, "Reject All Tobacco!" and the RAT pledge at the end of each RAT Team meeting. The RAT pledge is: "I promise to tell others about the dangers of tobacco use."

Monthly Activity

Team Flags

Level I and II

Materials:

- Poster Boards
- Crayons, markers, or washable paint
- Safety scissors
- Other arts and crafts materials such as magazine clippings, ribbons, glitter, beads, etc.

Directions:

- Let the team members suggest names for their RAT Team.
- Once the RAT Team has voted on a name, divide the team into small groups.
- Each team is responsible for designing one flag that will represent a positive skill each team member must possess. The skills are as follows: self-esteem, making good decisions, resolving conflict, communicating effectively, and living a healthy life.
- Give the students a poster board.
- Have them decorated their flag in their groups.
- They may draw pictures, cut out words or pictures from magazines, or use anything else that will make their flag unique.
- Encourage them to incorporate facts about tobacco on their flags as well.

- Display your RAT Team flags to remind the students about the important things they have learned about RAT and the dangers of tobacco use.

Classroom Activity

Scavenger Hunt

Level I and II

Objective:

RAT team members will create a team identity by helping members discover more about each other.

Materials:

- Copies of Scavenger Hunt Scorecard
- Pencil or pen

Directions:

Divide RAT team members into groups of three.

Distribute one scorecard to each group to allow the activity to begin.

Instruct RAT team members to search the room for unique human qualities listed on the scorecard.

Once the activity is complete, proceed to discussion prompts.

Discussion Prompts:

- What do you think is the most interesting quality you found during the scavenger hunt?
- Do any two people have the same qualities? Which ones?
- Do you think it is important for a team to have members who are different? Why or why not?
- Discuss a RAT team member's responsibility to tell others about the negative effects of tobacco use.

Competencies:

Fourth Grade – Comprehensive Health 1a, 7d

Fifth Grade – Comprehensive Health 7b

Sixth Grade – Comprehensive Health 7c

Enrichment Activity

Decoding Mystery

Complete August's activity sheet. As the RAT team members complete the activity sheet, discuss what RAT team members learned during the lesson.

Answer Key: Terrance's challenge to you is... "to eliminate tobacco use in Mississippi and beyond!"

RAT Website Activity

Check out the RAT website at www.gorat.com with teacher and/or parental permission.

SCAVENGER HUNT SCORECARD

Directions: Find the members of your RAT team who have the following qualities.

Write his or her name in the blank beside each quality.

How many qualities can you find?

1. Someone taller than you _____

2. Someone who plays on a sports team _____

3. Someone with brown eyes _____

4. Someone born on a holiday _____

5. Someone who has lived in three (3) different towns _____

6. Someone who loves broccoli _____

7. Someone who is an only child _____

8. Someone who has brothers and sisters _____

a. How many brothers _____ b. How many sisters _____

9. Someone who is a great singer _____

10. Someone who doesn't like pizza _____

11. Someone who drinks milk every day _____

Decoding Mystery

Terrance's challenge to you is . . .

20 15 5 12 9 13 9 14 1 20 5 20 15 2 1 3 3 15

21 19 5 9 14

_____ !

13 9 19 19 9 19 19 9 16 16 9 1 14 4 2 5 25 15 14 4

A	1	N	14
B	2	O	15
C	3	P	16
D	4	Q	17
E	5	R	18
F	6	S	19
G	7	T	20
H	8	U	21
I	9	V	22
J	10	W	23
K	11	X	24
L	12	Y	25
M	13	Z	26

Answer Key on page 7.

September

Monthly Activity

Loving My Lungs

Level I and II

Materials:

- 1 straw (per RAT Team member)
- Small pieces of paper (shaped as balls the size of a fingernail)

Directions:

Distribute materials.

Instruct RAT Team members to place the small balls on his or her desk.

Next, ask RAT Team members to blow through the straw to try to move the balls across the desk.

Ask RAT Team members to repeat the activity two more times.

Discussion Prompts:

- Do you think that smoking would make this activity and other activities like this difficult to complete? Why or why not?
- Explain to the RAT Team members how smoking makes it hard to breathe and can decrease physical performance.
- Ask the RAT Team members if they think that a young smoker's breathing is affected by tobacco use?
- Explain to the RAT Team that young smokers suffer from shortness of breath almost three times as much as those who don't smoke.

Classroom Activity

It's All About Me

Level I and II

Materials:

- Paper
- Construction paper
- Yarn, ribbon, or staples
- Pen, pencils, markers, or crayons
- Hole puncher

Directions:

Tell the RAT team that being able to communicate clearly is very important because you want to make sure that your message is well received.

Explain that today's activity, creating a book about yourself, will allow team members to practice their communication skills.

Inform RAT team members that the pages of their book must answer the following questions:

- What do you look like?
- What does your family look like?
- What are your hobbies?
- What is your favorite food?
- What are your favorite things to do at school?
- What are your favorite things to do in the summer?
- Why do you choose to be tobacco-free?

Distribute materials to RAT team members.

Once RAT team members have answered the above questions, instruct RAT team members to punch holes in the paper and construction paper and tie the sheets together with yarn to create a book.

Allow RAT team members to discuss with the team what they have written in their books.

Encourage team members to share their books with family and friends.

Additional Activity

Toot Your Own Horn

Objective:

RAT team members will discuss the advantages of having positive self-esteem.

Materials:

- Paper
- Pencil or pen

Directions:

Discuss the importance of feeling good about yourself. (Examples: feeling valued, feeling needed by others, etc.)

Ask how people might feel if they don't feel good about themselves. (Examples: Hard to get along with, might make negative choices, etc.)

Ask the RAT team members to think of three (3) things they think they do well.

Make a list on the board of some of the things that the RAT team members stated they do well

and discuss reasons why they feel they can do them well.

Select a RAT team member to ask the sponsor three (3) things that he or she can do well and discuss why. The sponsor will then make three (3) sentences using the three (3) things he or she does well.

Explain to the RAT team members that if they think good thoughts about themselves, they will make positive-minded friends and will find it easier to make good decisions.

Have RAT team members volunteer to role-play some of the things they listed as being able to do well. Example: Act out playing baseball.

Distribute paper to each RAT team member.

Ask the RAT team members to write down three things they do well.

Have RAT team members go around the room asking other RAT team members whether they can do things on the list.

Have each person to sign his or her name beside the activity they do well.

Tell RAT team members to try to get as many different names as possible.

Toot Your Own Horn Discussion Prompts:

- Why is it important to have positive self-esteem?
- Do you usually think positive thoughts about yourself?
- Why is it important to have positive-minded friends?

Source: "Toot Your Own Horn" found on page 52 of Social Skills Lessons & Activities by Ruth Weltmann Begun

Competencies:

Fourth Grade – Comprehensive Health 1a, 5a, 7a, 7b

Fifth Grade – Comprehensive Health 3c, 5a, 6a, 6b, 6c

Sixth Grade – Comprehensive Health 1d, 3a, 5b, 6a

Enrichment Activity

I Spy Healthy Things

Smoking and smokeless tobacco hurt your sense of taste and smell. We only want healthy things in our bodies.

Color the sheet on page 13 and circle all the healthy things.

RAT Website Activity

Be sure and check the RAT schedule on RAT website, www.gorat.com, to see if Terrance will be coming to a county near you.

October

Red Ribbon Week 2015

Red Ribbon Week is observed the last week of the month of October. It is a week for individuals, schools, and communities to raise awareness of the dangers of tobacco, drugs, and alcohol so that people can avoid using those products. Red Ribbon Week is a time for people to commit to making healthier choices.

Lesson:

- Review the "RAT Tobacco Facts Sheet" with RAT Team members (found on page 62 of this manual).
- Explain the meaning of Red Ribbon Week with RAT Team members.
- Discuss that when people use smoked tobacco (cigarettes, cigars, pipes), smokeless tobacco, or other drugs, they are making an unhealthy choice. Discuss the importance of making healthy choices.
- Reinforce that Red Ribbon Week is a great time to "tell somebody" about the bad things tobacco can do to the body.
- Ask the RAT Team to recite the RAT Team pledge. The pledge is: "I promise to tell others about the dangers of tobacco use."
- As the RAT Team prepares to leave, count to three (3) and have them say in unison, "Reject All Tobacco!"

Monthly Activity

Decision Making

Level I and II

Subject Areas:

Language Arts, Writing, Reading

Theme:

Reject All Tobacco: Decision Making

Objective:

Using a decision story, students will learn that tobacco products are harmful and need to be avoided. They will learn and practice skills that will help them stay away from tobacco products in the future.

Materials:

- Paper
- Copies of "What Would You Do?" worksheet (page 18)

Introduction:

Open this lesson with a brief talk about tobacco products. Advise the students that you will be distributing a handout that contains questions that need honest answers.

Directions:

Distribute "What Would You Do?" worksheet.

Allow the students to read the story.

When they are finished, ask them to complete the questions that follow the story.

After everyone has a chance to complete the questions, discuss their answers in class.

Make sure that they understand the harmful consequences of smoking just one cigarette or taking just one dip.

Try to bring out as many issues as you can about smoking and using spit tobacco.

Competency Levels:

Fourth Grade – Language Arts 2b

Fifth Grade – Language Arts 2b

Sixth Grade – Language Arts 2b

Classroom Activity**Anti-Tobacco Signs**

Level I and II

Materials:

- Poster board or pieces of card stock
- Markers or Crayons

Directions:

Go over the "RAT Tobacco Facts Sheet" on page 62 with RAT Team members.

Tell team members that they will be making signs to go on doors and trash cans around the building. The signs will say "Close the Door on Tobacco" or "Tobacco is Trash". Team members can also substitute the word tobacco for smoking, smokeless tobacco, cigars, e-cigarettes, etc.

Have team members write the message large in the middle of their sign and decorate around it with designs and facts explaining why people should stay away from tobacco.

Once the signs are completed help them put them on doors and trash cans around the building.
*Be sure to get permission before hanging the signs.

Additional Activity**Parent/Student Discussion****Objective:**

RAT Team members will interview their parent(s) to encourage and promote communication between parents and RAT Team members about the dangers of tobacco use.

Materials:

Please make copies of the Parent Interview Sheet, "RAT Tobacco Facts Sheet," and the RAT Family Pledge for each RAT Team member on your team.

- Copies of the Parent Interview Sheet found on page 19 of this manual.
- Copies of the "RAT Tobacco Facts Sheet" found on page 62 of this manual.
- Copies of the RAT Family Pledge found on page 17 of this manual.

Directions:

Explain to the RAT Team members that they are receiving copies of the Parent Interview Sheet to start a discussion with their parents.

Explain to the RAT Team members that they are receiving copies of the Tobacco Facts Sheet and the RAT Family Pledge to share with their parents.

Review the "RAT Tobacco Facts Sheet" with your RAT Team members.

Instruct the RAT Team to interview their parent(s) by following the directions on the Parent Interview Sheet.

Instruct the RAT Team to review the "RAT Tobacco Facts Sheet" with a parent or family member and afterwards ask a parent or family member to sign the RAT Family Pledge.

