

Learning Activity

Tar jar

Time: 5 minutes

Materials

- Clear jar with lid
- Molasses

Prepare Ahead

- Pour 1 cup of molasses into the jar and replace the lid to create a "tar jar"

Instructions

- Review the effects of smoking tobacco on the respiratory system learned in the classroom discussion
- Show the tar jar to the students and ask them to share their observations
 - Allow the students to take turns looking at the jar closely, handling and manipulating the jar to move the molasses in the jar
- Ask students to share their observations
- Explain that the molasses in the jar represents tar that would be deposited in smoker's lung if someone smoked a pack a day for one year
- Explain that tar causes cancer. It clogs your lungs and affects your breathing. It looks like molasses, thick and sticky
- Ask students to discuss how they think smoking might affect a person's life
- Encourage students to consider activities that they enjoy (e.g. playing sports, singing, building things, playing video games, etc) and how damage to lung function might hinder these activities
 - Encourage students to think about mundane tasks that we do every day (e.g. carrying bags, walking up the stairs, etc) and how damage to lung function might make these tasks more challenging

Variations

- Follow immediately with Out of breath activity
- Create a gallery walk with a different activity at each station (i.e. Tar jar, Out of breath, Choose to be tobacco-free scenarios, each of the worksheets)