

Being

# SMOKE FREE!

**SMARTER**  
than smoking

Smoking is bad for you and there are lots of reasons why people shouldn't smoke.

Find some good things about being smoke free in the word sleuth below.

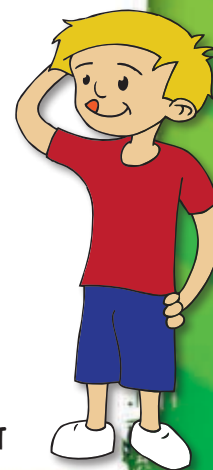
H	Y	L	F	V	C	T	H	E	I	I	H	V	N	Z	I	T	L
A	E	G	C	K	L	H	P	C	J	T	P	I	Q	S	M	H	E
T	K	L	M	N	P	V	G	Y	E	P	K	A	E	M	P	G	S
G	R	W	P	U	A	M	H	E	P	S	J	L	D	S	R	I	S
R	I	A	T	T	K	E	T	F	R	B	C	R	K	X	O	S	S
A	X	Z	E	X	H	R	N	E	L	S	V	V	Q	L	V	E	I
M	Y	G	C	H	E	E	I	F	U	A	B	D	Z	D	E	Y	C
A	P	R	C	T	R	H	E	M	I	B	W	A	Y	G	D	E	K
L	B	R	I	M	T	E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



FRESH HAIR  
BETTER EYESIGHT  
FRESHER BREATH  
HEALTHIER HEART

SAVE MONEY  
LESS SICKNESS  
HEALTHIER LUNGS  
IMPROVED FITNESS

WHITER TEETH  
HEALTHIER SKIN  
STRONGER MUSCLES  
HELP THE ENVIRONMENT



Name: \_\_\_\_\_

Year: \_\_\_\_\_



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# What's in

# a cigarette?

**SMARTER**  
than smoking

Cigarettes contain over 4000 chemicals that harm your body. Some of these chemicals are also found in car exhaust and around the home. The chemicals found around your house are safe when used properly but not when breathed into your body through a cigarette. Find 12 of these chemicals in the word sleuth below.

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

ANT POISON  
BUG SPRAY  
CAR BATTERIES  
CAR EXHAUSTS

LEAD  
FLEA POWDER  
MOTH BALLS  
PAINT STRIPPER

TAR  
ROCKET FUEL  
TOILET CLEANER  
WINDOW CLEANER



Name: \_\_\_\_\_

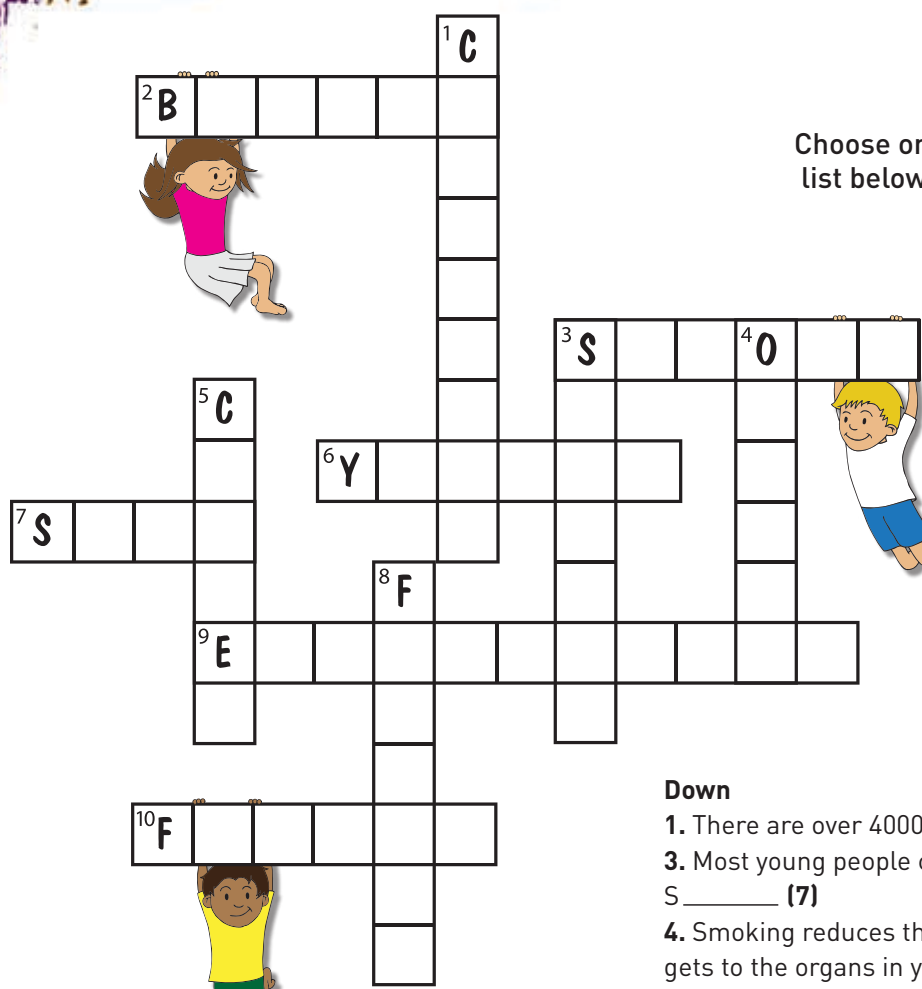
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## CROSSWORD



