



# SAMPLE SCHEDULE

## ELEMENTARY SCHOOL AGE

MON

- Speak Out! ( Facts in Morning Announcements)
- Set up for the week:
  - Question Table
  - Create a Graffiti/Pledge Wall
  - Door Decorating/Poster Contest

TUE

- Speak Out!
- Decode the Messages (worksheet)

WED

- Speak Out!
- Breathless

THUR

- Speak Out!
- My Top Five

FRI

- Speak Out!
- Design a T shirt (worksheet)
- Announce Door Decorating/Poster Contest Winner(s)

Visit our website for detailed activity descriptions, printable worksheets, and additional activity ideas!

[www.aahealth.org/quitsmoking/choose-nicotine-free](http://www.aahealth.org/quitsmoking/choose-nicotine-free)

**REGISTER  
TODAY!**

