

# **RAT K-3 Monthly Manual**

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# What is RAT?

## K-3rd Grade

RAT stands for "Reject All Tobacco," a tobacco prevention program designed for youth in grades K-6. This manual is intended to be used with youth in grades K-3. Created from extensive research, RAT encourages schools and community groups to organize "youth teams" to participate in a variety of learning activities. RAT is one of two age-appropriate youth programs developed by The Partnership for a Healthy Mississippi. RAT is funded by a grant from the Mississippi State Department of Health.

Terrance the RAT, the program's mascot, is a lovable purple rat who delivers the age-appropriate lessons about the dangers of tobacco use to the youngest of our children. The lessons delivered through classroom and community activities are supported by a television campaign that allows Terrance the RAT to deliver his message straight into the homes of Mississippi children. An interactive web site, [www.gorat.com](http://www.gorat.com), provides an additional outlet for teacher resources and other educational activities. RAT Team members can also receive messages from Terrance the RAT when their parent/guardian "likes" RAT, Reject All Tobacco, on Facebook.

### **The RAT program is made up of two (2) components:**

- **RAT in the Community & Classroom:** RAT Teams complete educational activities that help youth learn the dangers of tobacco use and give them the knowledge to tell others what they have learned. A RAT Team can be started by any organization that works with youth in grades K-3. Boys and Girls Clubs, Big Brothers/Big Sisters, churches, Boy Scouts, Girl Scouts and other after-school organizations are great outlets for RAT Teams.
- **Terrance the RAT and the RAT Pack:** This 30-minute presentation uses song and dance routines to reinforce the lessons taught in the classroom along with supporting the television campaign. Terrance the RAT and the RAT Pack perform in schools across the state. The number of performances is limited each school year. Schools that are interested in this presentation should contact the Youth Programs Coordinator at (601) 420-2414 or (800) PHM-5437, as soon as possible.

RAT encourages youth to learn facts about tobacco use and share them with others. After third grade, each RAT Team member is encouraged to move up to the RAT program for grades 4-6.

# How to Use the RAT K-3 Manual

This manual can be used to establish a RAT Team in schools, community organizations, faith-based organizations, or any other youth organizations that have an adult sponsor. Activities are provided for each month from August through May. Activities include lessons, monthly activities, classroom activities, healthy movement activities, and enrichment activities. Additional activities are also provided.

## Below are the three easy steps to start a RAT K-3 team:

- Step 1:** Submit the RAT Team Registration Form and Roster found in this manual. The RAT Team will receive prizes after completing one (1) activity and submitting the correct paperwork.
- Step 2:** Begin conducting the monthly RAT activities found in this manual.
- Step 3:** Submit a RAT Team Activity Report form following each activity. Information from this form will be recorded in the RAT database. After the team has conducted (8) eight activities and the activities have been entered into the database, the team will receive end-of-the-year prizes (which will be sent to the sponsor's address). Please make sure the address you use can receive packages (**No P.O. Boxes**).

Also, please complete the sponsor survey at [www.gorat.com/k3sponsorsurvey](http://www.gorat.com/k3sponsorsurvey).

**Note:** All of the activities should be adjusted to fit the needs of the RAT Team members. Some activities may need to be conducted in groups with the older children helping the younger children. A wide range of learning abilities exists between kindergartners and third graders. Please adjust these activities for your RAT Team.

# August

## Recruitment/Facts

School is back in session, and it is time to organize RAT Teams. Each team sponsor is encouraged to begin recruiting this month as students begin their classes. Discuss with new students the benefits of joining a RAT Team, including free incentives and fun activities. The best benefit that RAT Team members will gain is priceless knowledge about the negative effects of tobacco use, refusal tactics, and positive ways to tell others to "Reject All Tobacco!"

## What is a RAT Team?

A RAT Team is a group of people who share common interests and goals. It is very important to learn how to work within a team. Each RAT Team member will contribute his or her unique qualities and ideas to accomplish the RAT Team's goals. Many of the RAT Team members will have already been a part of a "team concept" such as the Girl Scouts, Boy Scouts, football team, or even a dance or cheer team. Now, they are officially a RAT Team member. Being a part of a RAT Team is a special opportunity to learn, make a difference within the community, and have fun at the same time!

### Lesson:

- Welcome the RAT Team to their first RAT Team meeting and thank them for deciding to be members of a RAT Team.
- Explain that RAT stands for "Reject All Tobacco".
- Hold up the front cover of the RAT Monthly Manual and introduce Terrance the RAT, the program's mascot.
- Explain that Terrance the RAT wants the RAT Team members to tell friends and loved ones about the dangers of tobacco use.
- Introduce the RAT Team to Terrance's favorite phrase, "You Better Tell Somebody!"
- Remind the RAT Team members that all tobacco products are dangerous to the body. Smokeless or chewing tobacco is put in the mouth and most people spit it out. Cigarettes and cigars are types of tobacco that people smoke.
- Ask the RAT Team members if they know any dangers of using tobacco.
- List these dangers on the board, if available.
- Let the RAT Team members name people they can tell about the dangers of tobacco use.
- Discuss what being a team means.
- Ask the RAT Team members to name other teams they have been a part of and what they contributed to the group.
- Explain that being a RAT Team means telling others about the dangers of tobacco and pledging to avoid tobacco products.
- Let RAT Team members suggest a RAT Team name. Once the RAT Team has voted on a name, create a RAT Team banner to be displayed.
- Review and discuss the "RAT Tobacco Facts Sheet" (found on page 57 of this manual).

- Introduce the RAT Team to the RAT Team pledge. Ask the RAT Team members to raise their right hand and repeat – “I promise to tell others about the dangers of tobacco use.”
- As the RAT Team prepares to leave, count to three (3) and have them say in unison, “Reject All Tobacco!”

## **Monthly Activity**

### **You Better Tell Somebody!**

Level I and II

The purpose of this activity is to have team members build knowledge and confidence to tell their peers and loved ones to “Reject All Tobacco”.

#### **Materials:**

- Copies of RAT/Megaphone handout on page 10
- Pencils and crayons
- Yarn
- Scissors
- Hole punch

#### **Directions:**

- Discuss the tobacco facts from the “RAT Tobacco Facts Sheet” on page 57.
- Discuss with the team the importance of telling others about the dangers of tobacco and secondhand smoke. Remind them that Terrance’s favorite phrase is “You better tell somebody!”
- Explain that each RAT Team member will create a hanging mobile to tell others to “Reject All Tobacco”.
- Supply each team member with a RAT/Megaphone handout, scissors, and pencils or crayons.
- Ask the team members to write a tobacco fact on each of the megaphones that they are going to share with a friend or loved one. (Facts may need to be written on a board or chart for younger children.)
- Ask them to decorate Terrance.
- Assist team members in punching holes and attaching the megaphones to Terrance using yarn.
- Discuss that the RAT Team members now have a mobile to remind them what facts they want to share about tobacco.

## **Classroom Activity**

### **Refusal Role Play**

Level II

#### **Objective:**

To allow RAT team members to rehearse ways to say “no” to offers of tobacco and make healthy choices using finger puppets.

#### **Materials:**

- Plastic spoons
- Yarn
- Felt
- Fabric scraps and/or construction paper
- Google eyes
- Markers and/or crayons
- Glue and/or tape

#### **Directions:**

- Distribute materials to each RAT team member.
- Encourage RAT team members to make two (2) “puppets” by gluing yarn “hair” and google eyes to the backside of a plastic spoon. They may use fabric scraps or construction paper to make “clothes” by gluing the scraps to the handle of the spoon.
- Once the puppets are completed, encourage the RAT team members to role play using their puppets in situations where tobacco is offered and then rejected.
- Encourage the RAT team members to tell facts they have learned during RAT team meetings.
- Encourage the RAT team to suggest healthy alternatives and activities in their role play such as bike riding, taking walks, etc.

## **Enrichment Activity**

### **RAT Tobacco Facts Word Find**

#### **Appropriate Grade Levels:**

Second-Third Grade

#### **Subject Area:**

Health

**Objective:**

To reinforce knowledge of the dangers of tobacco use and importance of smoke-free air.

**Materials:**

- Pencils and/or crayons
- Construction paper
- "RAT Tobacco Facts Word Find Sheet" (found on page 8 and answer key on page 9 of this manual)
- "RAT Tobacco Facts Sheet" (found on page 57 of this manual)

**Directions:**

- Review the "RAT Tobacco Facts Sheet" with RAT Team members.
- Discuss the dangers of secondhand smoke and reasons to be tobacco-free.
- Give the RAT Team members a copy of the "RAT Tobacco Facts Word Find Sheet" and ask each RAT Team member to circle words as they find them.
- Remind the RAT Team that Mississippi has free help to people who want to quit using tobacco. Write the Mississippi Tobacco Quitline number on the board (1-800-QUITNOW).
- Give each RAT Team member a piece of construction paper and crayons.
- Ask the RAT Team members to make a card for someone they know that uses tobacco and include a message about being healthy along with the Mississippi Tobacco Quitline's phone number.

**Competencies:**

Second Grade – Comprehensive Health Competency 3d, 6a, 6b

Third Grade – Comprehensive Health Competency 2b

**RAT Website Activity**

Check out the RAT website at [www.gorat.com](http://www.gorat.com) with teacher or parental permission.

# RAT Tobacco Facts Word Find

Circle or highlight words and mark them off at the bottom as you find them.