The RAT Family Pledge is an agreement stating that parents and RAT Team members will actively discuss tobacco prevention and provide a smoke-free home to protect their loved ones.

Ask each RAT Team member to get his or her parent's or guardian's permission to place the pledge on the refrigerator at home.

If your RAT Team members know someone who would like to quit tobacco, they can get help by calling the Mississippi Tobacco Quitline at 1.800.QUITNOW (1.800.784.8669) or visiting the website at www.quitlinems.com.

Encourage visits to the RAT website (with parental permission), at www.gorat.com.

Enrichment Activity

Smoking can turn your lungs black and make it hard to breathe. Be strong and live longer by making good choices.

Directions:

Color the "healthy" teeth, heart, and lungs of a non-tobacco user (on page 20) to show how their organs are clean and healthy. Then color the tobacco user's "unhealthy" teeth, heart, and lungs.

RAT Website Activity

Check out the games and activities section of our website (www.gorat.com). Color and print out pictures of Terrance to decorate your classroom.

RAT Family Pledge

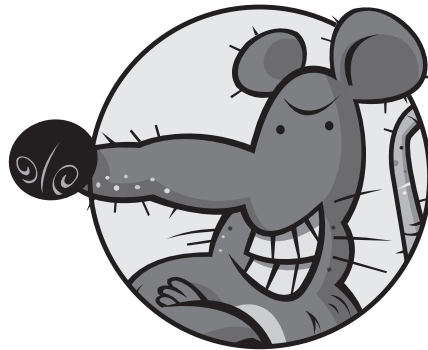
I, _____,

pledge to create a smoke-free home for my family.
My family will not be exposed to the over 7,000 harmful
chemicals that are found in tobacco smoke. I also pledge
to discuss the dangers of tobacco use with my child.

I am proud to have a smoke-free home
for my tobacco-free family!

If you are a tobacco user who is ready to quit,
please call the Mississippi Tobacco Quitline at

1.800.QUITNOW (1.800.784.8669).



What Would You Do?

Sam always walks home from school with a group of his best friends. Sam's friends are Jill, Rico, LaShonda, and Don. Today, the group is excited about the Friday night high school football game that they plan to attend. Don's mother has agreed to take them and pick them up. As the group walks and talks, Jill takes a cigarette and matches out of her backpack and Rico takes a dip of smokeless tobacco from a small round can.

Sam is shocked, because he didn't know that his friends had started using tobacco. "Want a smoke? They're real mild," Jill asks. Rico says "How about a dip?" Sam can see that Jill and Rico are trying to look cool and grown up. He wants to look cool and grown up, too. The other two friends in the group are not smoking or dipping, but they don't seem to care if Jill and Rico use tobacco. However, Sam wonders what he should do.

Discussion Prompts:

What should Sam say to his friends?

What would you do if you were Sam?

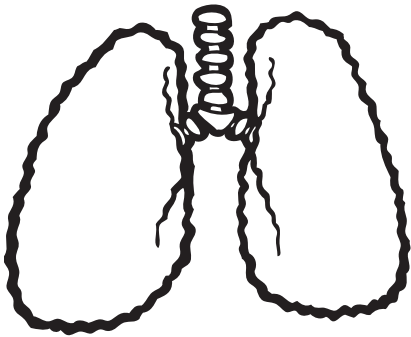
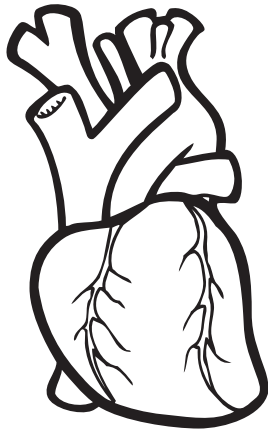
What are some consequences Sam could face if he uses the tobacco?

What are some benefits of not using tobacco?

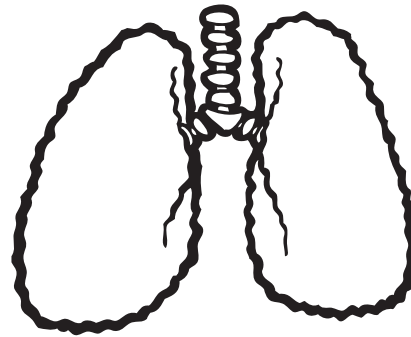
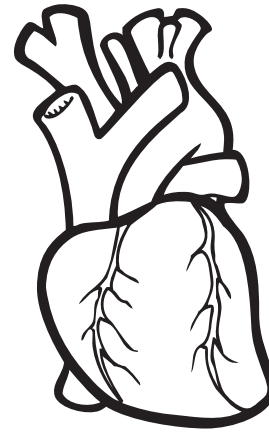
How will his friends feel if he refuses to use tobacco?

Who is responsible for whether or not Sam uses tobacco?

HEALTHY



UNHEALTHY



If you know someone you would like to help quit using tobacco,
tell them to call 1-800-QUITNOW (1-800-784-8669).

November

Great American Smokeout

The Great American Smokeout® is sponsored by the American Cancer Society. The Great American Smokeout is held on the third Thursday of every November. It is a day when people who smoke or use smokeless tobacco can give up using tobacco for one day. They may use that one day to think about how they could quit using tobacco forever.

Lesson:

- Review the "RAT Tobacco Facts Sheet" with RAT Team members (found on page 62).
- Explain the purpose of The Great American Smokeout to the RAT Team.
- Explain how nicotine, the addictive ingredient in tobacco products, makes smoking or smokeless tobacco very hard to stop using.
- Explain that this fact is another good reason to never start using tobacco products.
- Ask the RAT Team to recite the RAT Team pledge. The pledge is:
"I promise to tell others about the dangers of tobacco use."
- As the RAT Team prepares to leave, count to three (3) and have them say in unison, "Reject All Tobacco!"

Montly Activity

"Great American Smokeout" Pledge Poster & Petition

Level I and II

Objective:

RAT Team members will create a large poster and complete a petition as a pledge to Reject All Tobacco!

Materials:

- "RAT Tobacco Facts Sheet" on page 62
- Large poster board(s)
- Finger paint, pens, or markers
- Copies of the The Great American Smokeout Petition on page 24

Poster Directions:

Review the "RAT Tobacco Facts Sheet" found on page 62 of this manual and write significant facts on the board.

Tell the team to create a poster as their pledge to "Reject All Tobacco!"

Explain that the poster should contain one tobacco fact that would encourage them and others to avoid tobacco products.

Allow each RAT Team member to make a hand print on the poster board using the finger paint (optional).

Once the poster is complete, ask each RAT Team member to sign the poster. (If opted to use the paint, make sure the paint has dried.)

Ask RAT Team members and teachers in your school to sign the poster. If you run out of room on one poster, make another one!

Display the poster for everyone to see.

Petition Directions:

Give each RAT Team member a copy of The Great American Smokeout Petition form.

Encourage them to get people they know to sign the petition.

By signing the petition, that person promises to be tobacco-free for The Great American Smokeout.

The goal of getting tobacco users to sign the form is that if they can stop for one day, then maybe, if they take it one day at a time, they can quit forever.

It doesn't matter whether the person uses tobacco or not. Anyone who promises to be tobacco-free on this day can sign.

Examples of people who may sign: friends, parents, teachers, and other family members.

The Great American Smokeout Pledge Poster & Petition Discussion Prompts:

- What is the purpose of The Great American Smokeout?
- Why should we make healthy choices such as eating fruits and vegetables, exercising, avoiding tobacco use, and practicing good hygiene?
- Why is it important for us to tell others about the negative effects of tobacco use?
- Why is it important for us to avoid tobacco products?
- How do you feel about pledging to reject all tobacco?

Classroom Activity

Cigarettes, Smokeless, and Hookahs, Oh My!

Level II

Objective:

To compare and contrast cigarettes, smokeless and hookahs.

Materials:

- 3-Circle Venn Diagram
- A computer/Internet access
- Pencils

Directions:

Explain to the students that cigarettes, smokeless, and hookah are tobacco products that people use.

Explain to the students that they will research the three products, and compare/contrast them.

Divide the class into groups of three or four and give each group a copy of the 3-circle Venn diagram. One circle will represent each of the tobacco products. Use the Venn diagram to find the things all of the products have in common (all contain tobacco, all are harmful, etc.).

Encourage the students to use the following website:

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm from the Centers of Disease Control and Prevention website. Information on hookahs can be found under "Tobacco Industry and Products."

Discuss the students' findings as a whole group, after all groups are finished.

Common Core State Standards:

Reading Standards for Informational Text 3, 6

Enrichment Activity

Complete November's activity sheet on page 25. As the RAT Team members complete the activity sheet, discuss what RAT Team members learned during the lesson.

RAT Website Activity

Sing along and dance to our RAT Show music on our RAT website, www.gorat.com.

The "Great American Smokeout"

Directions:

Spread the word about the "Great American Smokeout" happening on the third Thursday of November. Get friends and family to sign the petition.

By signing below, I pledge to be tobacco-free for the 2015 "Great American Smokeout."

1. _____ 14. _____

2. _____ 15. _____

3. _____ 16. _____

4. _____ 17. _____

5. _____ 18. _____

6. _____ 19. _____

7. _____ 20. _____

8. _____ 21. _____

9. _____ 22. _____

10. _____ 23. _____

11. _____ 24. _____

12. _____ 25. _____

13. _____ 26. _____

November Activity

Secondhand smoke contains more than 7,000 harmful chemicals, including some found in bug spray and household cleaners.

Directions: Unscramble the words below. They are all harmful chemicals found in cigarettes. (To save on paper you may want to write these words on the board or overhead projector.)

1. mrbeadonocxin (2 words) _____
2. nmoiaam _____
3. ntaceoe _____
4. rta _____
5. ictnenoi _____
6. cenyaid _____
7. mydferelaodh _____
8. laed _____
9. ikcnle _____
10. mmcuadi _____

Key—Cut off if you are making copies for your students.

After completion, create a discussion focused on how chemicals are very poisonous or harmful to the body and most people would not knowingly put these chemicals in their body.

1. carbon monoxide – car exhaust
2. ammonia – used to clean toilets
3. acetone – finger nail polish remover
4. tar – used to pave the roads
5. nicotine – chemical in cigarettes that is addictive
6. cyanide – poison
7. formaldehyde – used to preserve dead bodies
8. lead – metal
9. nickel – metal
10. cadmium – found in batteries

**If you know someone you would like to help quit using tobacco,
tell them to call 1-800-QUITNOW (1-800-784-8669).**

December

Monthly Activity

Make A Wish

Level I and II

Objective:

RAT team members will recognize the harmful effects of tobacco use and secondhand smoke exposure and discuss ways to prevent disease and death due to these causes.

Materials:

- Paper plates (one (1) per RAT team member)
- Straws (two (2) per RAT team member)
- Orange tissue paper (half a sheet per RAT team member)
- Glue or tape

Directions:

Discuss the harmful effects of exposure to secondhand smoke and tobacco use.

Have RAT team members volunteer to share personal stories of how secondhand smoke and/or tobacco use has affected the lives of their family, friends, and loved ones.

