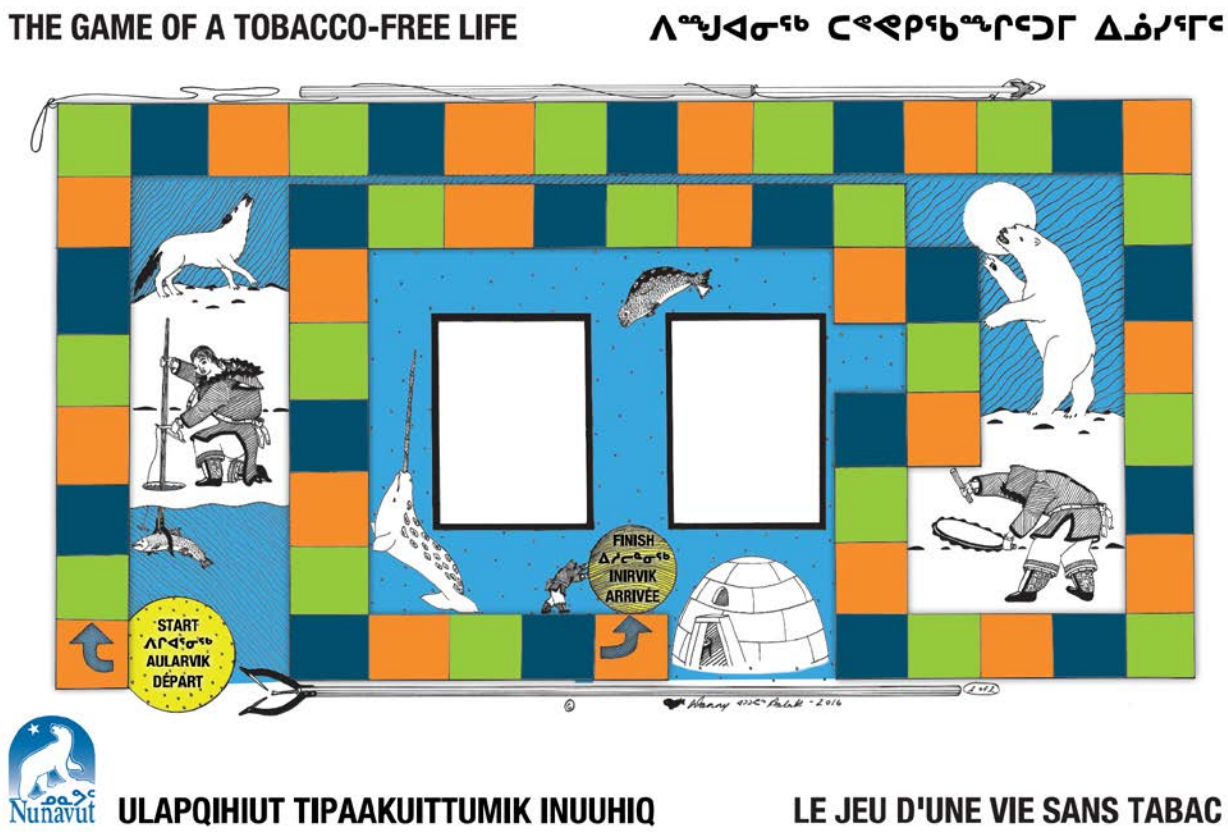
Lesson Plan: The Game of a Tobacco-Free Life



Learning Objective:

Participants should be able to describe how using tobacco affects the baby and themselves, as well as to gain knowledge about quitting supports available.

What is the "Game of a Tobacco-Free Life"?

A made in Nunavut board game that can be played by up to six people. The goal is to have the most strength cards at the end of the game.

Target Group for the "Game of a Tobacco-Free Life":

Prenatal groups, such as the Canadian Prenatal Nutrition Program (CPNP).

Materials:

- Game board
- Instructions and information about the artist
- Six coloured player pieces
- Two dice
- 75 action cards
- 75 strength cards
- Facilitator guide for action and strength cards

Preparation:

- Review the "Tobacco Use During Pregnancy" Handout (available on nuquits.ca under Resources).
- Take the Introductory Tobacco Cessation Course (available on nuquits.ca under Resources/Healthcare Providers).
- Review the facilitator guide.
- Remove the board game from the box and set it up. Shuffle the action cards and strength cards. Place each set of cards face down on the board.

Instructions:

- Ask each player to choose a metal player piece and roll one dice. The person with the highest number goes first.

To take a turn, follow these steps:

- Roll two dice and move the metal player piece that number of spaces.
- Draw an action card and read it (the player, the facilitator or another player).
- Answer the true/false question or follow the instructions on the action card.
- If there is a question and the player gives the right answer, the player picks up a strength card and reads it to the group. If appropriate, discuss what the strength means to them. The player keeps the strength card.
- If the player gives the wrong answer or the action card asks the player to move forward or back, the player does not pick up a strength card.
- Move to the next player; the person to the left takes their turn.
- Repeat until everyone crosses the finish line. The game ends then.
- The first player to finish gets four strength cards.
- The second player to finish gets three strength cards.
- The third player to finish gets two strength cards.
- The fourth player to finish gets one strength card.
- To find the winner, count each player's strength cards – the player with the most strength cards wins. If there is a tie, the dice are rolled to choose the winner (highest number wins).

Tips to Make Your Activity Work:

- Have handouts available on "Tobacco Use During Pregnancy", "What Is Second-hand Smoke?", "Smokeless Tobacco", "Rumours About Quitting" and "Harms of Tobacco Use". These are available for download at nuquits.ca under Resources or by emailing tobacco@gov.nu.ca.
- Have a small prize available for the winner of the game, such as a healthy food basket.

Key Messages:

- Make homes and amautiits smoke-free.
- If you are unable to quit completely, you should smoke less than 5 cigarettes per day.
- Nicotine gum, inhaler, lozenge and patch are safer for you and your baby than tobacco.