

Mystery Box Activity

Materials

- Measuring wheel or meter stick
- Multiple rolls of masking tape
- Large cardboard box
- Two transparent containers
- **Option 1 Mixture**
 - Water
 - Food colouring
 - Liquid soap
 - Sand
 - Staples
 - Glitter
- **Option 2 Mixture**
 - Water
 - Food colouring
 - Dish soap
 - Pencil lead
 - Paint
 - Liquid glue
 - Paperclips
 - Gold leafs

Discussion

- Open a whole-class discussion inviting students to name some of their favourite activities (some may mention playing sports, watching TV, reading, dancing, playing video games, etc.)
- Instruct students to work individually to create a representation of their preferred activity (e.g. an illustration and/or written description of the activity and what they enjoy about it)
- As a whole class, discuss the impacts of tobacco use on the ability to engage in certain activities. Ask students to reflect on what they know about the effects of tobacco use and whether/how these effects would impact their ability to enjoy those same activities. Examples:
 - Having to leave a social setting or activity to smoke
 - Irritability when craving nicotine harming social interactions

- Athletic performance can be negatively impacted by impaired lung function
- Withdrawal of friends because of second-hand and third-hand smoke
- Illness or death would prevent enjoyment of any of these activities
- Instruct students to work individually to create a representation of how tobacco would negatively impact their ability to enjoy their preferred activity
- As a whole class, discuss some of the students' representations. On chart paper, write down some of activities that can be negatively affected by drug use
 - Optional: Post the chart paper on a bulletin board/wall in the classroom or hallway
- Allow students to complete their representations
- Ask students to discuss briefly with their groups what they know about the effects of tobacco (e.g. physical health, mental health, relationships, behaviours, etc.)
 - Optional: Post their work on the board/wall around the chart paper
 - Optional: Have students create a banner with an anti-tobacco slogan (e.g. "Tobacco-free for life", "I won't be sucked in") to post above the bulletin board

Variations

- Incorporate this activity into an extended project in which students create an anti-tobacco campaign