Explain to RAT team members that they will make a wish for friends, family members, or others within the community who are or have been affected by the harmful effects of tobacco products or tobacco companies.

Distribute supplies to each RAT team member.

Ask RAT team members to fold the paper plate in half to serve as the base.

Instruct RAT team members to cut the straws in half for candles.

Ask RAT team members to glue or tape the straws on either side of the plate.

Instruct RAT team members to tear the tissue paper into four (4) sections.

Ask RAT team members to crumple orange tissue paper into small bunches to represent flames.

Have RAT team members to stuff the tissue paper into the top of each straw.

Make A Wish Discussion Prompts:

- What do you think would help to prevent deaths from tobacco products?
- What do you think would help to prevent deaths from secondhand smoke?

Adapted from: "Out Of The Darkness" found on page 95 of The Big Book of Monthly Ideas by The Mailbox.

Classroom Activity

Breath of Fresh Air

Level I and II

Subject Area:

Health

Objective:

The RAT team members will discover the impact of smoking and secondhand smoke exposure on the respiratory system and the importance of smoke-free air.

Materials:

- A clear narrow-necked bottle
- Honey
- Glitter (dark-colored)

Introduction:

Explain to the RAT team members that they will use an experiment to understand the effects of smoking and secondhand smoke exposure.

Directions:

Ahead of time, coat the opening and inside of the clear, narrow-necked bottles with honey.

Divide the RAT team into groups of three (3) or four (4).

Provide each group with a bottle and glitter.

Explain to RAT team members that the bottle represents the nose and the honey represents the mucous membrane.

Further explain that the mucous membrane is a sticky lining inside the nose and the entire respiratory tract (i.e. lungs).

Ask the groups to hold the bottle at an angle and sprinkle a small amount of dark-colored glitter into the opening. Tell the RAT team members that the glitter represents small particles in the air.

Show RAT team members that the honey traps the glitter just as the mucous membrane traps particles before they reach our lungs.

Explain to RAT team members that particles from cigarette smoke, whether by smoking or secondhand smoke, could bother the fragile membrane linings and may also cause someone to experience swelling and painful discomfort in the sinus area (i.e. facial area).

Discuss the importance of rejecting all tobacco and breathing smoke-free air.

Encourage RAT team members to share this information with others.

Source: "Breath of Fresh Air" found on page 25 of Quick and Easy Science Fun by The Mailbox.

Competencies:

Fourth Grade – Comprehensive Health 1a, 7d

Fifth Grade – Comprehensive Health 7b

Sixth Grade – Comprehensive Health 3b, 3c, 7c

Fit Challenge**Fitness Card Fun****Safety:**

Remind RAT Team members to be cautious when moving and to be aware of the personal space of others. Take into consideration the size of the facility when specifying movements to be performed.

* RAT Team members who have asthma or other lung conditions should participate with caution.

Materials:

- Five (5) decks of playing cards
- Activity chart

Exercises:

Divide the teams into groups of four or six.

Place decks of playing cards in several locations around the activity area.

Have one RAT Team member in each group (the leader) draw one card from the deck of cards.

Explain to the RAT Team members that the suit of the card designates a specific activity area for the group and the method of getting there (example: hearts – skip to the right corner; spades – hop to the middle; clubs – speedwalk to a desk; diamonds – jog to a left corner).

Have RAT Team members perform an activity designated by the number on the card that was drawn. Here is a sample activity chart for all cards:

2 = 8 jumping jacks; 3 = 8 squats; 4 = 8 heel touches; 5 = 8 star jumps;
6 = 8 wall push-ups; 7 = 16 jumping jacks; 8 = 16 squats; 9 = 16 heel touches;
10 = 16 star jumps; jack = 16 wall push-ups; queen = jogging on the spot for 30 steps;
king = 8 hops on each foot; ace = free choice of any activity.

(A star jump is a jump with arms and legs spread: an exercise in which a person jumps in the air with legs apart and arms extended out from the shoulder in a comparable direction.)

Once the entire group completes the activity task, have RAT Team members move back to a deck of cards and draw a new card.

This activity continues until all RAT Team members have had an opportunity to be the leader.

Source: "Fitness Card Fun" found on page 37 of Daily Physical Activities in Schools by Ontario.

Enrichment Activity

Holiday Art Project

Complete December's enrichment activity. As the RAT team members complete the activity, discuss what RAT team members learned during the lesson.

Materials:

- White paper plates
- Glue/tape/stapler
- Green and red construction paper
- Hole punch
- Ziploc bag
- "RAT Tobacco Facts Sheet," page 62

Directions:

Review the "RAT Tobacco Facts Sheet."

Before your team meeting, make copies of the "RAT Tobacco Facts Sheet" for each student and cut the facts into strips. Use the hole punch to make small circles out of the red construction paper to use as berries for the wreath. Store the red paper berries in a Ziploc bag. Cut out the center of a white paper plate for each student, leaving only the outside rim of the plate.

Give each team member several sheets of green construction paper.

Have the team members trace their hands on the green construction paper and cut them out. Make sure each team member cuts out enough hands to go around the rim of the paper plate.

Give each team member a tobacco fact for each hand. Have the team members glue the fact to the center of the hands.

Glue, tape, or staple the hands to the rim of the paper plates. Make sure all of the fingers are facing the same direction.

Glue the red berries in clusters around the hands.

Take wreaths to a nursing home or tell the team to give the wreaths to someone they know who uses tobacco.

Team members may want to write their own facts on their hands.

RAT Website Activity

Check out the latest RAT Pack pictures on our website, www.gorat.com.

January

Monthly Activity

Snowball Facts

Level I and II

Objective:

RAT team members will state tobacco facts aloud in an effort to gain knowledge of them while releasing energy.

Materials:

- Paper
- Pens or pencils

Directions:

Review the "RAT Tobacco Facts Sheet" found on page 62 of this manual.

Have the RAT team write individual facts on separate pieces of paper and the matching tobacco products on separate pieces of paper. (Example: On one piece of paper write: "There is no safe level of exposure to secondhand smoke. Even brief exposure can be dangerous." On another sheet of paper write: "cigarette.")

Loosely crumple up each piece of paper into a ball and place it in a bag.

Ask each RAT team member to pick one of the crumpled up pieces of paper out of the bag.

Allow your RAT team members to have a thirty (30) second "snowball" toss by throwing the balls of paper to one another in the room.

At the end of the "snowball" toss, make sure each RAT team member has one piece of paper.

Instruct each RAT team member to open his or her paper to discover if the team member has a product or a fact; then direct each RAT team member to locate the person who holds the matching tobacco product or fact.

Once two RAT team members think they have found the correct tobacco product/tobacco fact match, instruct them to come to you.

If they do not have the correct match, have them to go back and look for their rightful partners

Allow each correct pair to read their combined tobacco fact aloud to the class.

Snowball Facts Discussion Prompts:

- Why is it important to tell somebody about the tobacco facts?
- Why is it important to review tobacco facts on a regular basis?

Adapted from: "Snowball Fight" found on page 67 of The Big Book of Monthly Ideas by The Mailbox.

Classroom Activity

Think Positively

Level I

Subject Areas:

Language, Health

Topics Covered:

- Goal setting
- Decision making

Objective:

To encourage students to be aware of their thoughts and to think positively, increasing their chances of being good decision makers.

Materials:

- Clear glass or cup
- Water
- "Think Positively" handout
- "Positive Thoughts about Me" handout

Directions:

Begin this lesson by showing the students a transparent cup half-filled with water. Ask those students who see the cup as half full to display their opinions by raising their hands. Next, ask the remainder of the students to raise their hands if they consider the glass half empty.

Explain to the class that both answers are correct, but that the answer stating that the glass is half full is thought to be more of a positive outlook. The answer stating that the cup is half empty is thought to be more of a negative outlook. Be sure to expound upon why stating that the glass is half full is a positive thought and why stating that the glass is half empty is considered a negative thought.

Tell the students that our brain is like a video recorder; it records our thoughts and reactions to things. For example, if our brain has a record of consistent positive thoughts, it is likely that we will continue to have a positive outlook despite challenging circumstances.

Continue by informing the students that although we can't change things that happen to us, we can control how we react to them. For example, if we mistakenly spill water out of our cup, we cannot change that. However, you can choose to be happy about the fact that your cup still contains half of the water rather than none at all. This displays a positive outlook. Explain to the students that choosing to have positive thoughts may lead to a happy life of making good decisions.

Give each student a copy of the "Think Positively" handout. Complete the handout together as a class.

In addition, give each student a copy of "Positive Thoughts about Me" to complete.

Level II Option (Grade 6):

Multiply the cost of each tobacco product by 365.

Curriculum Connections:

Common Core State Standards

Enrichment Activity

Tobacco Fact Catcher

Materials:

- Copies of "Fact Catcher" instructions on pages 35-36
- Copies of "RAT Tobacco Facts Sheet" on page 62
- Scissors
- Dry erase board, chalk board, or large white paper
- 8-1/2" x 8-1/2" paper
- Pens or pencils
- Markers

Directions:

Review the "RAT Tobacco Facts Sheet" with the RAT Team members.

Write the facts on board or the piece of paper.

Distribute copies of the "Fact Catcher" instructions.

Ask your RAT Team to cut out a square on the sheet of paper.

Team members should fold their square into fourths.

Open the square.

Flip the square over.

Fold each corner to the center to form a smaller square.

Fold this square again at the corners to make an even smaller square.

Four flaps should be showing.

Follow the instructions to complete the "Fact Catcher".

RAT Website Activity

Look at the games and activities section of our website, www.gorat.com, and learn the secret RAT hand sign.

Think Positively

Write a positive thought for each negative thought.

I have no friends	I have many friends.
I never have good ideas	
I make bad choices	
Bad things happen to me all the time	
I can't do it	
I'm not a good listener	
I'm not good at sports	
I never make good grades	

Positive Thoughts About Me

Draw a self-portrait.

Write positive things about yourself around the edges of the paper.

Fact Catchers

Fact catchers can be used for a variety of activities. They can serve as a tool for curriculum review, a research activity, a fact finder, or an ice breaker. Students can use fact catchers independently or with partners.

Directions

1. Have students make the fact catchers by following directions on page 36.
2. Instruct students to write the numbers one, two, three and four on the finger pockets.
3. Have students write four questions, statements or words on the triangular top flaps of the fact catchers for each activity. See "RAT Tobacco Facts Sheet" on page 62.
4. Instruct students to write responses to the facts on the back side of each corresponding top flap.