J I N P C H E M I C A L S N V Q L J  
X L F I U A D O S G D H S K O P U I  
T J D K C N G T Z E N I C O T I N E  
G U M S I O C H C T G M F U N Q G J  
E M S J J Y G B X M I L L I O N S K  
G K A S K I T A R R P D P D M R H L  
B Y Q V P K W L T W C A N C E R G M  
H E A L T H Y L D R K S Q X L E F H  
K H W T E M I S E F M O H G K J E T  
L S D S R N K P P Q B R E A N E D E  
O A E G R X O H W I D O A A J C C E  
I B R E A T H E U P T X R B I T B T  
W Q T X N Q M L K Y W I T C H S A W  
R T V Y C U Y A D D I C T I V E Z O  
A F P I E P H L B K A B O O G T Y L  
T D L U W L J K B N X E L D U U X L  
G R I C Z O I E T O B A C C O T W E  
X N I H G C K W L C Z T H E F V K Y

CHEMICALS

NICOTINE

LUNGS

YELLOW TEETH

TAR

Smokeless IT OUT

ADDICTIVE

HEALTHY

TERRANCE

REJECT

GUMS

MOTHBALLS

HEART

CANCER

TOBACCO

RAT

BREATHE

MILLIONS



# KEY: RAT Tobacco Facts Word Find

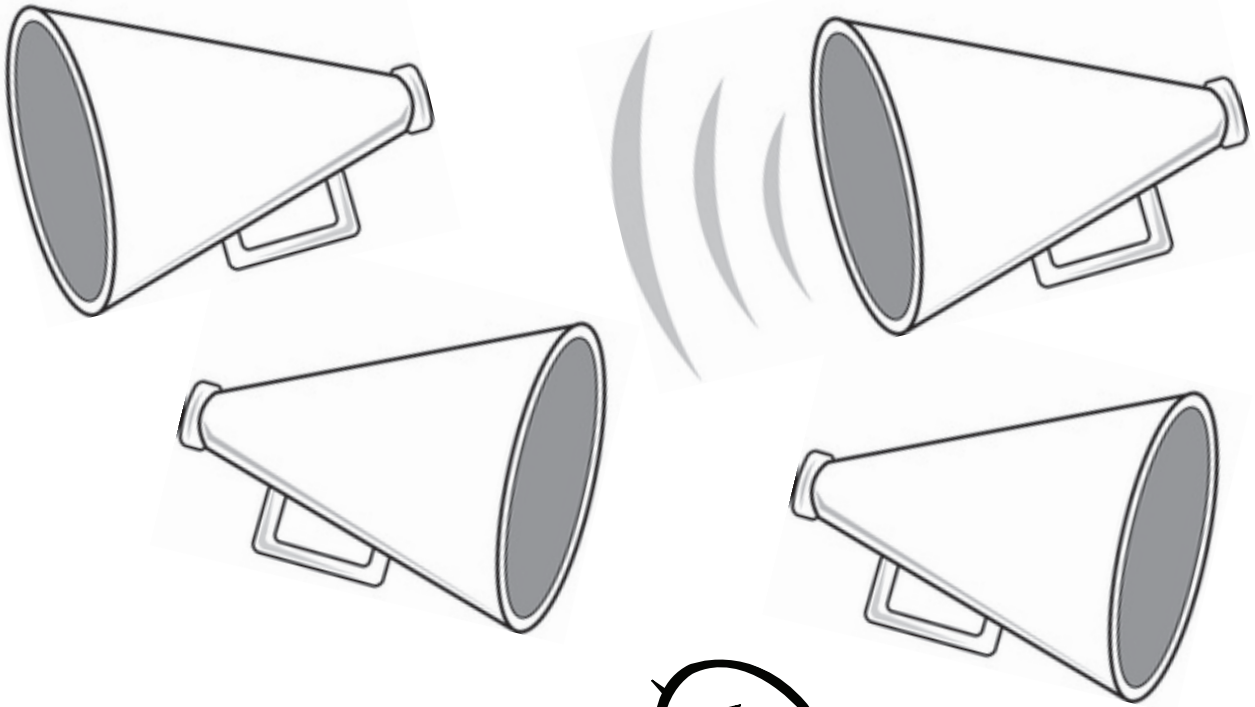
Circle or highlight words and mark them off at the bottom as you find them.

Word find grid with highlighted words:

CHEMICALS  
NICOTINE  
GUMS  
MILLIONS  
TAR  
CANCER  
HEALTHY  
BREATHES  
ADDICTIVE  
REJECT  
TOBACCO  
MILLIONS

- CHEMICALS
- NICOTINE
- LUNGS
- YELLOW TEETH
- TAR
- Smokeless IT OUT
- ADDICTIVE
- HEALTHY
- TERRANCE
- REJECT
- GUMS
- MOTHBALLS
- HEART
- CANCER
- TOBACCO
- RAT
- BREATHE
- MILLIONS

# RAT/Megaphone Handout



# September

## RAT Education

As a RAT Team member, one of your duties is to encourage friends and family members to Reject All Tobacco. In order to do so, you must be familiar with the words that are frequently used in tobacco facts.

### Lesson:

- Review the "RAT Tobacco Facts Sheet" with RAT Team members (found on page 57).
- Explain to RAT Team members that the key to educating others about the dangers of tobacco is by being educated about the dangers of tobacco themselves.

## Monthly Activity

### RAT Tricksters

Level II

### Objective:

The RAT Team members will be able to identify and provide the definition of key tobacco-related terms.

### Materials:

- Dry erase board or chalk board
- Markers or chalk
- Dictionaries (one per group)

### Directions:

Write the following terms on the board:

- Snus, Flavored Cigars, E-cigarettes, and Hookah Pens
- Smokeless Tobacco
- Lungs
- Secondhand Smoke
- Nicotine
- Heart
- Taste
- Smell
- Lung Cancer
- Heart Disease
- Cigarettes
- Addictive

Divide the RAT Team into groups of two or more.

Give one word to each group of RAT Team members.

Instruct each group to write down the correct definition of their word after looking it up in the dictionary; then have the group form and write an alternate, but believable, definition.

In turn, have each group stand and read its word and both definitions.

Encourage the remaining groups to guess the correct definition. Award a point to each group that guesses correctly.

Source: "Terminology Tricksters" found on page 45 of *The Big Book of Monthly Ideas* by the Mailbox.

## **Classroom Activity**

### **Celebrating a Tobacco-Free Life**

Level I and II

#### **Materials:**

- White paper
- Pencils or pens
- Colored markers, crayons, or colored pencils

#### **Objective:**

RAT team members will create a drawing in an effort to celebrate a tobacco-free life.

#### **Directions:**

Review the "RAT Tobacco Facts Sheet" with the RAT team members.

Focus on the following:

- Tell RAT team members that when people use cigars they are making an unhealthy choice.
- Discuss the importance of making healthy choices.
- Tell RAT team members that celebrating tobacco-free lives is important because those who use tobacco products are at risk for lung cancer, heart attacks, and even death.

Distribute materials.

Ask RAT team members to draw and decorate a picture of a gift-wrapped box to celebrate tobacco-free lives.

Encourage each RAT team member to draw anything on or around the gift-wrapped box that he or she treasures in his or her tobacco-free life (e.g. healthy lungs, strong heart).

Option: RAT team members can gift-wrap a shoebox (wrap top and bottom separately) and insert photos and items of the treasures.

Ask RAT team members to share the box with others and tell others why they choose to be tobacco-free.

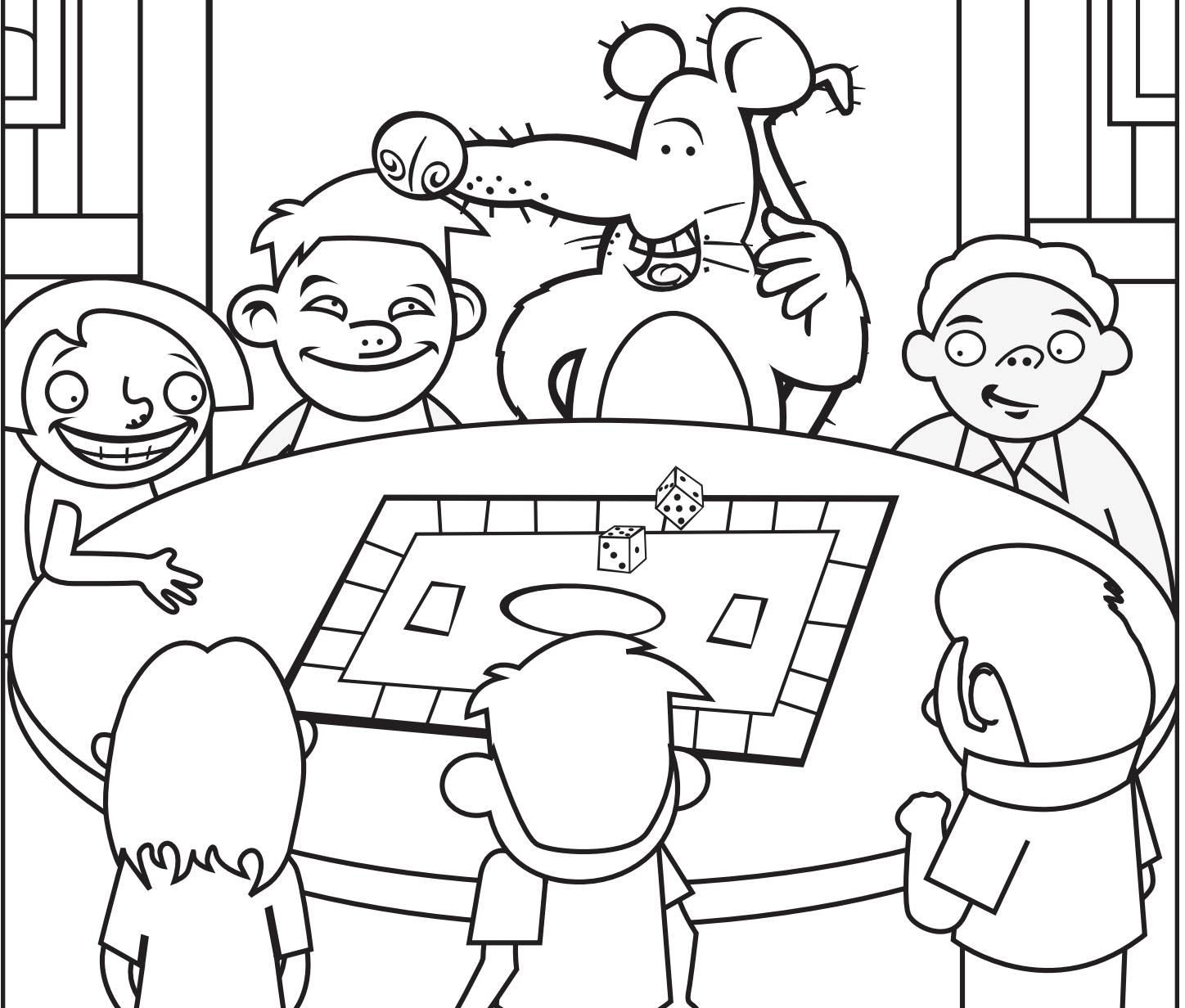
## **Enrichment Activity**

Color September's coloring sheet on page 13. As the RAT Team members color, discuss what they have learned during the lesson(s).

## **RAT Website Activity**

Be sure and check the RAT schedule on the website to see if Terrance will be coming to a county near you.

Reject all tobacco!



I promise to tell others about the dangers of tobacco use.

If you know someone you would like to help quit tobacco, tell them to call 1-800-QUITNOW (1-800-784-8669).

