

# Huff-N-Puff

More Practice With Emotions and Smart Choices



## 3 Cs

- I care about myself.
- I care about others.
- I care about community.

**Help students to understand and invite them to state clearly:**

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.

Teacher Notes

## Preparation

### Copies

Home Connection "Huff and Puff" (see page 103)

### Materials

- "Huff-N-Puff" story (see page 101)
- "Huff-N-Puff" flannel board pieces or cutouts for children to hold (see page 104)

## Vocabulary

No new vocabulary

## Lesson at a Glance

### Introduction

1. Negative Effects Of Smoking (See lesson "Healthy Lungs".)

### Strategy

2. "Huff-N-Puff" Story

### Home Connection

3. Huff and Puff

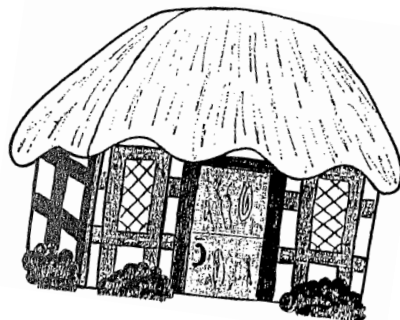
## Core Curriculum Objectives and Standards

### Objectives

Students will state the negative effects of smoking.

### Standards

- |           |  |
|-----------|--|
| 7000-0202 | Recognize the difference between helpful and harmful substances. |
| 7000-0401 | Demonstrate proper care of the body.                             |



**Introduction****Strategy****Read****Teacher Note****Ask****Tie in the 3 Cs**

I Care about myself.  
I Care about others.  
I Care about community.

**Role Play****Home Connection****Prepare**

**1. Negative Effects Of Smoking (Review lesson “Healthy Lungs” on page page 107.)**

**2. “Huff-N-Puff” Story**

Read the story “Huff-N-Puff” using the flannel board pieces.

You may choose to tell the story again later in the lesson to re-enforce the learning objectives.

- What foolish choices did the wolf make about tobacco?
  - How could the wolf have been more healthy?
  - What smart choices can you make to be healthy?
- 
- I have the right to care about myself.
  - I have the responsibility to make smart choices when I care about myself.
  - I show I care about myself when I make smart choices to live healthy and not use alcohol, tobacco or other drugs.

Role-play the story with the children.

Select children to play parts of--

- Wolf
- Pig #1
- Pig #2
- Pig #3
- Announcer

Note: Please do not allow children to use prop cigarettes in this role play.

Some teachers use the class to make sound effects of events happening in the story.

**3. Huff and Puff**

Make a copy of the Home Connection for each student. Send the Home Connection paper home with each student and instruct students share the information with their families.



# HUFF-N-PUFF

One day, while the Big Bad Wolf was watching TV (which he loved) and smoking cigarettes (which he also loved) the announcer broke in with a news flash: Three Little Pigs have just built a new house of straw on Mistake Street!

The Big Bad Wolf couldn't believe his ears. "A house of straw! THREE little pigs?"

He laughed out loud. His long white teeth gleamed.

"On Mistake Street, eh? I'll say it's a mistake."

He leaped out of his chair and began pacing the room. His mouth began to water.

"The thing I love most in the world - even more than watching TV, even more than smoking cigarettes - I LOVE the taste of freshly roasted pig. I'm going to have some. This very day."

He began to laugh again - great gulping, choking guffaws. He laughed so hard that he began to cough. And cough. And cough...

A little while later, the Big Bad Wolf was on his way to Mistake Street. He moved quickly, nervously, along the shady side of the street, dodging behind trees and fences. He wanted to surprise the Three Little Pigs. So he was very quiet - except for a few coughs here and there, which he couldn't help. And he was almost invisible sneaking through the shadows - except for the telltale smoke from his cigarette, that floated along behind him.

Luckily.

For the Three Little Pigs heard the coughing and saw the smoke rising from behind the fence next door. They knew it was the Big Bad Wolf. They knew he was after them for his dinner.

Squealing with fright, the Three Little Pigs fled into the house, slammed the door and locked it - with two locks. Just in time.

The wolf, a few seconds later, pounded on the door.

"Little Pigs, Little Pigs, let me in," he bellowed.

"Not by the hair of our chinny, chin, chins," they squeaked in terror.

The wolf's face appeared at the window, scowling.

"Then I'll huff and I'll puff, and I'll blow your house in."

## HUFF-N-PUFF (Continued)

The Big Bad Wolf stepped back, stamped out his cigarette, and took a D-E-E-P breath...

To the Three Little Pigs huddled inside, the big deep breath sounded a little rattly and wheezy, but they were terrified anyway.

Then the Big Bad Wolf b-l-e-w o-u-t.

The Three Little Pigs braced themselves for a big wind.

Nothing.

Not even a breeze.

Outside the Wolf was coughing and gasping.

“Come out, you little pipsqueaks. Or I’ll (cough, cough) blow that house to the moon.”

