



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

**REGISTER
TODAY!**