# October

## Red Ribbon Week 2015

Red Ribbon Week is observed the last week of the month of October. It is a week for individuals, schools, and communities to raise awareness of the dangers of tobacco, drugs, and alcohol so that people can avoid using those products. Red Ribbon Week is a time for people to commit to making healthier choices.

### Lesson:

- Review the "RAT Tobacco Facts Sheet" with RAT Team members (found on page 57 of this manual).
- Explain the meaning of Red Ribbon Week with RAT Team members.
- Discuss that when people use smoked tobacco (cigarettes, cigars, pipes), smokeless tobacco, or other drugs, they are making an unhealthy choice. Discuss the importance of making healthy choices.
- Reinforce that Red Ribbon Week is a great time to "tell somebody" about the bad things tobacco can do to the body.
- Ask the RAT Team to recite the RAT Team pledge. The pledge is: "I promise to tell others about the dangers of tobacco use."
- As the RAT Team prepares to leave, count to three (3) and have them say in unison, "Reject All Tobacco!"

## Monthly Activity

### Five Senses of Poetry

Level II (level I can be done as a group)

#### Objective:

RAT Team members will use their five senses to describe their favorite food.

#### Materials:

- Dry erase board
- Marker (dry erase)
- Pencil
- Crayons
- Drawing paper or writing paper

**Directions:**

Write the following on the board for RAT Team members to copy on their sheet of paper:

A(n) \_\_\_\_\_ (name of food)

Looks \_\_\_\_\_

Smells \_\_\_\_\_

Tastes \_\_\_\_\_

Feels \_\_\_\_\_

Sounds \_\_\_\_\_

Ask RAT Team members to close their eyes and imagine what their favorite food looks, smells, tastes, feels, and sounds like.

Instruct RAT Team members to open their eyes and write down their descriptions on their sheets of paper.

Ask RAT Team members if they would be willing to sacrifice their senses of taste and smell.

Explain to RAT Team members that smoking and smokeless tobacco hurt the sense of taste and smell.

Explain to RAT Team members that the best thing to do when someone asks them to smoke or use smokeless tobacco is to say, "no."

## **Classroom Activity**

### **Stomp Out Tobacco Use Banner**

Level I and II

**Materials:**

- Long piece of Butcher Paper
- Construction paper (One for each team member)
- Markers or Crayons
- Safety scissors
- Tape or Glue

**Directions:**

- Write or paint "Stomp Out Tobacco" on the butcher paper. Make sure it is large enough to be seen, but leave enough room for their footprints to go around it.
- Give each team member a piece of construction paper and have them trace their shoe on the paper.  
\* Younger children may need help with this.

- Ask them to write their name on their traced shoe and decorate it before cutting it out.
- Have team members use glue or tape to attach their decorated shoe to the banner.
- Display the banner somewhere it can be seen.
  - \* Be sure to get permission before displaying the banner.

## **Additional Activity**

### **Parent/RAT Team Discussion 1**

#### **Objective:**

To facilitate discussion between parents and RAT Team members about tobacco use and its dangers.

#### **Materials:**

- Paper
- Pencil or pen

#### **Directions:**

Distribute materials.

Ask RAT Team members to draw three columns and one row per family member. For example, I have four people in my immediate family (including me). Therefore, I would draw three columns and four rows.

Instruct RAT Team members to label column one "Family Member", column two "Drawing", and column three "Responsibilities/Jobs". In addition, RAT Team members are to list a family member's name in each row of column one. Include a title for the chart at the top (A Family Is A Team).

Explain to RAT Team members that they are to take the activity sheets home and interview each person whose name is listed in column one by asking them to tell you their jobs/responsibilities in the family. List these in column three.

Tell RAT Team members to draw a picture in the box labeled "Drawing" next to each family member's name demonstrating the job of the person that was interviewed.

Explain to RAT Team members that working together is very important and that by working together, friends and family members can become or stay tobacco free, as well as make other healthy choices.

Lead the RAT Team members in a discussion that focuses on what would happen if family members didn't do their jobs.

Source: "A Family is a Team" found on [www.worldteacherpress.com](http://www.worldteacherpress.com)

## **RAT Family Guides**

Explain to the RAT Team members they are getting a book to take home to share with their parents or guardians.



Review the “*RAT Family Guide*” with the RAT Team, and discuss the importance of sharing the facts with others.

Encourage each RAT Team member to read the book with his or her parent(s) or guardian(s) and discuss the harmful effects of tobacco, benefits of being tobacco-free, harmful effects of secondhand smoke, and importance of smoke-free air.

Send the “*RAT Family Guide*” home with each RAT Team member.

Remind them that there is an evaluation at the end of the guide and if their parent(s) or guardian(s) answer the questions and send it back to The Partnership for a Healthy Mississippi or the MTFC Project Director, Terrance the RAT will send a special prize.

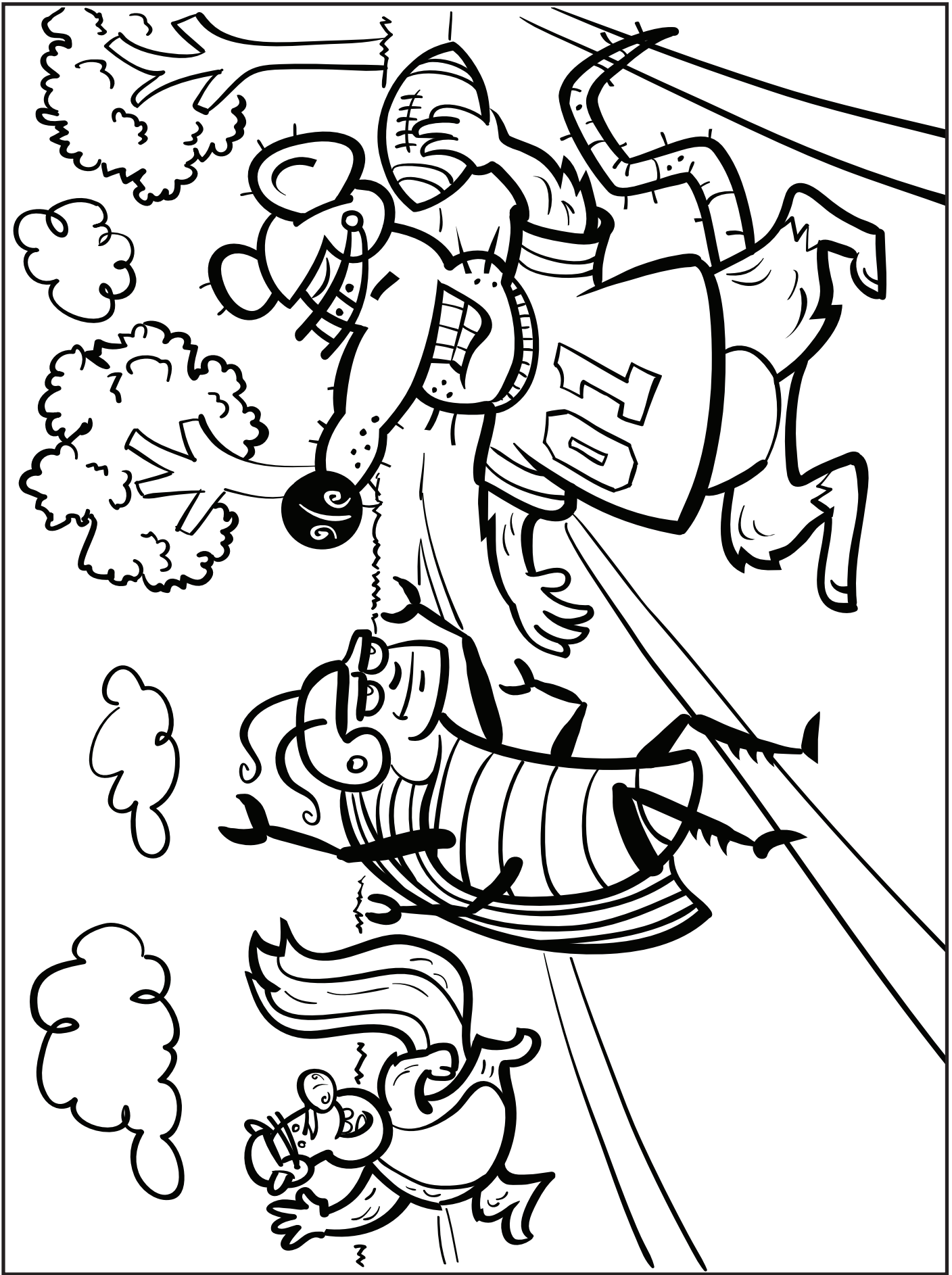
Remind the RAT Team members that if they know someone who would like to quit using tobacco, they can get help by calling the Mississippi Tobacco Quitline at 1.800.QUITNOW (1.800.784.8669) or visit the website at [www.quitlinems.com](http://www.quitlinems.com).

## **Enrichment Activity**

Color October’s coloring sheet. As the RAT Team members color, discuss what they have learned during the lesson(s).

## **RAT Website Activity**

Check out the games and activities section of our website. Color and print out pictures of Terrance to decorate your classroom.



Be strong and live longer by making good choices. Reject All Tobacco!

www.gorat.com RAT is funded by a grant from the Mississippi State Department of Health.

If you know someone you would like to help quit tobacco, tell them to call 1-800-QUITNOW (1-800-784-8669).

# November

## Great American Smokeout

The Great American Smokeout® is sponsored by the American Cancer Society. The Great American Smokeout is held on the third Thursday of every November. It is a day when people who smoke or use smokeless tobacco can give up using tobacco for one day. They may use that one day to think about how they could quit using tobacco forever.

### Lesson:

- Review the "RAT Tobacco Facts Sheet" with RAT Team members (found on page 57).
- Explain the purpose of The Great American Smokeout to the RAT Team.
- Explain how nicotine, the addictive ingredient in tobacco products, makes smoking or smokeless tobacco very hard to stop using.
- Explain that this fact is another good reason to never start using tobacco products.
- Ask the RAT Team to recite the RAT Team pledge. The pledge is: "I promise to tell others about the dangers of tobacco use."
- As the RAT Team prepares to leave, count to three (3) and have them say in unison, "Reject All Tobacco!"

## Monthly Activity

### Great American Smokeout Reminder Bracelet

Level I and II (Level I may require assistance)

#### Objective:

The RAT Team members will create "reminder bracelets" to wear on the day of the Great American Smokeout to remind them to Reject All Tobacco!