The Wolf took another D-E-E-P breath. He couldn’t hold on to it, so it came right back as a weak little sputter - p-h-h-h-t.

Not a straw quivered.

Now the Three Little Pigs began to giggle.

Again the Big Bad Wolf huffs and puffs, and tries to suck air into his sickly lungs. He is coughing and wheezing and rattling - and furious! Suddenly he is dizzy, and has no breath - from all that smoking. He falls - splat right on his long, mean-looking snout.

He doesn’t get up.

Poor wolf. He’s ruined for blowing houses down.

Inside, the Three Little Pigs dance and sing an old favorite:

“Who’s afraid of the Big Bad Wolf?”

Nobody!

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# Home Connection

Dear Family,

We used this humorous story to study the effects of tobacco. Please enjoy this story with our family and share your thoughts about tobacco use.

One day, while the Big Bad Wolf was watching TV (which he loved) and smoking cigarettes (which he also loved) the announcer broke in with a news flash: Three Little Pigs have just build a new house of straw on Mistake Street!

The Big Bad Wolf couldn't believe his ears. "A house of straw! THREE little pigs?"

He laughed out loud. His long white teeth gleamed.

"On Mistake Street, eh? I'll say it's a mistake."

He leaped out of his chair and began pacing the room. His mouth began to water.

"The thing I love most in the world - even more than watching TV, even more than smoking cigarettes - I LOVE the taste of freshly roasted pig. I'm going to have some. This very day."

He began to laugh again - great gulping, choking guffaws. He laughed so hard that he began to cough. And cough. And cough...

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And he was almost invisible sneaking through the shadows - except for the telltale smoke from his cigarette, that floated along behind him.

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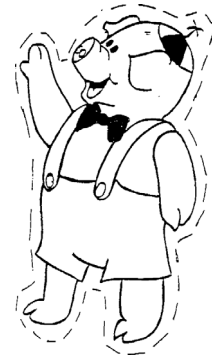
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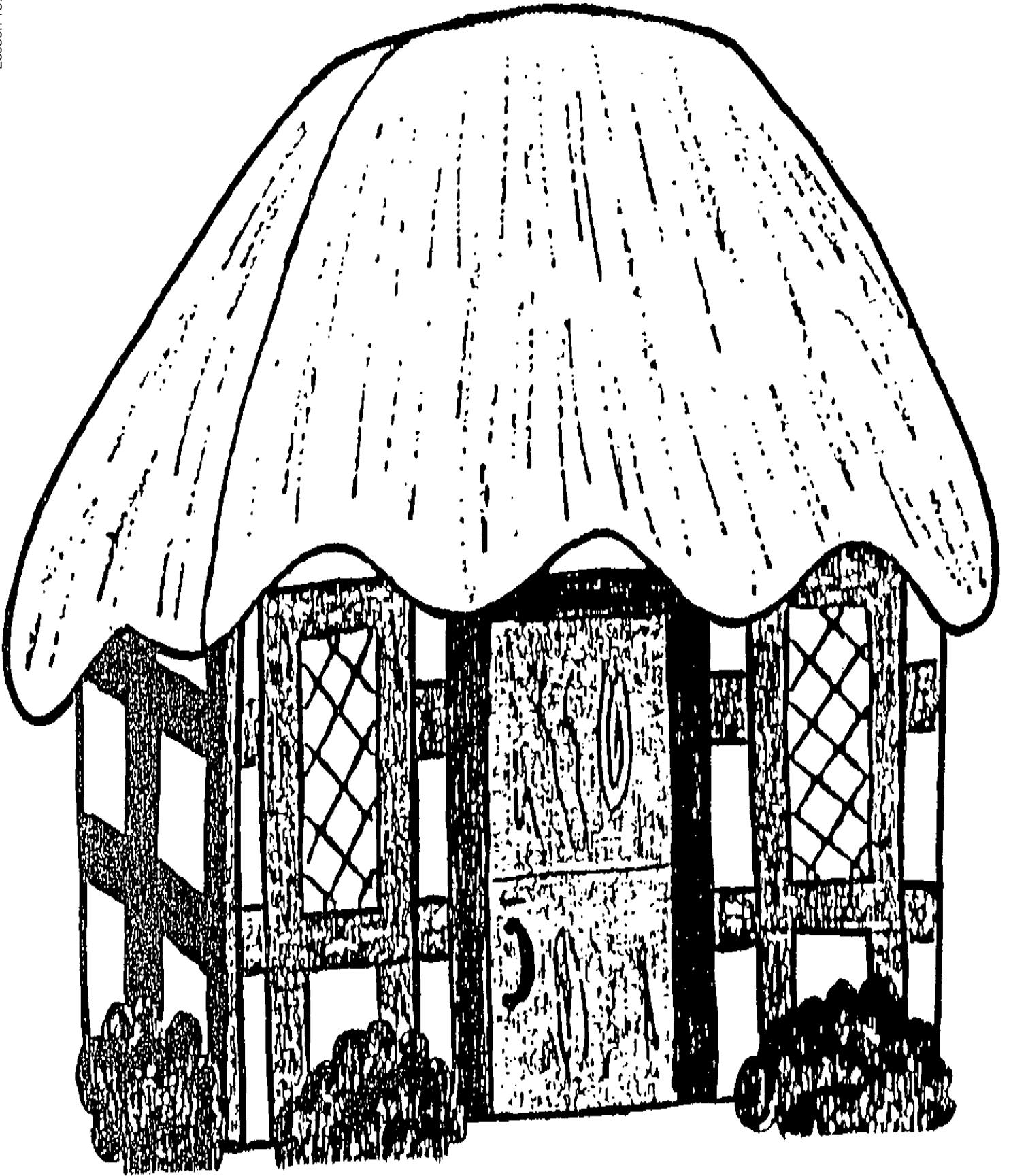
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"Who's afraid of the Big Bad Wolf?"

