



SAMPLE SCHEDULE

MIDDLE/HIGH SCHOOL AGE

MON

- Speak Out! (Facts in Morning Announcements)
- Set up for the week:
- Question Table
 - Create a Graffiti/Pledge Wall
 - Lights, Camera, Quit Contest

TUE

- Speak Out!
- Big Bucks & Seven Minutes Lost

WED

- Speak Out!
- Letter Writing Campaign

THUR

- Speak Out!
- Kahoot!

FRI

- Speak Out!
- Nicotine Free Spirit Day
- Announce Lights, Camera, Quit 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!**