#### Materials:

- Yarn (purple and green)
- Red, white and blue beads
- Drawing paper
- Safety scissors
- Pen or pencil

#### Directions:

The Great American Smokeout is sponsored by the American Cancer Society. The Smokeout is held on the third Thursday of every November. It is a day when people who smoke or use smokeless tobacco can give up using tobacco for one day. They may use that one day to think about how they could quit using tobacco forever.

Ask each RAT Team member to cut three (3) strips of yarn (long enough for a bracelet) and knot them together at the top.

Show the RAT Team members how to braid or twist them in order to make them stronger. Discuss how one (1) strand is not as strong as three (3) strands are when they are joined together and how this symbolizes the strength of having a TEAM to support us when we are faced with tough choices.

Next, give each RAT Team member a red bead to put on his or her bracelet. Explain the red color represents a healthy heart and lungs. Hearts and lungs are healthier when they are tobacco-free.

Give each RAT Team member a white bead to put on his or her bracelet. Explain the white color represents keeping their bodies pure and healthy by rejecting all tobacco and making healthy choices.

Give each RAT Team member a blue bead to put on his or her bracelet. Explain the blue color represents being "true blue" by pledging not to use tobacco.

If time and resources are available, allow the RAT Team members to make a bracelet to share. By making an additional bracelet, they will be spreading the message about remaining healthy and tobacco-free.

## **Classroom Activity**

### **Great American Smokeout Hearts and Petition**

#### **Appropriate Grade Levels:**

Level I and II

#### **Subject Area:**

Health

#### **Objective:**

RAT Team members will create puzzle invitations to share with others to publicize the Great American Smokeout and get family and friends to sign the Great American Smokeout Petition.

#### **Materials:**

- Envelopes
- Construction paper and/or cardstock
- Markers and/or crayons
- Safety scissors
- Stickers, glitter, etc. (optional)
- "RAT Tobacco Facts Sheet" (found on page 57 of this manual)
- Great American Smokeout Petition (found on page 23 of this manual)

#### **Directions:**

Review the "RAT Tobacco Facts Sheet" with RAT Team members (found on page 57 of this manual).

Explain the purpose of the Great American Smokeout to the RAT Team members. Great American Smokeout is sponsored by the American Cancer Society. The "Smokeout" is held on the third Thursday of every November. It is a day when people who smoke or use smokeless tobacco can give up using tobacco for one day. They may use that one day to think about how they could quit using tobacco forever.

Discuss how nicotine, the addictive ingredient in tobacco products, makes smoking or smokeless tobacco very hard to stop.

On a piece of construction paper or cardstock, have the RAT Team members write a message about the Great American Smokeout.

Have the RAT Team members think of people to invite to join them in pledging to be tobacco-free on that day.

Once the message has been created, use the scissors to cut the message into a heart. Cut the heart into pieces and place the pieces in an envelope.

Seal the envelope, and ask RAT Team members to write the intended recipient's name on the front of the envelope.

Allow each RAT Team member to make four (4) or five (5) of these heart-shaped sets for the adults they want to invite to be tobacco-free on the day of the Great American Smokeout.

Encourage RAT Team members to give them to the recipients or mail them if necessary to spread the word about the Great American Smokeout.

### **Additional Activity:**

Give each RAT Team member a Great American Smokeout Petition (found on page 23 of this manual).

Explain that the RAT Team members need to get people they know to sign the petition.

By signing the petition that person promises to be tobacco-free on this day, which is held on the third Thursday of November.

The goal of getting tobacco users to sign the form is that if they can stop for one day, then maybe, if they take it one day at a time, they can quit forever.

It does not matter whether the petitioner uses tobacco or not. Anyone who promises to be tobacco-free on this day can sign.

Examples of people who may sign: friends, parents, church members, family members.

### **Competencies:**

Kindergarten – Comprehensive Health Competency 7a

First Grade – Comprehensive Health Competency 7a

Second Grade – Comprehensive Health Competency 7a

Third Grade – Comprehensive Health Competency 7a

## **Movement Activity**

### **“Don’t Fall For It”**

\* RAT Team members who have asthma or other lung conditions should participate with caution.

#### **Directions:**

Review the lyrics to “Don’t Fall For It” on page 24. Discuss the meaning of any words the RAT Team members might not understand in the song.

Listen to “Don’t Fall For It” from the Terrance the RAT and the RAT Pack CD. Ask the RAT Team members to sing along ([www.gorat.com](http://www.gorat.com)).

Have team members make up their own dance to the song, either in groups or individually.

## **Enrichment Activity**

Color November’s coloring sheet on page 25. As the RAT Team members color, discuss what they have learned during the lesson(s).

## **RAT Website Activity**

Sing along and dance to our RAT Show music on our RAT website, [www.gorat.com](http://www.gorat.com).

# The "Great American Smokeout"

## Directions:

Spread the word about the "Great American Smokeout" happening on the third Thursday of November. Get friends and family to sign the petition.

By signing below, I pledge to be tobacco-free for the 2015 "Great American Smokeout."

**1.** \_\_\_\_\_ **14.** \_\_\_\_\_

**2.** \_\_\_\_\_ **15.** \_\_\_\_\_

**3.** \_\_\_\_\_ **16.** \_\_\_\_\_

**4.** \_\_\_\_\_ **17.** \_\_\_\_\_

**5.** \_\_\_\_\_ **18.** \_\_\_\_\_

**6.** \_\_\_\_\_ **19.** \_\_\_\_\_

**7.** \_\_\_\_\_ **20.** \_\_\_\_\_

**8.** \_\_\_\_\_ **21.** \_\_\_\_\_

**9.** \_\_\_\_\_ **22.** \_\_\_\_\_

**10.** \_\_\_\_\_ **23.** \_\_\_\_\_

**11.** \_\_\_\_\_ **24.** \_\_\_\_\_

**12.** \_\_\_\_\_ **25.** \_\_\_\_\_

**13.** \_\_\_\_\_ **26.** \_\_\_\_\_

# **“Don’t Fall For It”**

Gimme a beat!

Listen up: tobacco is a plant that you don’t wanna eat,  
Cuz it tastes really terrible and smells like feet.  
Some folks smoke it but it doesn’t look cool,  
Yeah, we outa send `em to RatPack school!

So don’t light it up – keep it out of your mouth.  
Cuz if ya do, then you’re gonna see your health go south.  
A mind with knowledge is a powerful tool,  
So you never ever live under it’s rule.  
(Come on!)

TERRANCE/RP:

Don’t fall for it. Don’t fall for it.

It’s not a fruit that makes you feel good.  
It’s a dirty rotten leaf to avoid cuz you should.  
So don’t light it up – keep it out of your mouth.  
Cuz if ya do, then you’re gonna see your health go south.

It’s no delectable veggie which is edible.  
A plant so deadly that I find it incredible.

Folks fall for the lie, but tobacco’s not cool.  
It is viscious, venomous, deadly, and cruel.  
(Tell `em!)

TERRANCE/RP:

Don’t fall for it. Don’t fall for it.

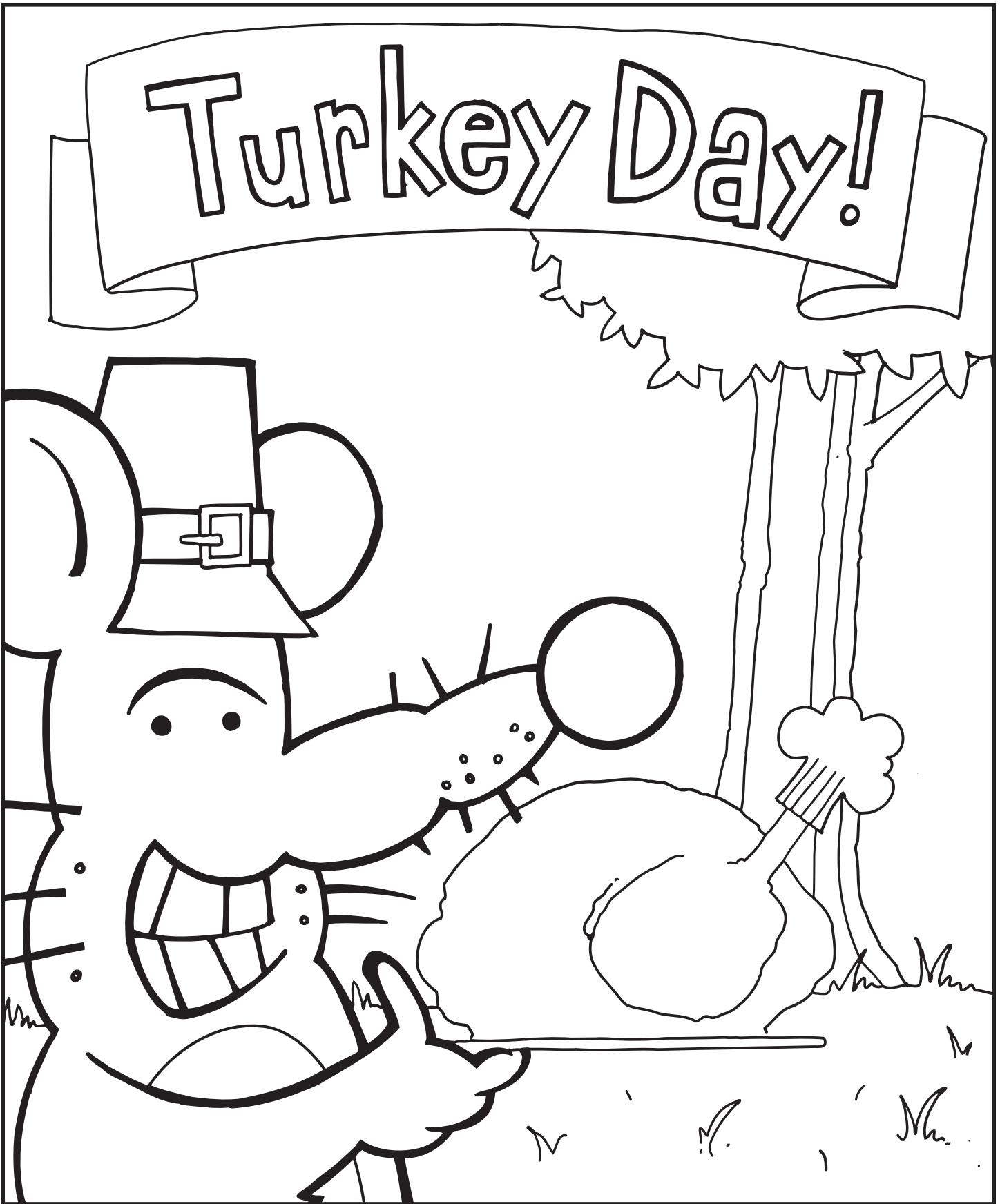
Don’t fall for smoking – dirty old leaves.  
Cuz if you do, then it might just give you a disease!  
Tobacco isn’t something you should take lightly.  
It’s bad like injecting poison nightly.  
Some people like to smoke when they’re chillin’,  
But they’re chillin’ with a killer – a deadly villain.