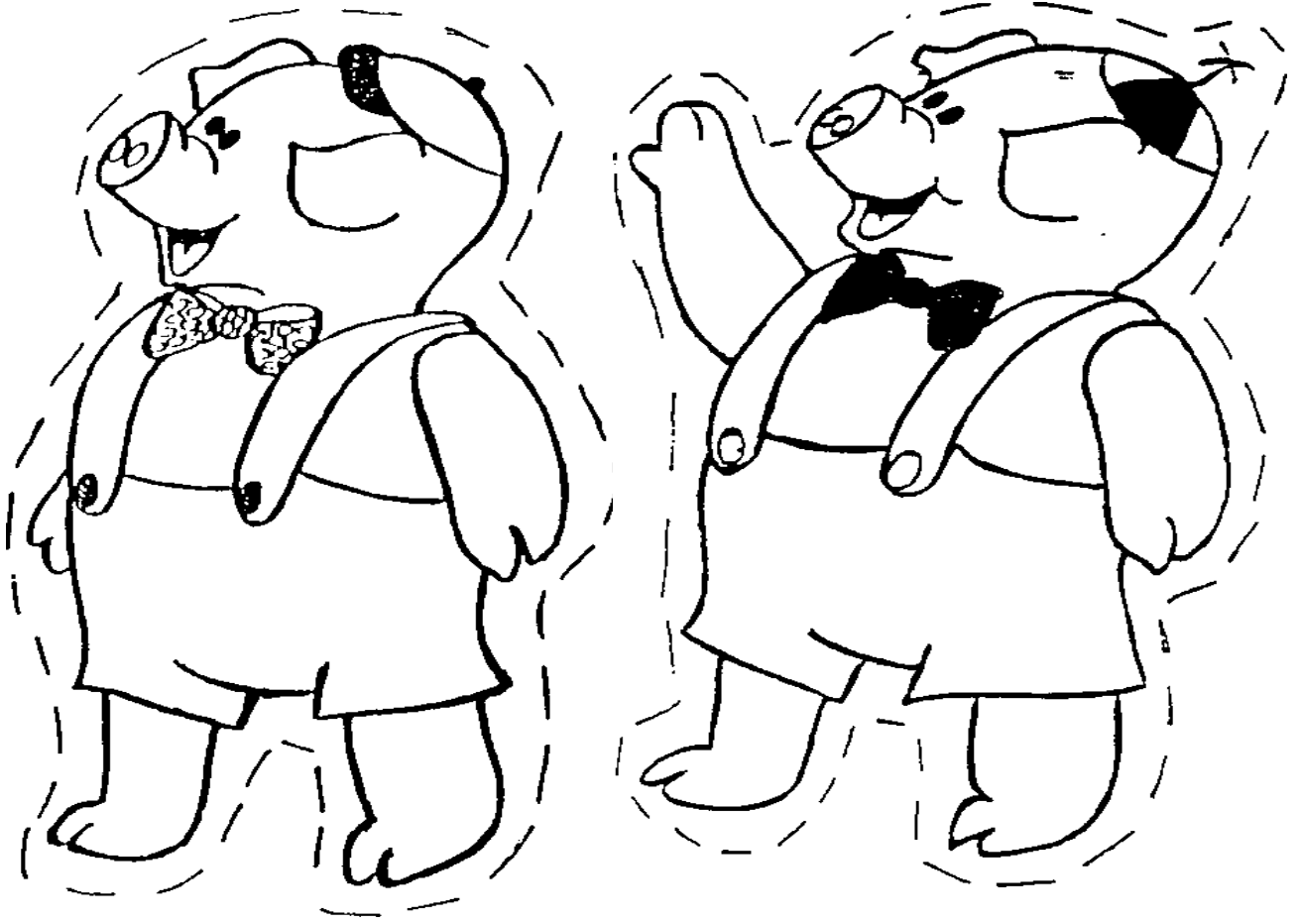
**Nobody!**



"Huff-N-Puff" flannel board pieces or cutouts for children to hold







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