

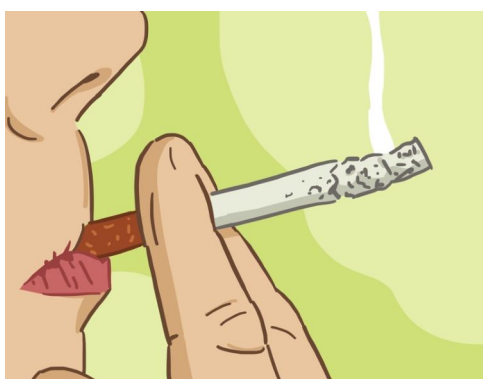
Do you smoke? Do you have a loved one who smokes? Are you or your loved ones trying to quit smoking? *Read these 9 tips for quitting smoking. Do you think these tips would help someone become a nonsmoker? Can you come up with a tenth tip?*

Warm-Up ☀

Why is it so difficult for smokers to quit?

Talk to your classmates about people who have quit or tried to quit smoking. What is the hardest part about quitting?

- ☒ managing stress
- ☒ being around other smokers
- ☒ going to social events
- ☒ gaining weight
- ☒ managing cravings



Pre-Reading Warm-Up Questions ☀

1. Why do people start smoking?
2. What reasons do people have for quitting smoking?
3. Why do many smokers fail to quit even if they try many times?
4. What tips can you think of for quitting smoking?
5. What is secondhand smoke?

9 TIPS FOR QUITTING SMOKING

1. Sign a contract

Set your own **deadline**. Choose a **realistic** date. Sign the contract and post it somewhere you will see it daily.

2. Make a list of reasons to quit

Write down the top five reasons you want to quit, and put the most important one at the top. Are you quitting for yourself or for your loved ones?

3. Put cigarettes out of sight

Store your cigarettes in hard-to-reach places, such as upstairs, downstairs, or in your vehicle.

4. Track your savings

As you **cut down**, **track** how much money you are saving. Make plans for how you will spend your cigarette money when you are a nonsmoker.

5. Find alternative stress relievers

Many smokers say that the hardest part of quitting is **battling** stress. Instead of *lighting up* after a stressful day, try exercising, phoning a friend, or watching a movie.

6. Learn about secondhand smoke

Many smokers **deny** the seriousness of **secondhand** smoke. Take time to learn about the real dangers that smokers pose to their loved ones.

7. Manage the cravings

Learn about why your body has **cravings** for nicotine. Don't worry too much about weight gain if you crave sugar. Most successful quitters only gain 3–5 pounds (about 1.4–2.3 kg). You can lose it later!

8. Keep your hands busy

Pencils, puzzles, and squeeze toys can keep your hands busy while you're quitting. Teach your fingers that they will no longer be holding stinky cigarettes.

9. Have a smoke-free policy

Don't blame your smoking on your social circle. Have a smoke-free **policy** in your home and your car. Enjoy coffee breaks or lunches with nonsmokers until you are a nonsmoker. **Resist the urge** to smoke at social get-togethers.

COMPREHENSION True, False, or Not Mentioned

Listen to your teacher read some “should” statements related to the list on page 1. If the statement is true based on the text write T beside the sentence. If it is false, write F, and correct the information. If it is not mentioned, write NM.

1. _____
2. _____
3. _____
4. _____
5. _____

VOCABULARY REVIEW

A. ODD ONE OUT

Look at the groups of words. Which word does not belong in the group?

1. track / record / deny / count _____
2. fight / battle / war / crave _____
3. leave / store / hold / stock _____
4. likely / realistic / policy / practical _____
5. deadline / term / store / end date _____

Doctor's Orders ROLE PLAY



Create a dialogue between a doctor and a person who wants to quit smoking. The doctor must use at least 5 “should” statements. Perform your skit for your class!

B. GAME - BUTT OUT!

Dot to Dot - Team Challenge

1) Get into two teams. Each team chooses one player to go to the board. The team captains each draw a cigarette. The captains also draw six dots in the shape of an X that go through the cigarette they drew.



2) The teacher will call out a word from the vocabulary box. The teacher will also call out a command from the list below. The first person to raise a hand and give the correct answer gets to go up to the board and draw one line on their team's X. **The first team to connect six dots in the shape of the X wins!**

Vocabulary

deadline	policy
cut down	resist
track	urge
deny	battle
store	secondhand
craving	realistic

Teacher Commands

- spell the word
- provide the word form (in context of the reading)
- provide the # of syllables
- pronounce it perfectly
- give a synonym or antonym
- give the definition

CORNER QUESTIONS

Time to move! Designate a corner of the classroom for each of the following categories:

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

Listen to your teacher read out each statement. Walk to the corner that best describes your feelings about each statement. Discuss each item when the movement stops.

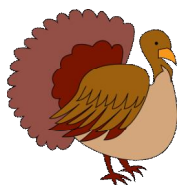
1. Being addicted to cigarettes is worse than being addicted to alcohol.
2. Parents who smoke are poor role models for their children.
3. It should be illegal to smoke in your personal vehicle.
4. Quitting smoking “cold turkey” is the best way to become a nonsmoker for life.
5. People who only smoke when they drink alcohol aren’t really “smokers.”
6. The government should place higher taxes on cigarettes.

DEEP THOUGHTS

Some smokers argue that smoking is actually good for you because it helps you maintain close social ties with people. How do you feel about this argument? Is there anything “healthy” about smoking?

What does this expression mean?

I quit “cold turkey.”



Create your own list for curing a bad habit. You can use smoking or any other bad habit, such as “Ten Tips to Stop Sucking Your Thumb” or “Ten Tips To Quit Biting Your Fingernails.”

Ten Tips _____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.