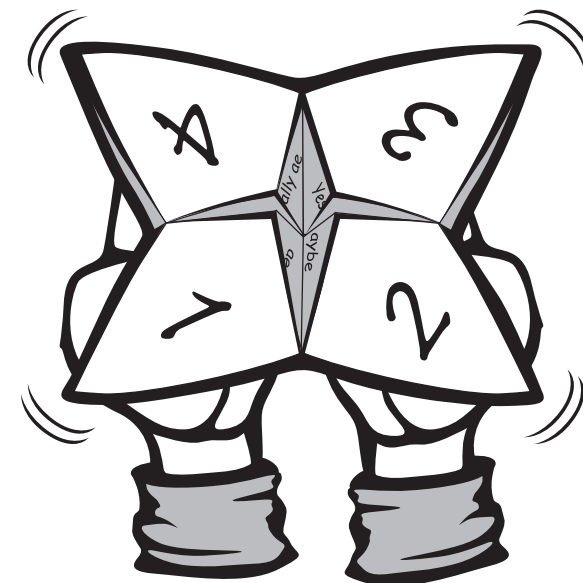
To Play

The holder puts a thumb or forefinger from each hand into each finger pocket so that the fact catcher is closed. The player select a number from the finger pockets. The holder pinches the fact catcher in and out counting until the number is reached. The player select on question, statement or word that he or she has seen on a flap and responds to it. The holder looks under the flap to check for the correct response.

Questions for Fact Catcher

(correct answers are in bold):

1. Cigarettes contain only five dangerous chemicals. **T or F**
2. Smokeless tobacco causes mouth cancer. **T or F**
3. Tobacco cause bad breath. **T or F**
4. Exercise is not an important part of being health. **T or F**
5. Emphysema weakens the tiny air sacs in the lungs making it very hard to breath. **T or F**
6. Tobacco kills more people every year than suicide, murder, cocaine, heroin, car accidents and AIDS combined. **T or F**
7. Nicotine does not make the heart beat faster. **T or F**
8. Smokeless tobacco is safer than cigarettes. **T or F**
9. Tobacco is addictive. **T or F**

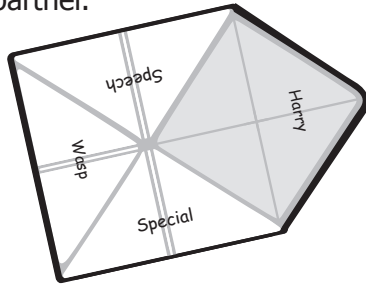


Using the tobacco facts sheet included in this guide, the instructor may create additional questions if necessary.

Other Fact Catchers Ideas

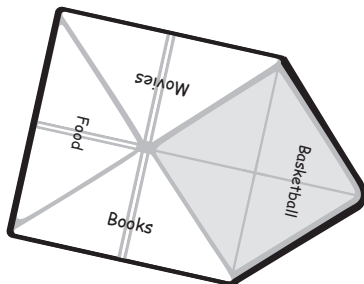
Word Catcher

Write four vocabulary words on the top flaps and the correct definition under each word. Quiz a partner.



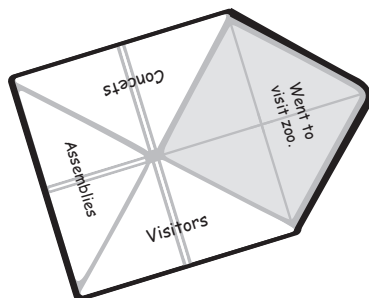
Getting Know You

Write four categories such as favorite movies, books, food, or place on the top flaps. Under the flaps write your favorite example in each category. Have a classmate try to guess what you've written.



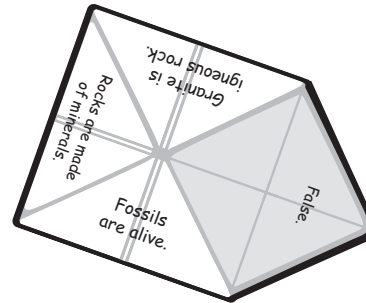
Class Catcher

Make a fact catcher with top flaps that highlight four class events such as field trips, assemblies, concerts, or visitors. Write a sentence about why you liked each event under the top flaps. During a school-wide meeting, share the fact catcher with visitors.



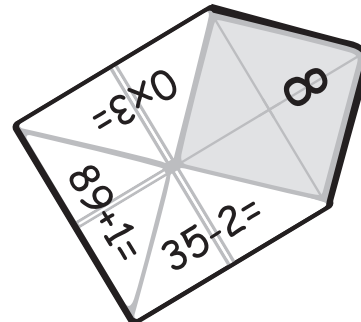
Science

Choose a science topic such as rocks and minerals, plants or electricity. On the four top flaps of the fact catcher, write four true or false statements regarding the topic. Under each flap, write the correct answer. Challenge a classmate to guess if the statements are true or false.



Math Families

Write four math problems – one for each math operation: addition, subtraction, multiplication, and division on the top flaps of the fact catcher. Write the answers under the top flaps. Use the fact catcher to help a friend practice math facts.



Even More Ideas...

- Food groups
- Coin group values
- Shapes and geometry
- Landform definitions
- States and capitals

February

Monthly Activity

Rebus Valentine

Level I

Objective:

In honor of Valentine's Day, RAT team members will create a Valentine's Day card with a special RAT message!

Materials:

- Paper
- Scrap paper
- Markers or crayons
- Magazines (optional)

Directions:

Explain to RAT team members that Rebus writing uses pictures, objects, or symbols that have names that sound like words you want to express. (example: "You are the apple of my eye" can be written using a picture of a ewe for the word "you", the letter "R" for the word "are," a picture of an apple for "apple," the letter "M" + a picture of an eye for "my," and a picture of an eye for "eye." "I like you!" can be written: picture of an eye for "I," the letter "L" + a picture of a bike – the letter "B" for "like," and the letter "U" for "you." "Be mine!" can be written: picture of a bee for "be," and the letter "M" + the number "9" – the letter "N" for "mine.")

Distribute materials to RAT team members.

Ask RAT team members to write their Valentine greeting on scrap paper. Instruct RAT team members to also write a tobacco-free message that can be included in the card.

Instruct RAT team members to figure out pictures and letters that they can use to come up with the sounds for each word.

Ask RAT team members to use creativity to come up with fun and original pictures for each word of their message.

Once RAT team members have decided on their messages, instruct them to fold a piece of paper in half to make a card and then write their messages inside the card.

Rebus Valentine Discussion Prompts:

- What is the biggest responsibility of a RAT team member?
- Why is it so important to tell others about the harmful effects of tobacco use?
- How does tobacco use affect the heart?
- What is the safest way to protect the heart from the effects of tobacco use?

Source: "Rebus Valentine" found on page 39 of After School Activities by Marilee Burton.

Classroom Activity

Whose Responsibility Is It?

Level I and II

Subject Areas:

Language Arts, Health

Objective:

RAT team members will develop team-building skills by contributing to a class essay. RAT team members will also identify the harms of using tobacco products.

Materials:

- Paper
- Pencils or pens
- Bulletin board paper

Introduction:

Open this lesson with a brief review of the tobacco facts your team has been learning. Encourage RAT team members to inform others about the dangers of tobacco in an effort to help someone quit or to not begin using at all. Inform the RAT team members that everyone will be contributing to the class essay.

Directions:

Draw a five-inch border around all four edges of the bulletin board paper.

Write the following unfinished phrase at the top of the inside section:

"It is the responsibility of..."

Allow RAT team members to decide whose responsibility they think tobacco use among teens should be. For example: parents, teens, store owners, tobacco companies, or someone else. At their desks, have RAT team members write several endings to the phrase.

Allow RAT team members to discuss their endings with the team.

Explain to the RAT team members that as a group they will write an essay to explain why they feel the entity(ies) is responsible.

Use the bulletin board paper to list team members' endings to the phrase, list reasons why they feel the entity is responsible, or record the group essay.

Competency Levels:

Fourth Grade – Comprehensive Health 5a

Fifth Grade – Comprehensive Health 7b

Sixth Grade – Comprehensive Health 7c

Additional Activity:

Parent/Student Activity

RAT Interview Questions

Objective:

To help RAT Team members start an open line of communication with their family and promote the Quitline if they know someone who wants to quit.

Materials:

- "RAT Interview Questions" on page 40

Please discuss the questions with the youth before sending them home.

Activity:

Interview a parent or family member about his or her tobacco use.

This is an opportunity to get your RAT Team members and their family members talking about the dangers of tobacco use.

Use the RAT Interview Questions.

Discuss the questions with the youth before sending them home.

Make sure they understand the questions and that no one's name is on the survey.

The surveys do not have to be returned, unless you want to use it as a teaching tool and graph the results. Some families may not want to return the surveys.

Be sure your team members notice the Quitline phone number in the last question.

Younger students may need their family member to read the questions to them.

Enrichment Activity

Word Scramble

Have team members complete the word scramble on the next page. To save on paper, you may want to write these words on the board or an overhead projector.

Key: heart disease, heart attack, heart healthy, heartbeat, heartstrings, sweetheart, heartfelt, heartburn, heartwarming, and heartbroken

RAT Calendar Design Contest

We are creating a RAT calendar and we need your help! Have students choose a month (or assign them one) and create artwork pertaining to that month. Remind them to be sure to include Terrance and some of his friends and something about the benefits of being tobacco-free. Twelve winners will be chosen to have their artwork in the calendar. First, second, and third prizes will be awarded in 4-6 from the twelve winners.

RAT Website Activity:

Check out the RAT Calendar Design contest on the website, www.gorat.com.

RAT Interview Questions

Parents and family members please read and answer these questions with your child. Be honest and use this activity to have open conversations about the dangers of tobacco use. Please do not write your name on this survey. It is to open lines of positive communication for you and your family.

Circle the answers.

1. Do you smoke or use smokeless tobacco? Yes or No

RAT Pack Team Member:

If the person you are interviewing does not use tobacco, tell them about some of the facts you have learned in your RAT Team and ask them what kept them from using tobacco.

2. If yes, what kind do you use?

A. cigarettes B. smokeless tobacco C. cigar D. more than one kind

3. If you use tobacco, how many times a day do you smoke or use smokeless tobacco?

A. 1-3 B. 4-8 C. 10 or more D. I am tobacco free!

4. How many friends do you have that use tobacco? _____

5. If you smoke or use smokeless tobacco, why did you start?

A. Peer pressure (friends) B. Curiosity
C. My parents are tobacco users D. I just felt like it

6. What age did you begin using tobacco? _____

7. Do you allow people to smoke or use tobacco in your car? Yes or No

8. Do you allow people to smoke or use tobacco in your home? Yes or No

9. Do you know what RAT stands for? Yes or No

If answer is no, be sure and tell them!

10. If you smoke or use smokeless tobacco, do you want to quit? Yes or No

If the answer is yes, then tell them about the Mississippi Tobacco Quitline. They can get help by calling 1.800.QUITNOW (1.800.784.8669) or by visiting www.quitlinems.org for free information about quitting.

RAT Pack Team Member: Remember to thank the family member you interviewed.

Word Scramble

Directions: Unscramble the words below.

They are all compound words that contain the word heart.

1. eaashteiesrd _____

2. httkceatraa _____

3. arhealththy _____

4. thabeater _____

5. rtrieshntsga _____

6. retehwaste _____

7. etafrhetl _____

8. htbrurane _____

9. rihgteawamnr _____

10. brnkatoeher _____

March

Kick Butts Day

Kick Butts Day is a national day of activism held annually on March 25. Kick Butts Day was created by the Campaign for Tobacco-Free Kids to encourage our youth to participate in events against Big Tobacco Companies. It is another great way to empower our children to "Reject All Tobacco!"

