

Unit 4. How tough it can be to quit nicotine

Activity 4.1



Materials:

- index cards

Life goals

1. Distribute an index card or paper square to each student.
2. Ask students to take 1-2 minutes to jot down what defines them as a person and their goals. These could be short-term goals or long-term goals.
3. Ask students to flip the index card over and record their answer to the following question: How would smoking and/or vaping affect the goals that you have made for yourself?
4. Ask students to share their responses.