Choose one of the words from the list below to fill in the crossword.

- SMOKING
- CHEMICALS
- FITNESS
- BREATH
- OXYGEN
- CANCER
- SECOND
- SKIN
- FASTER
- YELLOW
- ENVIRONMENT

**Down**

1. There are over 4000 c\_\_\_\_\_ in cigarettes (9)
3. Most young people choose to be Smarter than S\_\_\_\_\_ (7)
4. Smoking reduces the amount of o\_\_\_\_\_ that gets to the organs in your body (6)
5. Smoking causes lung c\_\_\_\_\_ (6)
8. Being Smarter than Smoking means you have better f\_\_\_\_\_ (7)

**Across**

2. If you don't smoke you won't have to worry about having bad b\_\_\_\_\_, yellow teeth or yucky skin (6)
3. When you are around someone who is smoking, you are breathing in s\_\_\_\_\_ hand smoke (6)
6. If you smoke, cigarettes can make your teeth y\_\_\_\_\_ (6)
7. Choosing to be Smarter than Smoking means you will have healthier s\_\_\_\_\_ (4)
9. Used cigarette butts can damage the e\_\_\_\_\_ (11)
10. Smoking cigarettes makes your heart beat f\_\_\_\_\_, making it work harder (6)

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Year: \_\_\_\_\_












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Smarter than Smoking  
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**SMARTER**  
than smoking

# Dude colouring in



- |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   |
|  |  |  |  |  |  |  |  |  |
| Brown   | Skin Colour   | Pink  | Purple  | Green   | Orange  | Yellow  | Red   | Black   |