Lesson:

Review the "RAT Tobacco Facts Sheet" on page 62.

Review "They Put THAT in Cigarettes/Smokeless Tobacco?!" sheet on page 47 with your group.

You may want to bring pictures of a few chemicals (i.e. mothballs, bleach, bug spray, etc.)

Emphasize that the ingredients are poisons.

Discuss with your students the effects cigarettes have on the environment.

Smokers discard billions of cigarette butts yearly.

Many cigarette butts are tossed into the environment, piling up outside of buildings, parking lots, streets, parks, playgrounds, beaches, streams, and even rivers.

The toxins found in cigarettes that are dangerous to the human body are also a danger to small animals and plant life that live in these areas.

Cigarettes contain a plastic that is slow to degrade, which means that it is slow to break down and become a part of the environment.

In 2007, an estimated 360 billion cigarettes were smoked in the United States. That means that approximately 135 million pounds of cigarette butts were discarded in the United States that year alone!

Tell your team that they will participate in Kick Butts Day.

After completing the Kick Butts Day activity(s), ask your team questions from the discussion prompts.

Recite the RAT Pack pledge and say, in unison, "Reject All Tobacco!"

Information about the cigarette butts litter found on www.longwood.edu/cleanva/cigbutthowmany.htm

Monthly Activity

Scavenger Hunt Scrapbook

Level I and II

Objective:

RAT Team members will successfully design a scrapbook that displays celebrities from around the world who are tobacco-free. The scrapbook should help direct RAT Team members down a path that will allow them to successfully live a tobacco-free life.

Materials:

- Construction paper
- Glue
- Scissors
- Crayons
- Markers
- Old magazines
- Yarn
- A list of kid-friendly celebrities (at least one celebrity per group)

Directions:

Review the "RAT Tobacco Facts Sheet" found on page 62 of this manual.

Divide the RAT Team members into groups of four or five.

Assign each group a celebrity.

Instruct RAT Team members to research that celebrity's characteristics and accomplishments.

Distribute materials to RAT Team members.

Ask RAT Team members to scavenge through the magazines for items that represent characteristics and accomplishments of their celebrity.

Instruct groups to mount the collected items and original artwork on a sheet of paper.

Ask for volunteers to create a cover and a back for the scrapbook.

Punch holes in the left margin of each page using a three-hole punch. Then use yarn to bind the scrapbook.

Place the finished scrapbook in an accessible area in the room or send the scrapbook home each night with a different team member to share with his parents to remind RAT Team members to stay focused on their journey to a tobacco-free future.

Adapted from: "Scavenger Hunt Scrapbook" found on page 153 of The Big Book of Monthly Ideas by The Mailbox.

Picking Up Butts

This activity can be completed by teams that are near community areas such as public parks and playgrounds. Please exercise safety precautions during this activity.

Materials:

- Gloves for each RAT Team member
- Garbage bags
- “They Put THAT in Cigarettes?!?!” sheet on page 47

Directions:

Organize the RAT Team into small groups.

Review the “They Put THAT in Cigarettes?!?!” sheet found on page 47 of this manual.

Provide each member of the RAT Team a pair of gloves and each group a garbage bag.

Safely escort the RAT Team outside and allow them to pick up discarded cigarette butts.

Explain to the RAT Team that cigarettes not only hurt the individuals who smoke, but the litter from cigarettes also damages the planet.

Ask the RAT Team to watch out for glass and other harmful objects as they pick up the discarded cigarette butts.

Ask the RAT Team members questions from the discussion prompts.

Kick Butts Day Discussion Prompts:

- What is the purpose of Kick Butts Day?
- How can we use Kick Butts Day to help others avoid tobacco use?
- What are three ingredients found in cigarettes?
- Name an ingredient found in spit tobacco.

Picking Up Butts Discussion Prompts:

- Where can discarded cigarette butts end up after a smoker finishes smoking?
- Name two ways discarded cigarette butts harm the earth.
- How did you feel while picking up all the discarded cigarette butts?

Classroom Activity**Name Game**

Level II

Subject Area:

Social Studies, Health

Objective:

RAT team members will become familiar with statewide elected officials and discuss their role in helping Mississippians stay safe and healthy.

Materials:

- Names and pictures of statewide elected officials
- Safety scissors
- Blank paper
- Glue
- Marker
- Pencils or pens

Directions:

Review the "RAT Tobacco Facts Sheet" found on page 62 of this manual.

Discuss with the RAT team how lawmakers (people elected to serve their county) meet in Jackson every year to create laws that help run the State.

Explain the process of electing local and state officials.

Explain to the RAT team members that elected officials pass laws to keep people safe and healthy, such as laws for wearing seat belts, car seats for children, etc. Elected officials can also protect people by passing laws that do not allow smoking in public places, such as restaurants.

Discuss the RAT team member's role as a responsible citizen.

Discuss responsibilities of the RAT team members in their home, school, community and state.

Distribute copies of names and pictures of statewide elected officials along with other materials. Pictures can be printed from www.mississippi.gov or your local city's website.

Review the names and pictures of the elected statewide officials with the team.

Divide team in groups of four (4).

Ask groups to cut out the names and pictures of the statewide elected officials and glue them to a blank piece of paper.

Ask RAT team members to glue the names of the elected statewide officials on the backside of the paper.

Once everyone has completed the task, ask groups to allow their team members to guess the name of the elected statewide officials.

Competencies:

Fourth Grade – Comprehensive Health 1a, 3a, 6c; Social Studies 2a-d

Fifth Grade – Comprehensive Health 7b

Sixth Grade – Comprehensive Health 3a, 3b, 3c, 7c

Fit Challenge

Mission Possible

Materials:

- Mission cards
- Outdoor activity area or gymnasium

* RAT Team members who have asthma or other lung conditions should participate with caution.

Exercises:

Warm-up:

Have RAT team members start by walking on the spot with a variety of steps (e.g., narrow, wide), pumping their arms back and forth.

Have RAT team members gradually increase speed every 30 seconds. Ask them to imagine that they are walking on a beach in deep sand, then walking home from school, then running a race.

Activity:

Divide RAT team members into groups of 4-8. They can perform the missions in any order, but every group member must perform every mission.

Create mission cards for each group. Provide each group with a set of mission cards. Sponsor may create several different missions for each group.

Missions might include the following:

- Do 10 wall push-ups.
- Jump rope 10 times in each corner of the activity area.
- Gallop across the activity area and skip back.

Ensure that each group moves and completes each mission together. After the completion of each mission, the group travels once around the outside of the activity area using a form of moderate to vigorous activity (e.g. jogging, skipping, galloping, and walking).

The activity ends when all the RAT team members have finished all the missions, traveled around the activity area, and are back to their starting position.

Cool-down:

Have RAT team members move around the activity area, slowly decreasing their speed until they are in slow motion. Lead a stretching routine.

Source: "Mission Possible" found on page 39 of Daily Physical Activity in Schools by Ontario.

Enrichment Activity

Tobacco Word Find

Complete March's activity sheet on page 48. As the RAT Team members complete the activity sheet, discuss what RAT Team members learned during the lesson.

RAT Website Activity

Check out the RAT Calendar Design contest winners on the website, www.gorat.com.

They Put **THAT** in Cigarettes/ Smokeless Tobacco???

Cigarettes

Ammonia	household cleaner
Tar	sticky stuff people use for roofing and paving streets
Acetone	nail polish remover
Lead	banned from being used in paints because of the number of illnesses it caused
Nicotine	addictive ingredient; banned from being used as pesticide because of the number of illnesses it caused
Cadmium	stuff used in batteries
Sulphur	weird smell when you strike a match; concentrated doses of it can be damaging to the liver, kidney, and bladder
Arsenic	rat poison
Methylamine	tanning lotion
DDT	weed killer; banned from being used because of the number of illnesses it caused
Formaldehyde	embalming fluid

Smokeless Tobacco or Snuff

Nicotine	addictive ingredient; banned from being used as pesticide because of the number of illnesses it caused
Cadmiumstuff	used in batteries
Polonium 20	highly radioactive material found in nuclear waste
Hydrazine	toxic chemical
Formaldehyde	embalming fluid

All of these poisons can cause illnesses—even death—if ingested!!!

MARCH ACTIVITY

Spit tobacco can give you cavities and cause cancer of the mouth, throat and gums.

Tobacco Word Find

J I N P C H E M I C A L S N V Q L J
S S F I U O D O S G D H S K O P U I
T E D K C N U T Z E N I C O T I N E
C C L D I A C G C T G M F U N Q G J
E O S K J Y V B H M I L L I O N S K
G N A S N I T I R R P D P D M R H L
B D Q V P I W L T W C A N C E R G M
T H R O A T R D R I S Q X L E F H R
K A W T E M I W E F E O H G K J E T
L N D S R N K P P Q H S E A C E D W
O D E G R X O H W T D S A A A C C E
I S T E E T H E A P T E R B L T B S
W M T X N Q M E K Y W H T C B S A W
R O V Y C U R A D D I C T I V E Z O
D K P I E B H L B K A A O O G T Y L
L E L U D L J K B N X R L D U U X L
O R I A S P I T T O B A C C O T W E
C N B H G C K W L C Z E H E F V K Y