Don’t fall for the lie – tobacco’s not cool.  
Don’t ever live under it’s rule.  
(Come on!)

TERRANCE/RP:

Don’t fall for it. Don’t fall for it. Don’t fall for it...  
Because... CANCER!





Smoking hurts your sense of taste and smell.

If you know someone you would like to help quit tobacco, tell them to call 1-800-QUITNOW (1-800-784-8669).

# December

## Monthly Activity

### Personal Crest

Level I and II

#### Objective:

RAT team members will create a "personal crest" to build self-esteem and envision a life free of tobacco.

#### Materials:

- ¼ Poster board (cut into the shape of a crest/shield)
- Markers and/or crayons
- Glue
- Safety scissors
- Tape
- Glitter, stickers, buttons, etc. (optional)
- Pencils
- Rulers
- Magazines from which to cut pictures
- Family picture from each RAT team member (optional)

#### Directions:

Ask each RAT team member to trace a crest (page 27) onto the ¼ sheet of poster board and cut it out to make a crest. (This step can be done in advance for younger RAT team members.)

With a ruler and a pencil, ask the RAT team members to draw dividing lines both horizontally and vertically, making four (4) "sections" in the crest.

In the upper left side of the crest, encourage the RAT team members to put their name or initials using their favorite colors and decorate the name in their own personal style.

In the upper right side of the crest, encourage RAT team members to decorate this section with drawings or pictures of hobbies or special talents they may possess such as music, sports, animals, etc.

In the lower right side of the crest, encourage the RAT team members to draw a picture of their family. If possible have RAT team members bring a small family picture to glue in this portion and decorate around and behind it to fill the space.

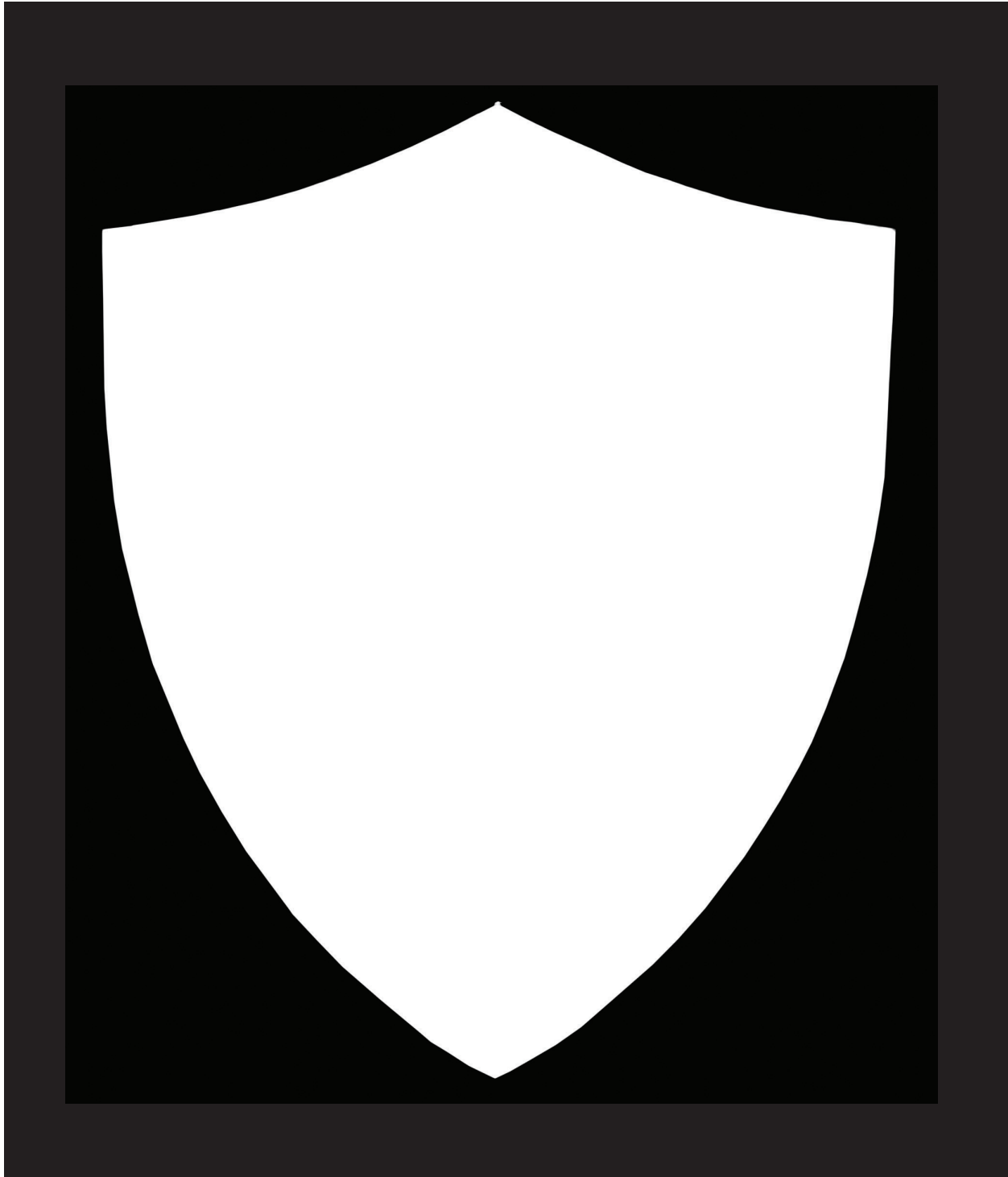
In the lower left side of the crest, encourage RAT team members to draw or paste pictures of things they would like to do in the future or jobs they may like to have in the future.

While discussing future jobs, mention how important it is to work in a smoke-free place to make sure they are not exposed to secondhand smoke.

Discuss how making healthy choices and being tobacco-free will impact their futures as well as whom they are today.

Select a few of the RAT team members to share and explain their crest.

Sample of a crest:



## **Classroom Activity**

### **Wrapping up Smokeless Tobacco**

Level I and II

#### **Objective:**

Students will warn others of the dangers of smokeless tobacco.

#### **Materials:**

- White tissue paper or large pieces of butcher paper
- Crayons or markers
- "RAT Tobacco Facts Sheet" on page 57

#### **Directions:**

Review the "RAT Tobacco Facts Sheet," focusing on facts pertaining to smokeless tobacco.

Discuss the dangers of using smokeless tobacco with your team members.

Pass out several pieces of tissue or butcher paper.

Explain that the group is going to decorate the paper with facts and pictures of Terrance the RAT and his friends telling people the dangers of smokeless tobacco.

Once they've completed their wrapping paper, have them roll or fold it up and take it home to use.

## **Movement Activity**

### **"Gas Station Blues"**

\* RAT Team members who have asthma or other lung conditions should participate with caution.

#### **Directions:**

Review the lyrics to "Gas Station Blues." Discuss the meaning of any words the RAT Team members might not understand in the song.

Listen to "Gas Station Blues" from the Terrance the RAT and the RAT Pack CD. Ask the RAT Team members to sing along ([www.gorat.com](http://www.gorat.com)).

Have team members make up their own dance to the song, either in groups or individually.

## **Enrichment Activity**

Color December's coloring sheet on page 30. As the RAT Team members color, discuss what they have learned during the lesson(s).

## **RAT Website Activity**

Check out the latest RAT Pack pictures on our website ([www.gorat.com](http://www.gorat.com)).

# "Gas Station Blues"

When I rolled up into the gas station,  
I was feeling great, it was time for celebration.  
It was the weekend – time to cut loose,  
Grab a candy bar – sip on some juice.

When I walked through the door,  
Made my jaw hit the floor.  
Could not even believe... what I'd seen.  
It was almost obscene.  
They were on everything,  
Covered up by the advertising.

Now you may ask about the mini cigar.  
Well let me tell you, that thing is full of tar!  
And you may ask about the e-cigarette?  
Does it have nicotine? Yes, sir, YOU BET!! YUP!

When I walked through the door,  
Made my jaw hit the floor.  
Could not even believe... what I'd seen.  
It was almost obscene.  
They were on everything,  
Covered up by the advertising.

B to the E. W. A. R. E. – the ads are everywhere!  
From down there at my feet to hanging in the air.  
L. Double-O. K. O. U. T. – Cuz they on the loose!  
From cigarettes and dip to cigars and snus.

Tryin' so hard to get you to choose  
These products to get you to use  
get your body all bruised and abused.  
Isn't that sad sad news?  
Tryin' so hard to get you to choose  
These products to get you to use  
Get your body all bruised and abused.  
I've got the Gas Station Blues.



www.gorat.com RAT is funded by a grant from the Mississippi State Department of Health.

Smoking can make it hard to breathe and turn your lungs black.

If you know someone you would like to help quit tobacco, tell them to call 1-800-QUITNOW (1-800-784-8669).

# January

## A New Year's Resolution

A resolution is a promise that you make to yourself. It is a tradition for many people to make a resolution to themselves, friends and family and others at the beginning of the year. For example, you may promise to do a better job of keeping your room clean, helping your baby sister with her homework, or eating healthier.

### Lesson:

- Review the "RAT Tobacco Facts Sheet" on page 57 with the RAT Team members.
- Explain to the RAT Team why making promises of improvement (goal setting) is so important in everyday lives.

## Monthly Activity

### Resolution Wreaths

Level II

### Objective:

RAT Team members will create a wreath to display the things they hope to improve.

### Materials:

- Construction paper
- Safety scissors
- A Pencil
- A Glue stick

### Directions:

Distribute materials.

Ask the RAT Team members to trace around their hand onto the construction paper, in order to make enough hands for twelve months. (Be sure that their hands are spread apart).

Ask the RAT Team members to label each hand to display one month of the year until all twelve months are listed. Below each month, have members to write one thing that they are hoping to change about themselves or in their community during that month. Please be sure to ask members to list at least one tobacco-related change.

Next, have the RAT Team members slightly tilt their group of hands to form the shape of a wreath and glue the hands in place.

After everyone is finished, select several volunteers to share their resolution wreaths with the class.

*Source: adapted from [www.education.com/makeahandythanksgivingwreath](http://www.education.com/makeahandythanksgivingwreath)*

## **Classroom Activity**

### **Circle of Positive Experiences**

Level I and II

#### **Objective:**

Allow RAT team members to get to know one another and share experiences that were fun and easy to do because they live a tobacco-free life.

