

Activity Guide: Thankful to Be Tobacco Free

1. Print this page on autumn-colored paper like red, orange and yellow. Cut out the leaves, and make sure there are enough for everyone in your group.
2. Discuss with your group the importance of being tobacco free and the ways not smoking adds quality to your life.
3. Without talking, allow five minutes for each person to brainstorm things in their life that are better because they don't use tobacco. They should write these on a separate sheet of paper, not the leaves.
4. Have each person pick the one thing that stands out most to them and complete the sentence "I am thankful to be tobacco free because _____" and write it on their leaf.
5. Allow the group to share their statements, hang them in your meeting space or take photos to share on social media.

Example: "I'm thankful to be tobacco free because it allows me to be healthy enough to play soccer."