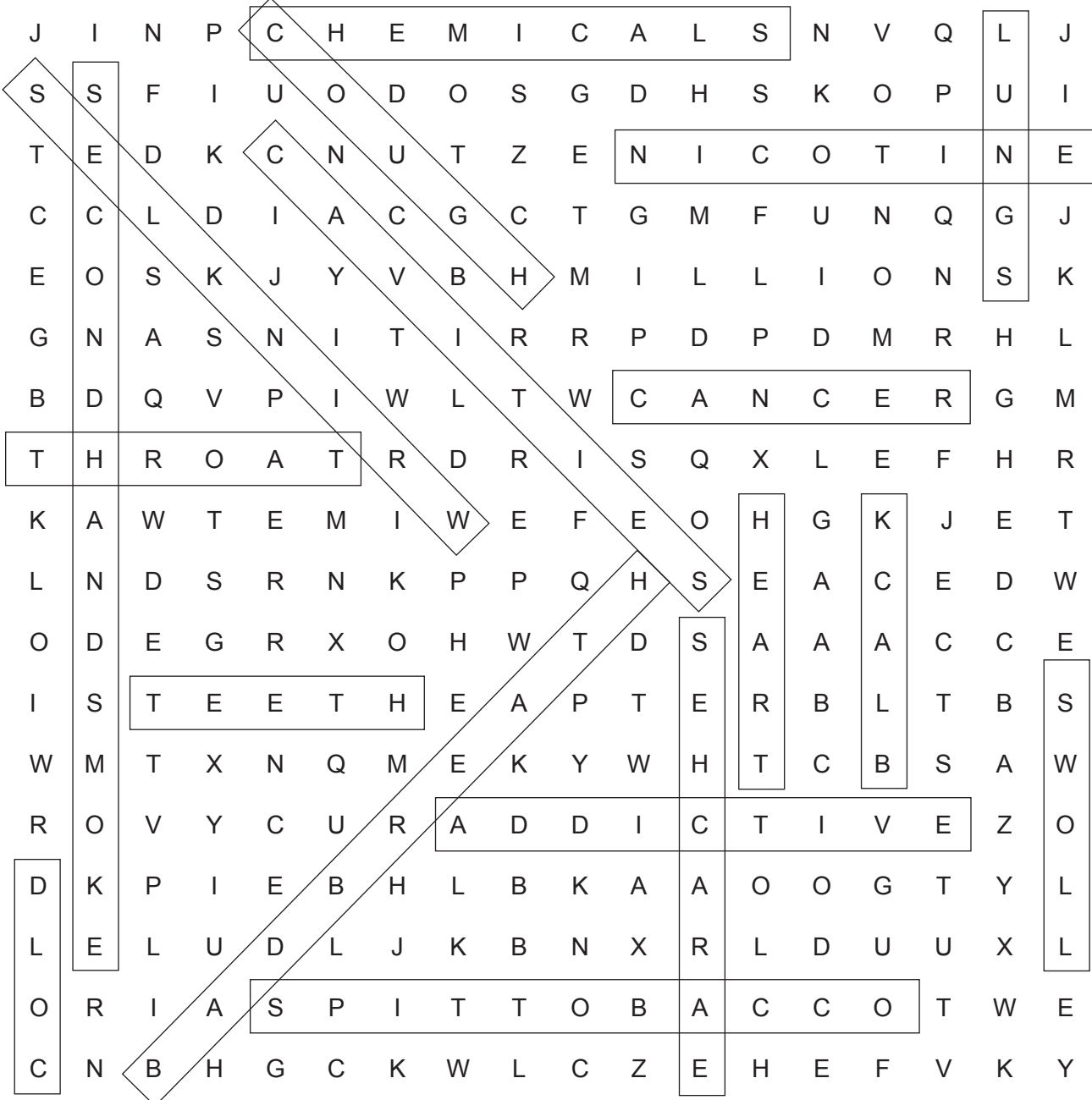
TEETH
YELLOW
LUNGS
BLACK
CANCER
SPIT TOBACCO

ADDICTIVE
SECONDHAND SMOKE
CHEMICALS
NICOTINE
CAVITIES
HEART

THROAT
WRINKLES
COUGH
COLD
BAD BREATH
EARACHES

**If you know someone you would like to help quit using tobacco,
tell them to call 1-800-QUITNOW (1-800-784-8669).**

Key: Tobacco Word Find



TEETH
 YELLOW
 LUNGS
 BLACK
 CANCER
 SPIT TOBACCO

ADDICTIVE
 SECONDHAND SMOKE
 CHEMICALS
 NICOTINE
 CAVITIES
 HEART

THROAT
 WRINKLES
 COUGH
 COLD
 BAD BREATH
 EARACHES

**If you know someone you would like to help quit using tobacco,
 tell them to call 1-800-QUITNOW (1-800-784-8669).**

April

Earth Day

Each year, in the month of April, we celebrate Earth Day. It was first celebrated on April 22, 1970, and reminds us to "Give Earth a Chance". This is a great time to think about our environment and what we can do to help keep it clean. As discussed on Kick Butts Day in March, there are many ways tobacco use contributes to harming our environment.

Lesson:

Review the "RAT Tobacco Facts Sheet" with RAT Team members (found on page 62 of this manual).

Remind RAT Team members of the ways cigarette butts are harmful to the environment from the discussion in March.

Have team members come up with other ways tobacco use can be harmful to the environment and ways they can help the environment.

Montly Activity

Protect the Earth Poster

Level I and II

Objective:

To make team members aware of the environment and how tobacco use can be harmful to it.

Materials:

- Small (or large) poster board
- Markers or crayons

Directions:

Explain to students that they will be illustrating a poster with a meaningful environmental message.

Distribute materials to team members.

Have them create their posters.

Once they have completed their posters, they can be placed in areas around the school.

*Get permission before placing posters around the school.

Classroom Activity

Number Maze

Level I and II

Subject Area:

Math, Health

Objective:

RAT team members will use decision-making and math skills to help Terrance locate his car.

Materials:

- "Number Maze Worksheet" found on page 53 of this manual.
- "RAT Tobacco Facts Sheet" found on page 62 of this manual.

Directions:

Review the "RAT Tobacco Facts Sheet" found on page 62 of this manual.

Explain to team members that decision-making skills are very important.

Explain to RAT team members that they may encounter obstacles along the path of decision making.

Explain to RAT team members that if they continue to make the decision to say "no" to tobacco use, they will not stray from the path to success.

Distribute "Number Maze Worksheet" to team members found on page 53 of this manual.

Ask the RAT team members to try and stay on the right path to help Terrance find his car.

Competencies:

Fourth Grade – Comprehensive Health 5a

Fifth Grade – Comprehensive Health 6a

Sixth Grade – Comprehensive Health 3b, 6a

Enrichment Activity**Terrance and His Friends Paper Bag Puppets**

Level I

Complete April's enrichment activity. As the RAT team members complete the activity, discuss what RAT team members learned during the lesson.

Materials:

- Small paper lunch sacks (paper bags)
- Paper Bag Puppets cut-out sheets, pages 54-56.
- Glue or stapler
- Markers or colors

Directions:

Review the "RAT Tobacco Facts Sheet" on page 62.

Distribute copies of the Paper Bag Puppets cut-out sheets and colors to each team member.

Allow the team members to color and cut-out the parts.

Instruct the team members to put their names or initials on the back of each piece.

Give each team member a paper lunch sack, and have him/her write his/her name on the bag.

Allow the team members to glue or staple the parts to each bag.

Using the newly created puppets, let the team role play different situations that might happen if someone offers them tobacco. Instruct the team to think about what Terrance would say.

RAT Website Activity

Check out the latest webisodes on our website, www.gorat.com.

Number Maze

Terrance has lost his car! Solve the math problems in each step. Shade in the squares that have the answers to help him get back to his car.

Step 1: Subtract 19 from 35.

Step 8: Add 65 to your answer.

Step 2: Add 27 to your answer.

Step 9: Add 32 to your answer.

Step 3: Subtract 10 from your answer.

Step 10: Subtract 41 from your answer.

Step 4: Add 48 to your answer.

Step 11: Subtract 14 from your answer.



Step 5: Add 26 to your answer.

Step 12: Subtract 33 from your Answer –

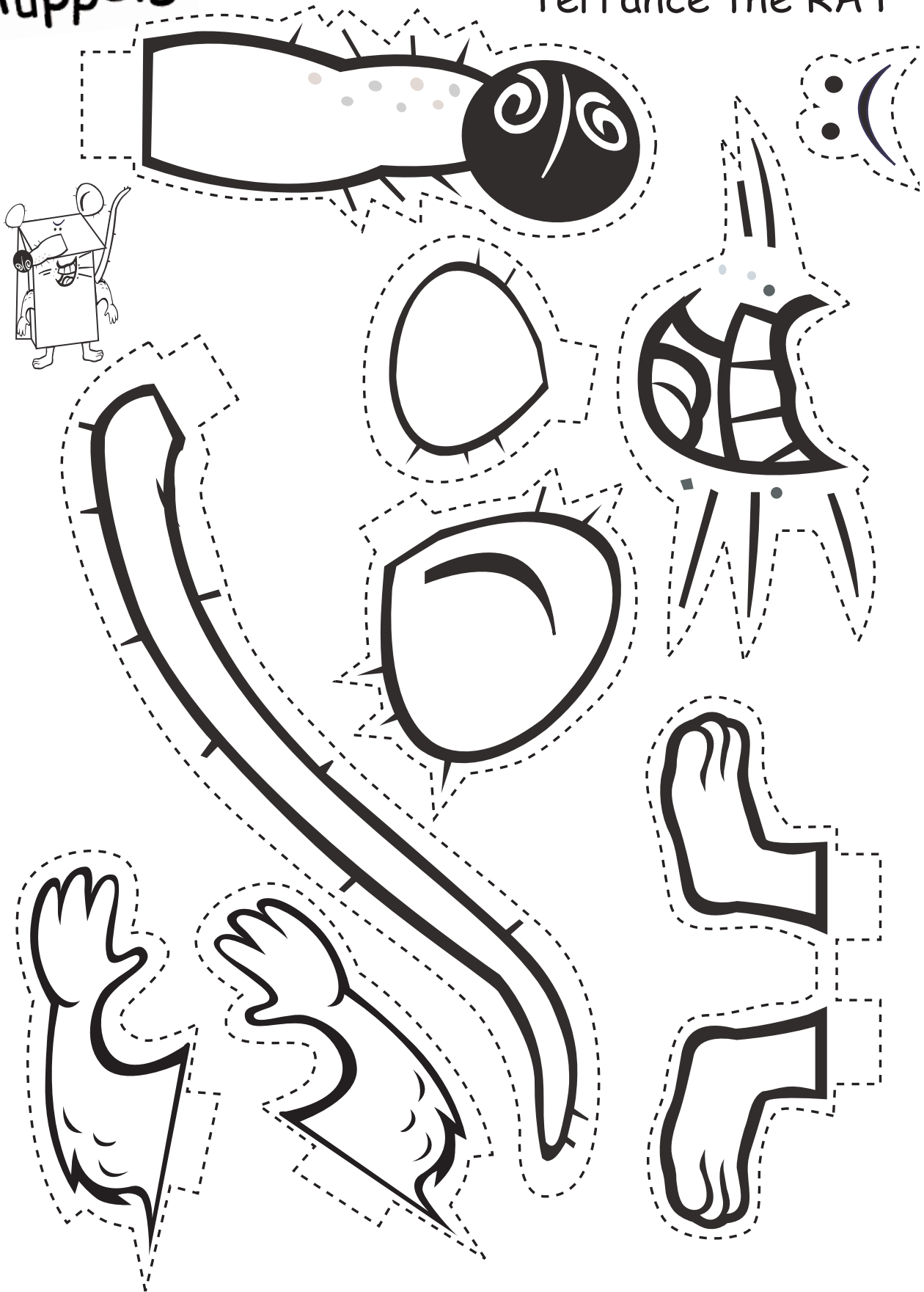
Step 6: Subtract 54 from your answer.

He made it!