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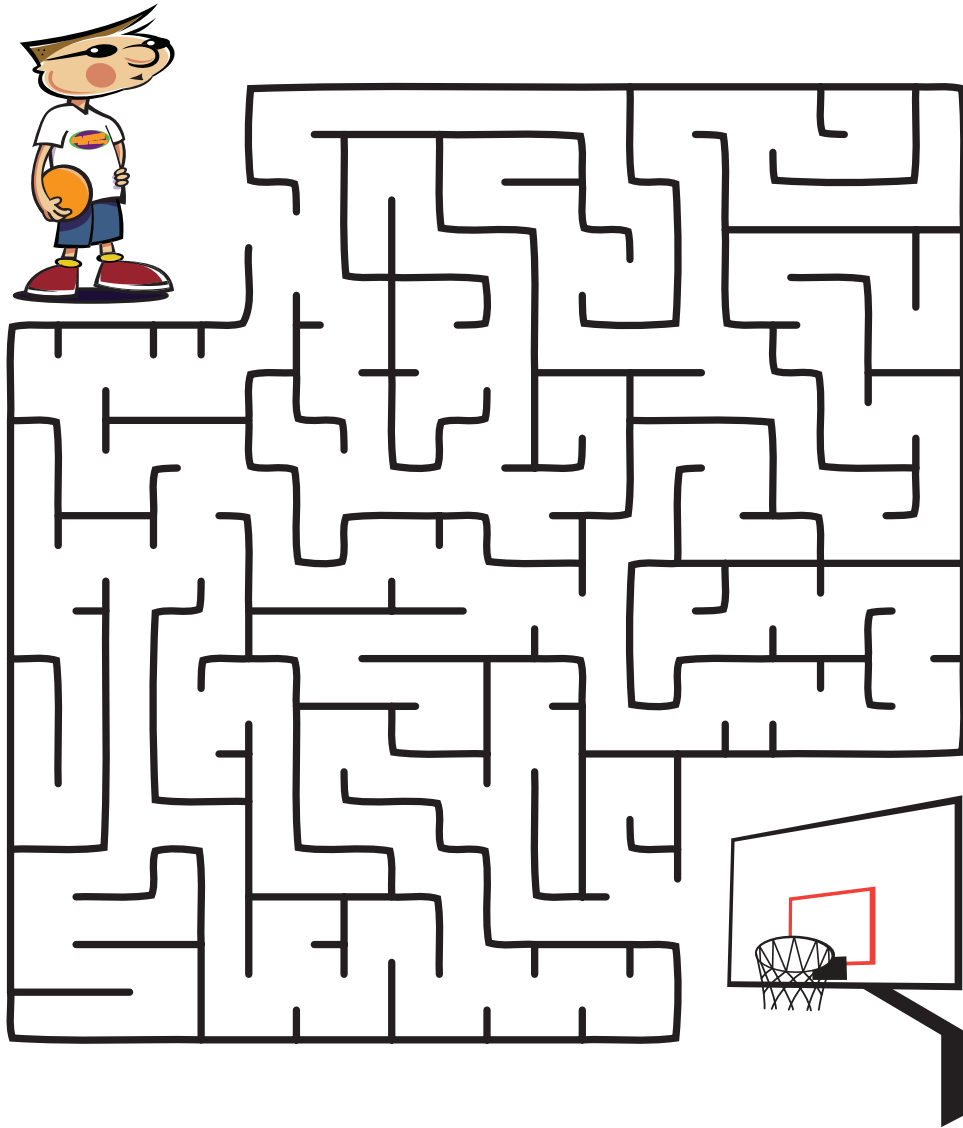
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Smarter than Smoking

# Maze



Being Smarter than Smoking means Dude has lots of energy to be active.  
Help Dude find his way to the basketball court!



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# Effects of smoking on the body

# Word jumble

**SMARTER**  
than smoking

Smoking affects many parts of the body, both inside and out.  
The picture below shows some of the body parts that get damaged from smoking.  
Draw a line to match the jumbled word to the correct word.

IMEYLS IRAH  
KYUYC INKS  
LLSYME AREBHT  
OLWYLE ETEHT  
IESNADT ENGFRSI  
KREEWA SLCSEUM  
SASEDDEI GUNSL  
MDAADEG ERATH

WEAKER MUSCLES  
STAINED FINGERS  
DISEASED LUNGS  
YUCKY SKIN  
DAMAGED HEART  
YELLOW TEETH  
SMELLY HAIR  
SMELLY BREATH

Now print the word next to the correct body part.

S \_\_\_\_\_

H \_\_\_\_\_

Y \_\_\_\_\_

S \_\_\_\_\_

W \_\_\_\_\_

M \_\_\_\_\_

D \_\_\_\_\_

L \_\_\_\_\_

S \_\_\_\_\_

B \_\_\_\_\_

Y \_\_\_\_\_

T \_\_\_\_\_

D \_\_\_\_\_

H \_\_\_\_\_

S \_\_\_\_\_

F \_\_\_\_\_

There are heaps of good things about being smoke free including healthier skin, fresh-smelling clothes and hair, fresher breather, whiter teeth, better sense of taste and smell, improved fitness and less sickness.

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