#### **Materials:**

- "RAT Tobacco Facts Sheet" (found on page 57 of this manual)

#### **Directions:**

Review the "RAT Tobacco Facts Sheet" with the RAT team members.

Focus on the following facts:

- Smoking makes it hard to breathe.
- Smoking makes your heart work harder than it should.
- Young smokers suffer from a shortness of breath almost three times as much as those who don't smoke.

Ask RAT team members to sit in one large circle.

Lead the RAT team members in a discussion in which they can share fun physical activities they have experienced.

- Examples: playing on a softball team, running relay races, swimming in a pool, etc.

Allow RAT team members, one by one, to share their fun experience with other RAT team members within the circle.

Explain to RAT team members that the experiences that each of them took part in would have been difficult to do if they smoked.

#### **Competencies:**

Kindergarten – Comprehensive Health Competencies 1b, 3a

First Grade – Comprehensive Health Competencies 3a,b, 5b, 7a

Second Grade – Comprehensive Health Competencies 1c, 3d, 6a,b

Third Grade – Comprehensive Health Competencies 1b, 3a, 6a,b

## **Enrichment Activity**

Color January's coloring sheet on page 33. As the group colors, talk to them about what they learned during the lesson.

## **RAT Website Activity**

Look at the games and activities section of our website, [www.gorat.com](http://www.gorat.com), and make your own Terrance ears.





**JANUARY - New Year's Day**

**Nicotine is an addictive drug found in cigarettes.**

**If you know someone you would like to help quit smoking, tell them to call 1.800.QUITNOW (1.800.784.8669).  
[www.gorat.com](http://www.gorat.com)!**

RAT is funded by a grant from the Mississippi State Department of Health.

# February

## Healthy Heart

Your heart is one of the most important parts of your body. Without it, you could not live. The heart circulates blood to every part of your body through your arteries, veins, and capillaries. Smoking cigarettes constricts your arteries and forces your heart to work harder than it should. This makes activities like running, jumping, and even walking a very difficult task. Avoiding tobacco is one way to show your heart how much you appreciate it.

## Monthly Activity

### I Love My Heart

Level I and II (Level I may require more assistance)

#### Objective:

To teach your team to appreciate their bodies, specifically their hearts, by making a pledge to live strong, healthy lives.

#### Materials:

- Construction paper
- Markers or color crayons
- Safety Scissors
- Glue

#### Directions:

Give each group member a sheet of pink, red, or yellow construction paper.

Hand out the crayons or markers.

Ask the group to cut out the shape of a heart.

Tell the group they are going to make a Valentine's Day card for their hearts. The cards should express how they will keep their hearts healthy by not using tobacco products and maintaining a healthy lifestyle.

Tell your team to include a fact about the effects of tobacco use on their hearts.

Once they are finished, instruct them to make another card for a loved one who needs to know about the dangers of tobacco use.

## Classroom Activity

### Yuck Mouth

Level I and II

#### Objective:

Students will learn the dangers of using smokeless tobacco.

## Materials:

- Paper
- Colored pencils, markers, pens
- “RAT Tobacco Facts Sheet” on page 57

## Introduction:

Review the Tobacco Facts Sheet, focusing on facts pertaining to smokeless tobacco.

Discuss the dangers of using smokeless tobacco with your students.

- Smokeless tobacco can be chewed in the mouth.
- Some people think smokeless tobacco is safer than smoking because there is no smoke going to the lungs and in the air.
- The truth is, smokeless tobacco contains many of the same harmful chemicals found in cigarettes and cigars.
- Smokeless tobacco is dangerous to use. For example, scientific studies have shown that one can of snuff contains as much nicotine as three packs of cigarettes. That’s 60 cigarettes!  
*(Health, Prentiss Hall-Health, p. 475)*
- Smokeless tobacco is addictive and expensive!

Using smokeless tobacco can lead to many potential health problems such as:

- Dizziness or having a headache
- Sore, red gums that may bleed
- Black stuff in your teeth when you smile and/or talk
- More tooth decay and cavities than someone who does not use
- Bad breath
- Mouth sores
- Food does not taste as good
- Sense of smell is decreased
- Yellow teeth
- Leukoplakia
- Cancer of the cheeks, gums, lips, throat, and tongue, which may lead to death
- An upset stomach and ulcers because of the juice that runs down the throat (some juice is spit out but a lot goes to the stomach)
- An addiction to nicotine
- Can cause your teeth to fall out
- The “tingle” a person may feel when he or she uses smokeless tobacco is the mouth tissue being harmed or even killed by the tobacco.

Encourage your students to tell someone they know who uses smokeless tobacco about the dangers of using it.

- The use of dip and smokeless tobacco is a dangerous and nasty habit!

- If a person has any of the symptoms we have talked about, suggest that they go to a doctor as soon as possible.
- Explain that using smokeless tobacco is not good dental health. Keep your mouth and throat healthy; don't use smokeless tobacco!

### **Activity:**

Pass out a sheet of paper to each student, along with drawing utensils.

Instruct your students to draw a Yuck Mouth.

The students should draw and color the mouth of a person who dips: red gums, black grains in teeth, sores, yellow teeth, leukoplakia, cancers, cavities, and missing teeth.

## **Movement Activity**

### **"Take Control"**

\* RAT Team members who have asthma or other lung conditions should participate with caution.

### **Directions:**

Review the lyrics to "Take Control." Discuss the meaning of any words the RAT Team members might not understand in the song.

Listen to "Take Control" from the Terrance the RAT and the RAT Pack CD. Ask the RAT Team members to sing along ([www.gorat.com](http://www.gorat.com)).

Have team members make up their own dance to the song, either in groups or individually.

## **Enrichment Activity**

Color February's coloring sheet on page 38. As the RAT Team members color, discuss what they have learned during the lesson(s).

## **RAT Calendar Design Contest**

We are creating a RAT calendar and we need your help! Have students choose a month (or assign them one) and create artwork pertaining to that month. Remind them to be sure to include Terrance and some of his friends and something about the benefits of being tobacco-free. Twelve winners will be chosen to have their artwork in the calendar. First, second, and third prizes will be awarded in K-3 from the twelve winners.

## **RAT Website Activity**

Check out the RAT Calendar Design Contest on the website ([www.gorat.com](http://www.gorat.com)).

# **“Take Control”**

Just the other day when I was going to the store  
I saw a friend of mine I didn't recognize him anymore  
I tried to wave and call out his name  
But he didn't stop he had tobacco on the brain!

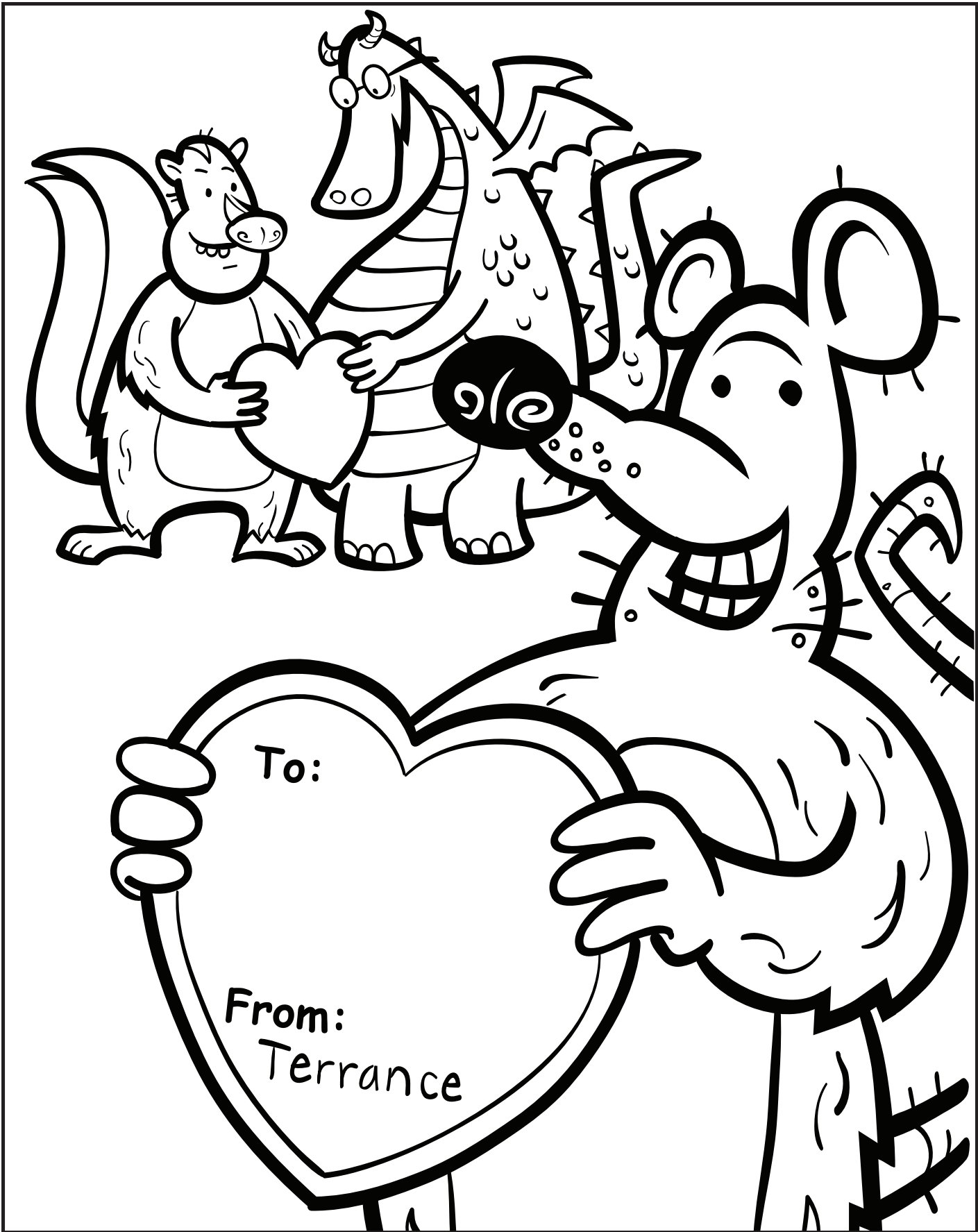
OH NO! It's a nicotine fit!  
You've got to snap out of it!

Take control!  
Don't let tobacco overpower you  
Take control!  
Make you do anything you don't wanna do.  
Take control!  
Tell everyone all about second hand smoke  
Take control!  
Make sure they know tobacco is not a joke!