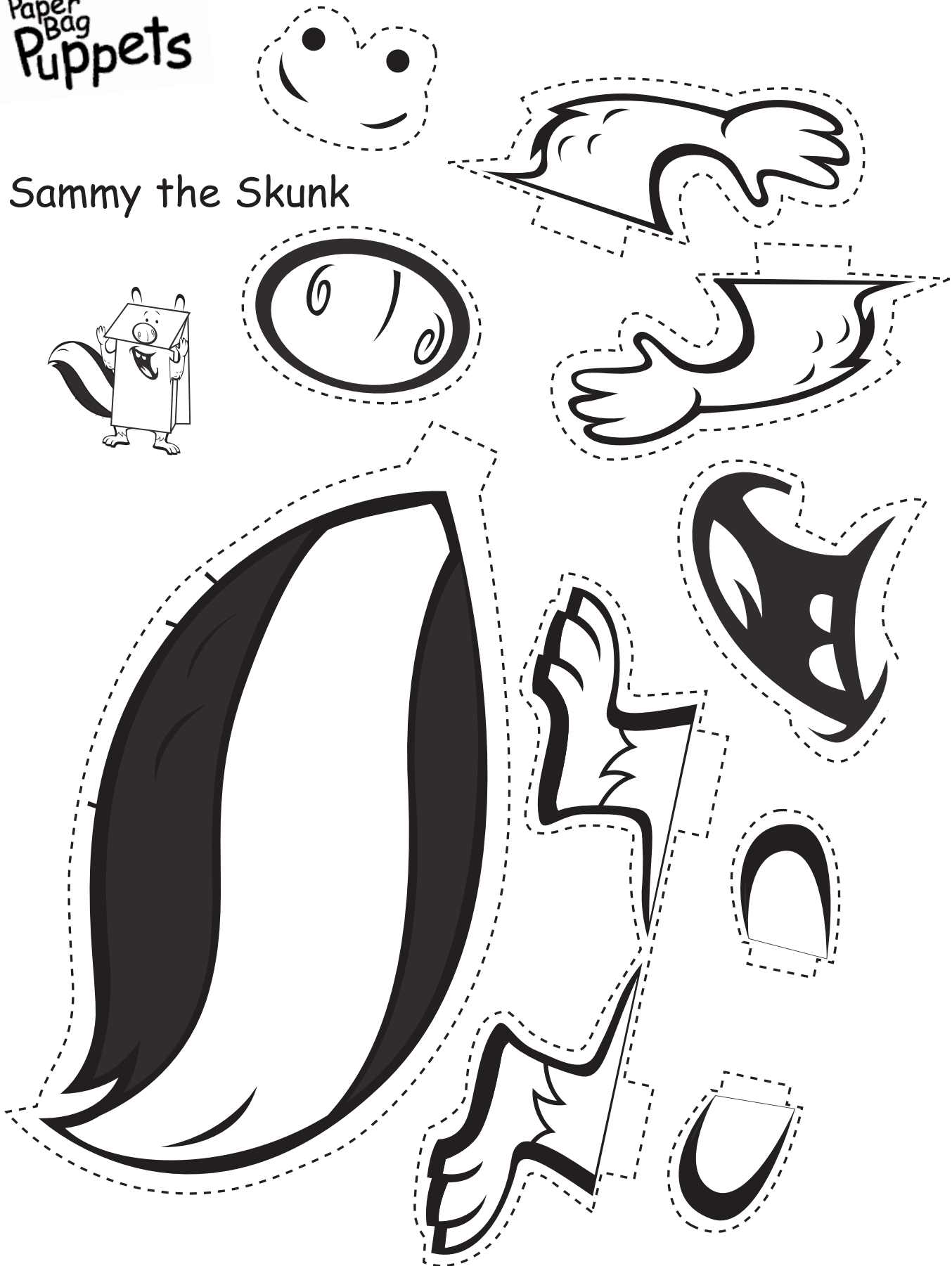
Step 7: Subtract 18 from your answer.

35 	26	42	41	52	28	126	84	47
31	16	25	22	44	122	124	75	82
15	43	39	88	90	66	67	35	37
70	71	33	26	89	96	52	132	24
52	87	23	81	107	21	18	86	76
38	79	41	158	109	53	50	88	58
159	77	39	160	119	35	68	85	86
194	19	196	106	55	100	48	77	72
73	91	169	99	79	77	132	91	44 

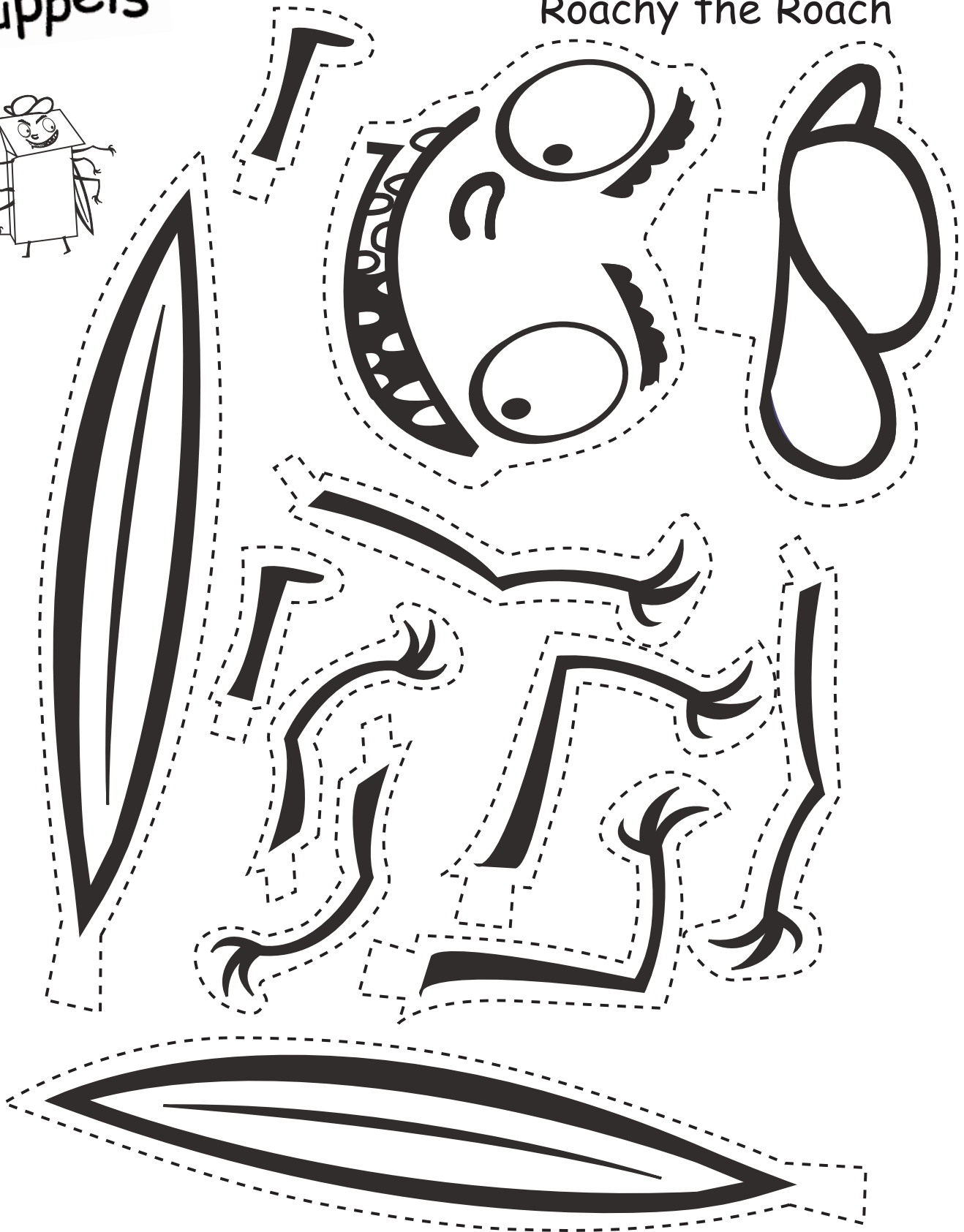
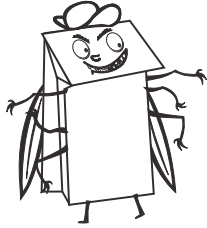
Terrance the RAT



Sammy the Skunk



Roachy the Roach



May

Monthly Activity

Write a Letter to Terrance

Level I and II

Objective:

Review the dangers of smokeless tobacco and to practice letter writing and expressing themselves through writing.

Materials:

- "RAT Tobacco Facts Sheet" on page 62
- Pencils
- Paper

Directions:

Go over the "RAT Tobacco Facts Sheet", focusing on facts pertaining to smokeless tobacco, with RAT team members. Lead them in a discussion about what they have learned this year about the dangers of tobacco use.

Have team members write a letter to Terrance telling him at least 3 things they have learned about the dangers of tobacco use. At least one fact must be about smokeless tobacco.

Post the letters around the room.

Classroom Activity

Young Crusaders

Level I and II

Subject Area:

Health

Objective:

RAT team members will learn how to set goals and envision how they can make a difference.

Materials:

- Newspapers articles highlighting children making positive changes
- Paper
- Pencil or pen

Directions:

Divide the RAT team in groups of three (3) to five (5).

Explain to the RAT team that they, like Dr. Martin Luther King, Jr. or John F. Kennedy, can impact our world.

Discuss ways that youth have made a difference.

Distribute a newspaper article to each group.

Ask RAT team members to read and discuss the positive changes that the youth in their article have brought about.

Ask the RAT team members to share the positive changes with the entire class.

Have each RAT team member write a news article that tells about himself or herself one year from now.

Ask each RAT team member to include: What he or she is doing to make a difference, how he or she is helping a particular group, if he or she will be honored for his or her involvement or accomplishments.

Allow RAT team members to share their stories aloud.

Source: "Young Crusaders" found on page 117 of The Big Book of Monthly Ideas by The Mailbox.

Competencies:

Fourth Grade – Comprehensive Health 6d, 7d

Fifth Grade – Comprehensive Health 6c, 7b

Sixth Grade – Comprehensive Health 3c, 4c

Fit Challenge**Dance Party!****Safety:**

Remind RAT Team members to be cautious when moving and to be aware of the personal space of others.

Materials:

- RAT CD
- CD Player

Activity:

Choose several of the fast songs on the CD.

Have RAT team members work together to make up dances to the songs or have them freestyle dance individually. Encourage team members to keep moving throughout the whole song.

Give them a few minutes in between each song to rest.

Cool Down:

Have RAT team members move slowly (e.g., slow jog, brisk walk) or have them dance slowly to "Tell Somebody".

Enrichment Activity

Complete May's activity sheet. As the RAT Team members complete the activity sheet, discuss what RAT Team members learned during the lesson.

Directions:

Remind the students of the fact of the month. Remind students that every 6 seconds someone in the world dies from a smoking-related disease. Review all the tobacco facts you have learned this year. Have the students decorate Terrance's car with tobacco facts and include the website. Mail your pictures in and Terrance might post them to his website.

RAT Website Activity

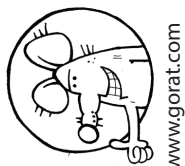
Check out the tobacco facts on our website, www.gorat.com, and see just how many of them you learned this year.

MAY ACTIVITY

6.0 Jeep Activity

Secondhand smoke contains carbon monoxide.