So I ran up to him and grabbed onto his hand  
“Listen up my friend and I'll make you understand!”  
“You'll turn your lungs so black it'll take years to be clean!”  
“You've got to fight the urge - don't become a nico-fiend!!”

OH NO! It's a nicotine fit!  
You've got to snap out of it!

Take control!  
Don't let tobacco overpower you  
Take control!  
Make you do anything you don't wanna do.  
Take control!  
Tell everyone about second hand smoke  
Take control!  
Make sure they know tobacco is not a joke!



www.gorat.com RAT is funded by a grant from the Mississippi State Department of Health.

Smokeless tobacco can give you cavities and cause cancer of the mouth and gums.

If you know someone you would like to help quit tobacco, tell them to call 1-800-QUITNOW (1-800-784-8669).

# March

## Kick Butts Day

Kick Butts Day is a national day of activism held annually in March. Kicks Butts Day was created by the Campaign for Tobacco-Free Kids to encourage our youth to participate in events against Big Tobacco Companies. It is another great way to empower our children to "Reject All Tobacco!" Be sure to visit [www.kickbuttsday.org](http://www.kickbuttsday.org) for more activities. Remember to register the completed activities on their website. The website also shows what other states are doing for Kick Butts Day.

### Lesson:

Review the "RAT Tobacco Facts Sheet" with RAT Team members (found on page 57).

Review "They Put THAT in Cigarettes/Smokeless Tobacco?!? Sheet" (found on page 44).

You may want to bring pictures of a few chemicals (i.e. mothballs, bleach, bug spray, etc.) Emphasize the ingredients are mostly poisons.

Discuss the following facts with the RAT Team members:

- Smokers discard billions of cigarette butts yearly.
- Many cigarette butts are tossed into the environment, piling up outside of buildings, parking lots, streets, parks, playgrounds, beaches, streams, and even rivers.
- The toxins found in cigarettes that are dangerous to the human body are also a danger to small animals and plant life that live in these areas.
- Cigarettes contain a plastic that is slow to degrade, which means that it is slow to break down and become a part of the environment.
- In 2007, an estimated 360 billion cigarettes were smoked in the United States. That means that approximately 135 million pounds of cigarette butts were discarded in the United States alone!

Ask the RAT Team to recite the RAT Team pledge. The pledge is:  
"I promise to tell others about the dangers of tobacco use."

*Information about the cigarette butts litter found on [www.longwood.edu/cleanva/cigbutthowmany.htm](http://www.longwood.edu/cleanva/cigbutthowmany.htm)*

## Monthly Activity

### Kick Butts Day Balloon Vigil and Picking Up Butts

Level I and II (Level I will require more assistance)

#### Objective:

To fight big tobacco companies by telling others how cigarettes and smokeless tobacco affect people and the environment.

**Materials:**

- Balloons
- String
- Small strips of paper
- Pencil

**Directions:**

Have the RAT team participate in a balloon vigil for loved ones they may have lost to a tobacco-related disease using balloons and string. Explain the balloons should contain messages to honor those who have died because of their tobacco use.

Distribute one strip of paper to each RAT team member.

Ask RAT team members to write a message on their strips of paper honoring those who have died because of their tobacco use. Attach the strips to the balloons.

If RAT team members have not lost a loved one to tobacco use, ask them to write a tobacco fact instead.

Ask other RAT team members and sponsors to participate as well.

Activity found in the *Kick Butts Day 09 Guide* found on [www.kickbuttsday.org](http://www.kickbuttsday.org)

## **Classroom Activity**

### **“Kick Butts Day” Celebration**

**Appropriate Grade Levels:**

Level I and II

**Subject Area:**

Health

**Objective:**

RAT Team members will plan a party to celebrate “Kick Butts Day”.

**Materials:**

- Paper
- Pencil

**Directions:**

Remind RAT Team members that “Kick Butts Day” is a national day of activism held annually in March. “Kick Butts Day” was created by the Campaign for Tobacco-Free Kids to encourage our youth to participate in events against Big Tobacco Companies.

Tell team members that today, they will plan a party to celebrate “Kick Butts Day.”



Assign a RAT Team member to each of the following roles:

- Recorder – records all ideas
- Encourager – encourages all to participate
- Coordinator – keep all ideas in line with the theme
- Reporter – reports group ideas to the class

Discuss with RAT Team members what celebrations are and how they are characterized by special food, clothes, decorations, music, and other customs.

Ask team members to brainstorm ideas for food, clothing, decorations, music, theme, and customs.

All RAT Team members should agree on the theme of the party and list their plans on a sheet of paper or the chalk board.

If appropriate, allow RAT Team members to stage the party they have planned.

Adapted from *Cooperative Learning*. "Party Planners". Page 32

### **Competencies:**

First Grade – Comprehensive Health Competency 3b

Second Grade – Comprehensive Health Competency 6a

Third Grade – Comprehensive Health Competency 1b; Language Arts 3

## **Movement Activity**

### **"The Ballad of Edgar"**

\* RAT Team members who have asthma or other lung conditions should participate with caution.

### **Directions:**

Review the lyrics to "The Ballad of Edgar" on page 45. Discuss the meaning of any words the RAT Team members might not understand in the song.

Listen to "The Ballad of Edgar" from the Terrance the RAT and the RAT Pack CD. Ask the RAT Team members to sing along ([www.gorat.com](http://www.gorat.com)).

Have team members make up their own dance to the song, either in groups or individually.

## **Classroom/Parent Activity**

### **Family Survey**

### **Appropriate Grade Levels:**

K-3 Levels I & II

### **Subject Area:**

Mathematics

**Topics Covered:**

- Communication skills
- Promotion of cessation services

**Objectives:**

- To promote open dialogue between families concerning tobacco-related topics.
- To organize, represent and interpret data using graphs.

**Materials:**

- "Family Survey Sheet" on page 46
- Dry erase board/markers or butcher paper/markers
- Construction paper
- Scissors

**Directions:**

Before beginning this activity, have students take home the "Family Survey Sheet" and complete it with their families and return to school.

After students have returned their surveys, use the data from questions 1-3 to create graphs or organize the data. Graphs can be created on a dry erase board or on butcher paper. Complete the corresponding activity for the following grade levels:

**Kindergarten** – Count the total number in each category from all surveys. Compare the number of cigarette smokers, smokeless tobacco users and cigar smokers using greater than, less than and equal to.

**First Grade** – Count the total number in each category from all surveys. Compare the number of cigarette smokers, smokeless tobacco users and cigar smokers using greater than, less than and equal to. Create a representation for each category, and organize the data. Ask and answer questions about the total number of data points, how many are in each category and how many more or less are in one category than another.

**Second Grade** – Create a picture graph and a bar graph to represent the data. Solve simple put-together, take-apart, and compare problems.

**Third Grade** – Create a scaled picture graph and a scaled bar graph to represent the data. Solve one- and two-step "how many more" and "how many less" problems using the information.

Using the information from your surveys, have students create a brochure about the category that had the most number of users.

**Common Core Framework Connections:**

Mathematics (Measurement and Data: Represent and interpret data)

## **Enrichment Activity**

Color March's coloring sheet on page 47. As the group colors, talk to them about what they learned during the lesson.

## **RAT Website Activity**

Check out the RAT Calendar Design Contest winners on the website ([www.gorat.com](http://www.gorat.com)).

# **They Put THAT in Cigarettes/Smokeless Tobacco?!?**

Ammonia	household cleaner
Tar	stinky, brown substance used for roofing and paving streets
Acetone	nail polish remover
Lead	banned from being used in paints because of the number of illnesses it caused
Nicotine	addictive ingredient; banned from being used as pesticide because of the number of illnesses it caused
Cadmium	stuff used in batteries
Sulphur	concentrated doses of it can be damaging to the liver, kidney, and bladder
Arsenic	rat poison
Methylamine	tanning lotion
DDT	pesticide; banned from being used because of the number of illnesses it caused

## **Smokeless Tobacco or Snuff**

Nicotine	addictive ingredient; banned from being used as pesticide because of the number of illnesses it caused
Cadmium	stuff used in batteries

**All of these poisons can cause illnesses and can even cause death if ingested (swallowed)!**

# "The Ballad of Edgar"

Edgar liked to fly up in the sky  
Circling on the breeze with Tobacco in his yellow beak  
Spittin' all the time, he'd fall and then he'd climb,  
let me tell you friend... That bird's spit reeked.  
Say it all together: THAT BIRD'S SPIT REEKED!

Edgar used to chew that stuff  
Dylan used to smoke and puff  
Alone it was too hard to quit  
They needed help - YES THAT'S IT!  
They joined forces as two friends  
Made a promise that never ends  
Edgar would no longer spit  
Dylan would extinguish it  
The best of friends for ever more  
Puffin and spittin': Nevermore!  
Edgar: SQUAWK! NEVERMORE!

Dylan liked to smoke alone - sittin' round his lonely home  
The days kept passing by - He never went outside  
Terrance came to visit him - Knocked on the door of his den  
Terrance: "Come outside and breathe the air and get out of that chair!  
Terrance: "And I really think you out to meet that bird over there!"

Edgar used to chew that stuff  
Dylan used to smoke and puff  
Alone it was too hard to quit  
They needed help - YES THAT'S IT!  
They joined forces as two friends  
And made a promise that never ends  
Edgar would no longer spit  
Dylan would extinguish it  
The best of friends for ever more  
Puffin and spittin': Nevermore!

When I sing "Two Best Friends" y'all yell "Ever more! Ever more!"  
And when I sing "Spittin' & Puffin" y'all yell "Nevermore! Nevermore!"  
Two Best Friends  
Crowd: Ever more! Ever more!  
Spittin' & Puffin'  
Crowd: Nevermore! Nevermore!  
[BUILD OVER 3x]

Edgar used to chew that stuff  
Dylan used to smoke and puff  
Alone it was too hard to quit  
They needed help - YES THAT'S IT!  
They joined forces as two friends  
And made a promise that never ends  
Edgar would no longer spit  
Dylan would extinguish it  
The best of friends for ever more  
Puffin and spittin': Nevermore!  
Edgar: SQUAWK! NEVERMORE!

# Family Survey

Please answer the following questions with your family.

You do not have to write your name on this survey.