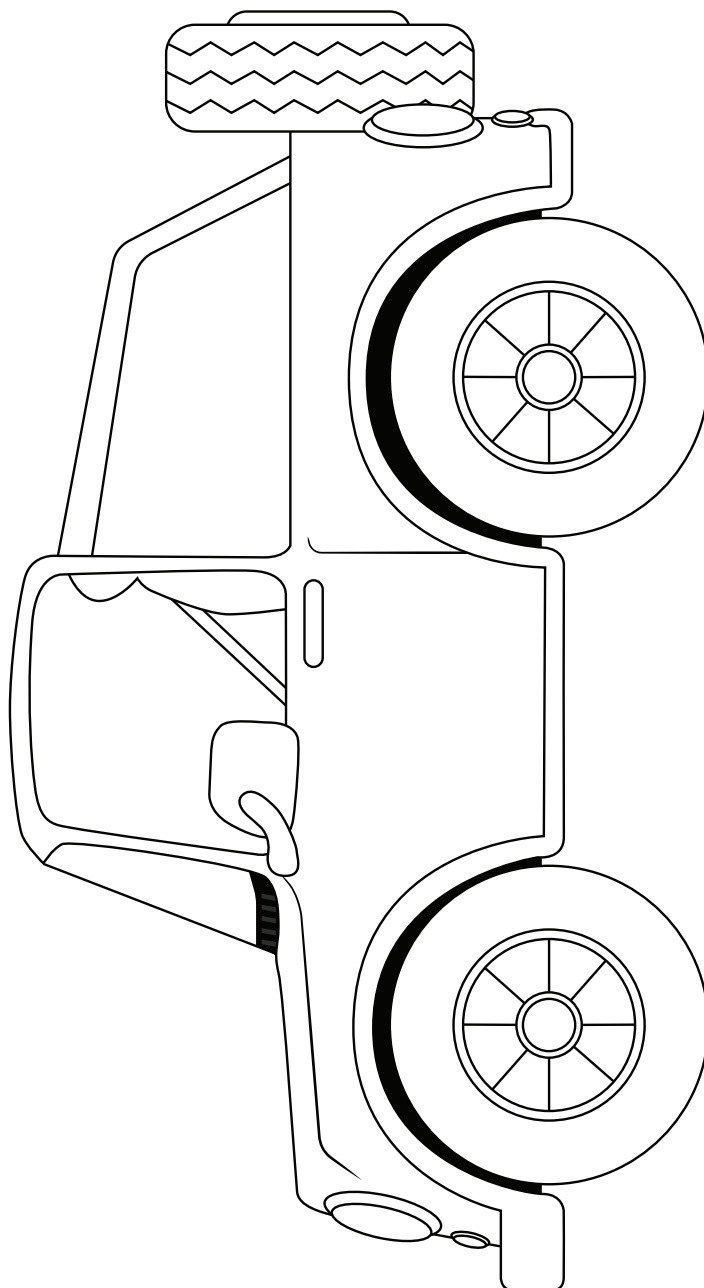
That is the same harmful chemical found in car exhaust fumes.



6.0 ReDesign

Trick out the 6.0 jeep with your own designs to show your support for RAT.

Every 6.0 seconds someone dies from tobacco use.



If you know someone you would like to help quit smoking, tell them to call 1.800.QUITNOW (1.800.784.8669).

www.gorat.com
RAT is funded by a grant from the Mississippi State Department of Health.

RESOURCES & FORMS



RAT Tobacco Facts Sheet

Smoking

1. Smoking turns your teeth yellow.
2. Smoking makes your breath, hair, and clothes stink.
3. Smoking turns your lungs black.
4. Smoking makes it hard to breathe.
5. Smoking makes your heart work harder than it should.
6. Smoking and smokeless tobacco hurt your sense of taste and smell.
7. Young smokers suffer from shortness of breath almost three times as much as those who don't smoke.
8. Smoking can cause cancer and heart disease.
9. Every 6 seconds, someone in the world dies from a smoking-related disease.
10. Cigarettes contain more than 7,000 harmful chemicals, including those found in bug spray and mothballs.
11. Nicotine is a drug in cigarettes that is addictive.
12. Tobacco is addictive. Once you start, it is very hard to stop.

Smokeless tobacco (snuff, chewing tobacco, snus, dissolvable tobacco)

1. Smokeless tobacco can cause cavities and tooth loss.
2. Smokeless tobacco causes cancer of the mouth and gums.
3. Nicotine is a drug in smokeless tobacco that is addictive.
4. Tobacco companies spend \$435.7 million a year on smokeless tobacco advertising and promotion.

Secondhand Smoke

1. Secondhand smoke (smoke that comes from the burning end of a cigarette, cigar, or pipe, and the smoke exhaled by a smoker) causes coughing, colds, earaches, and worsens asthma.
2. Nationally, about 42,000 nonsmokers die each year as a result of exposure to secondhand smoke.
3. Every year, over 500 nonsmokers in Mississippi die as a result of exposure to secondhand smoke.
4. Secondhand smoke is the third leading preventable cause of death in the U.S.
5. There is no safe level of exposure to secondhand smoke. Even brief exposure can be dangerous.
6. Using fans, opening windows, or sitting in a separate room cannot eliminate exposure to secondhand smoke.
7. Any place where your family spends time should be smoke free.

Cigar Smoke

1. Cigar smoking increases the risk for chronic obstructive pulmonary disease (COPD).
2. Cigar smokers can spend up to an hour smoking a single cigar, often consuming as much tobacco as in a full pack of cigarettes.
3. Cigar smoking is the second most common form of tobacco use among youth.
4. Each day, more than 3,000 additional kids in the U.S. under 18 years old try cigar smoking for the first time.
5. Like cigarettes, cigars are smoked and contain the same toxic and carcinogenic compounds.
6. Cigars are addictive and deadly—causing lung cancer, other cancers, heart attacks, and more.
7. Secondhand cigar smoke is often even more harmful and deadly than secondhand cigarette smoke.

Mississippi Tobacco Facts

1. 5,400 Mississippi deaths result each year from smoking.
2. Annual healthcare costs in Mississippi directly caused by smoking are \$1.23 billion.
3. In Mississippi alone, tobacco companies spend \$132.7 million on ads and promotions each year trying to get people to smoke.

National Tobacco Facts

1. Tobacco kills more people each year than suicides, murders, AIDS, alcohol, drugs, and car accidents combined.
2. In the United States, 1,300 people die from smoking each day.
3. This year, tobacco companies will spend \$9.6 billion on ads and promotions nationally trying to get people to smoke.

Sources: Campaign for Tobacco-Free Kids, World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), The Food and Drug Administration (FDA), American Cancer Society

Additional Resources

CENTERS FOR DISEASE CONTROL AND PREVENTION

www.cdc.gov/tobacco

CAMPAIGN FOR TOBACCO-FREE KIDS

www.tobaccofreekids.org

AMERICAN CANCER SOCIETY

www.cancer.org

AMERICAN HEART ASSOCIATION

www.americanheart.org

AMERICAN LUNG ASSOCIATION OF MISSISSIPPI

www.alams.org

MISSISSIPPI STATE DEPARTMENT OF HEALTH

1.866.458.4948

www.msdh.state.ms.us/tobacco or www.healthymms.com

THE PARTNERSHIP FOR A HEALTHY MISSISSIPPI

1.800.PHM.5437 (1.800.746.5437) or 601.420.2414

www.healthy-miss.org

MISSISSIPPI TOBACCO-FREE COALITIONS

www.tobaccofreems.org

REJECT ALL TOBACCO (RAT)

www.gorat.com

GENERATION FREE (FREE)

www.generationfree.com

Tobacco Cessation:

The Act Center For Tobacco Treatment, Education and Research

601.815.1180

www.act2quit.org

Mississippi Tobacco Quitline

1.800.QUITNOW (1.800.784.8669)

www.quitlinems.com

RAT 4-6 Team Registration Form

Organization's Name _____

Team's Name _____

Sponsor's Name _____

Daytime Phone _____ E-mail _____

Shipping Address (No P.O. Boxes): _____

City _____ State _____ Zip _____ County _____

Co-Sponsor's Name _____

Please circle all that apply. RAT Team Sponsor is a:

School Nurse

Community Leader

Teacher

Faith-Based Organization

Other (please specify) _____

Total number of RAT Team Members _____

Total number of African-American _____ Caucasian _____ Other _____

Total number of Males _____ Females _____

Total number of 4th-graders _____ 5th-graders _____ 6th-graders _____

MTFC Project Director –
Please Insert Mailing Address Label
HERE

RAT 4-6 Team Roster

Team Name _____ Organization Name _____

Sponsor's Name _____ Phone Number _____

City _____ County _____

E-mail _____ Co-Sponsor's Name _____

	Team Member's First Name	Team Member's Last Name	Grade	Gender/ Race*		Team Member's First Name	Team Member's Last Name	Grade	Gender/ Race*
1					16				
2					17				
3					18				
4					19				
5					20				
6					21				
7					22				
8					23				
9					24				
10					25				
11					26				
12					27				
13					28				
14					29				
15					30				

*African-American, Caucasian, Other

RAT 4-6 Team Activity Report

Please fax or mail this form after each RAT activity.

Organization Name _____

Team Name _____

Sponsor's Name _____

Daytime Phone Number _____ Date of Activity _____

Shipping Address (No P.O. Boxes) _____

City _____ State _____ Zip _____

County _____ Email _____

Title of Activity (Check Appropriate)

Monthly Activities:

- _____ Team Flags
- _____ Loving My Lungs
- _____ Decision Making
- _____ Great American Smokeout Poster/Petition
- _____ Make A Wish
- _____ Snowball Facts
- _____ Rebus Valentine
- _____ Scavenger Hunt Scrapbook/Picking Up Butts
- _____ Protect the Earth Poster
- _____ Write a Letter to Terrance

Classroom Activities:

- _____ Scavenger Hunt
- _____ It's All About Me
- _____ Anti-tobacco Signs
- _____ Cigarettes, Smokeless, and Hookahs, Oh My!
- _____ Breath of Fresh Air
- _____ Think Positively
- _____ Whose Responsibility Is It?
- _____ Name Game
- _____ Number Maze
- _____ Young Crusaders

Fit Challenges:

- _____ Fitness Card Fun
- _____ Mission Possible
- _____ Dance Party!

Additional Activities:

- _____ Toot Your Own Horn
- _____ Parent/Student Discussion
- _____ Parent/Student Activity

Enrichment Activity:

- _____ Decoding Mystery
- _____ I Spy Healthy Things
- _____ October's Activity Sheet
- _____ November's Activity Sheet
- _____ Holiday Art Project
- _____ Tobacco Fact Catcher
- _____ Word Scramble
- _____ Tobacco Word Find
- _____ Terrance and His Friends Paper Bag Puppets
- _____ May Activity Sheet

Other Activity: _____

Comments/Suggestions _____

Did media cover event? YES NO If so, who? _____

Total number of RAT Team members who participated in the activity: _____

Be sure to complete the sponsor survey
online at www.gorat.com/46sponsorsurvey.

Please mail or fax this report to:

MTFC Project Director –
Please Insert Mailing Address Label
HERE

Certificate of Achievement

This is to certify that

has successfully completed RAT MONTHLY ACTIVITIES

Terrance

Date

Terrance

Instructor

Child's Signature



MISSISSIPPI STATE DEPARTMENT OF HEALTH



Reject all tobacco!