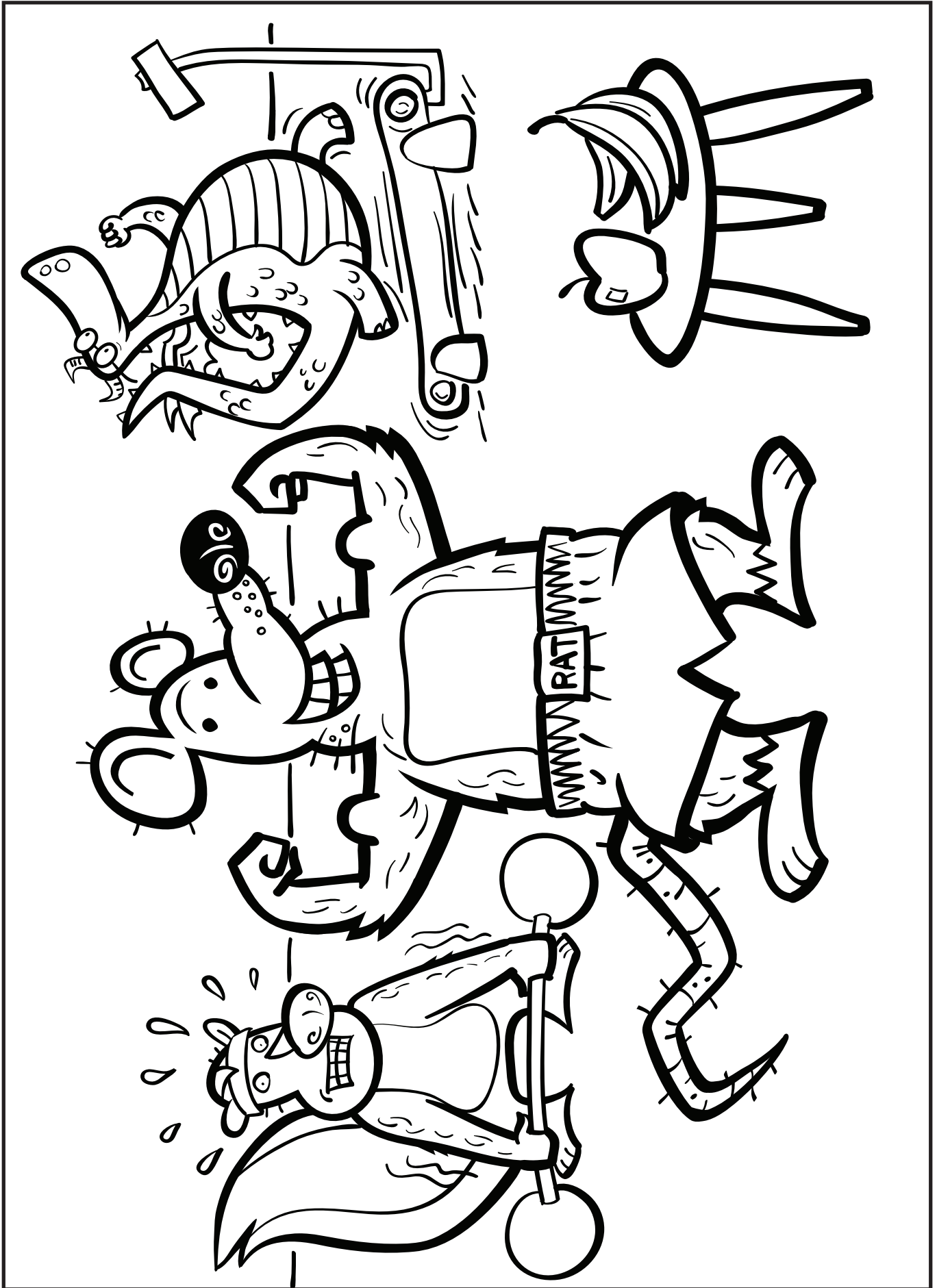
1. How many people in your family smoke cigarettes? \_\_\_\_\_
2. How many people in your family use spit tobacco? \_\_\_\_\_
3. How many people in your family smoke cigars? \_\_\_\_\_

If you answered "0" to all of the above questions,  
you have a smoke-free family. Congratulations!

If you answered "1" or more to the above questions,  
you can easily have a smoke-free family too!

Your family member(s) can call the Mississippi Tobacco Quitline at 1-800-QUITNOW,  
or go to [www.quitlinems.com](http://www.quitlinems.com) for more information (18 years old and above).

**Thank you for choosing to have an open dialogue  
about the dangers of tobacco use!**



If you know someone you would like to help quit tobacco, tell them to call 1-800-QUITNOW (1-800-784-8669).

Smoking and smokeless tobacco hurt your sense of taste and smell. We only want healthy things in our bodies.

# April

## Earth Day

Explain to RAT Team members that each year in the month of April we celebrate Earth Day. It was first celebrated on April 22, 1970, and reminds us to "Give Earth a Chance."

### Lesson:

Review the "RAT Tobacco Facts Sheet" with RAT Team members (found on page 57).

Remind RAT Team members of the ways cigarette butts are harmful to the environment discussed in March.

Have team members come up with other ways tobacco use can be harmful to the environment and ways that they can help the environment.

## Monthly Activity

### Protect the Earth Poster

Level I and II

### Objective:

To make team members aware of the environment and how tobacco use can be harmful to it.

### Materials:

- Small (or large) poster board
- Markers or crayons

### Directions:

Explain to students that they will be illustrating a poster with a meaningful environmental message.

Distribute materials to team members.

Have them create their posters.

Once they have completed their posters, they can be placed in areas around the school.

\* Get permission before placing posters around the school.

## Classroom Activity

### Smart Choices

### Appropriate Grade Levels:

Level I and II

### Subject Area:

Health



**Objective:**

RAT team members will create smart choices collages which display their ability to make smart, healthy choices.

**Materials:**

- Paper
- Crayons and/or markers
- Safety scissors
- Glue
- "RAT Tobacco Facts Sheet" (found on page 57)
- Old magazines

**Directions:**

Review the "RAT Tobacco Facts Sheet" with RAT team members (found on page 57).

Explain to RAT team members that understanding the value of education, self-esteem, love, and security will help them overcome obstacles blocking their paths to success.

Explain to RAT team members that tobacco use is one of many possible obstacles that individuals could face.

Encourage the RAT team members to verbally list other possible obstacles that either they or others could face.

Distribute materials.

Ask RAT team members to cut out and paste magazine pictures which represent a healthy lifestyle on a sheet of paper.

Ask RAT team members to entitle their collages "My Choices for Success".

Lead a discussion on how providing smoke-free air is a smart choice (e.g. no smoking allowed at school or sporting events).

**Competencies:**

Kindergarten – Comprehensive Health Competency 1b

First Grade – Comprehensive Health Competency 7a

Second Grade – Comprehensive Health Competency 3d, 6a

Third Grade – Comprehensive Health Competency 6a

**Enrichment Activity**

Color April's coloring sheet on page 50. As the group colors, talk to them about what they learned during the lesson.

**RAT Website Activity**

Check out the latest webisodes on our website ([www.gorat.com](http://www.gorat.com)).



Smoking can make you sick and cause cancer.

Live a healthy life by rejecting all tobacco.

www.gorat.com.....  
RAT is funded by a grant from the Mississippi State Department of Health.

If you know someone you would like to help quit tobacco, tell them to call 1-800-QUITNOW (1-800-784-8669).

# May

## Monthly Activity

### Write a Letter to Terrance

Level II (Level I can be done as a group)

#### Objective:

Review the dangers of tobacco and to practice letter writing and expressing themselves through writing.

#### Materials:

- "RAT Tobacco Facts Sheet" on page 57
- Pencils
- Paper

#### Directions:

Go over the Tobacco Facts Sheet with RAT team members. Lead them in a discussion about what they have learned this year about the dangers of tobacco use.

Have team members write a letter to Terrance telling him at least 3 things they have learned about the dangers of tobacco use.

Post the letters around the room.

\* For younger students write the letter on chart paper as a group.

## Classroom Activity

### Memory Game

Level I and II

#### Objective:

RAT team members will obtain a visual image of how tobacco use can affect the body.

#### Materials:

- Construction paper
- Glue
- Ziploc bags

#### Directions:

\* Make one copy of the Perfect Match worksheet on page 53 for every team member.

Tell the RAT team that they are going to play a game about all of the tobacco facts they've learned. Distribute worksheet.

Have them glue the worksheet onto a piece of construction paper and then cut out each square to make a set of cards.

Ask the team to pair up. Have each pair place the cards face down and mix them up.

Instruct the pairs to take turns flipping over two cards at a time. If the two cards match, the person gets to keep them; if they don't match, they have to flip them back face down and allow the next person to take a turn.

When all of the cards have been turned, the person with the most matches wins. Allow the pairs to play a few times and then place the games in Ziploc bags. Tell the groups that they can take the games home to play with and share with others during the summer.

## **Movement Activity**

### **“Tell Somebody”**

\* RAT Team members who have asthma or other lung conditions should participate with caution.

#### **Directions:**

Review the lyrics to “Tell Somebody.” Discuss the meaning of any words the RAT Team members might not understand in the song ([www.gorat.com](http://www.gorat.com)).

Listen to “Tell Somebody” from the Terrance the RAT and the RAT Pack CD. Ask the RAT Team members to sing along.

Have team members make up their own dance to the song, either in groups or individually.

## **Enrichment Activity**

Color May's coloring sheet. As the group colors, talk to them about what they learned during the lesson.

## **RAT Team Ceremony**

#### **Materials:**

- Copies of RAT Team Certificates of Achievement for each team member (found on page 63 of this manual).
- Prior to the meeting, fill out certificates for every member on the RAT Team.

#### **Directions:**

Have a ceremony where each RAT Team member is called to the front of the room to receive his or her RAT certificate.

Invite family and friends to the ceremony.

Encourage the RAT Team to cheer as each RAT Team member receives his or her certificate.

As the RAT Team prepares to leave the circle, count to three and have the team say in unison, “Reject All Tobacco!”

## **RAT Website Activity**

Check out the tobacco facts on our website, [www.gorat.com](http://www.gorat.com), and see just how many of them you learned this year.

# Perfect Match Worksheet

Smoking turns your teeth yellow. 1	Smoking turns your teeth yellow. 1
2 Smoking makes your breath, hair and clothes stink.	Smoking makes your breath, hair and clothes stink. 2
Spit tobacco can give you cavities. 3	Spit tobacco can give you cavities. 3
Smoking turns your lungs black. 4	Smoking turns your lungs black. 4
Smoking makes it hard to breathe. 5	Smoking makes it hard to breathe. 5

# "Tell Somebody"

Terrance/Alice: We've got to find a way  
Terrance: To help make a change today  
Terrance/Alice: If we try a little bit  
Terrance: I know that we can do it!

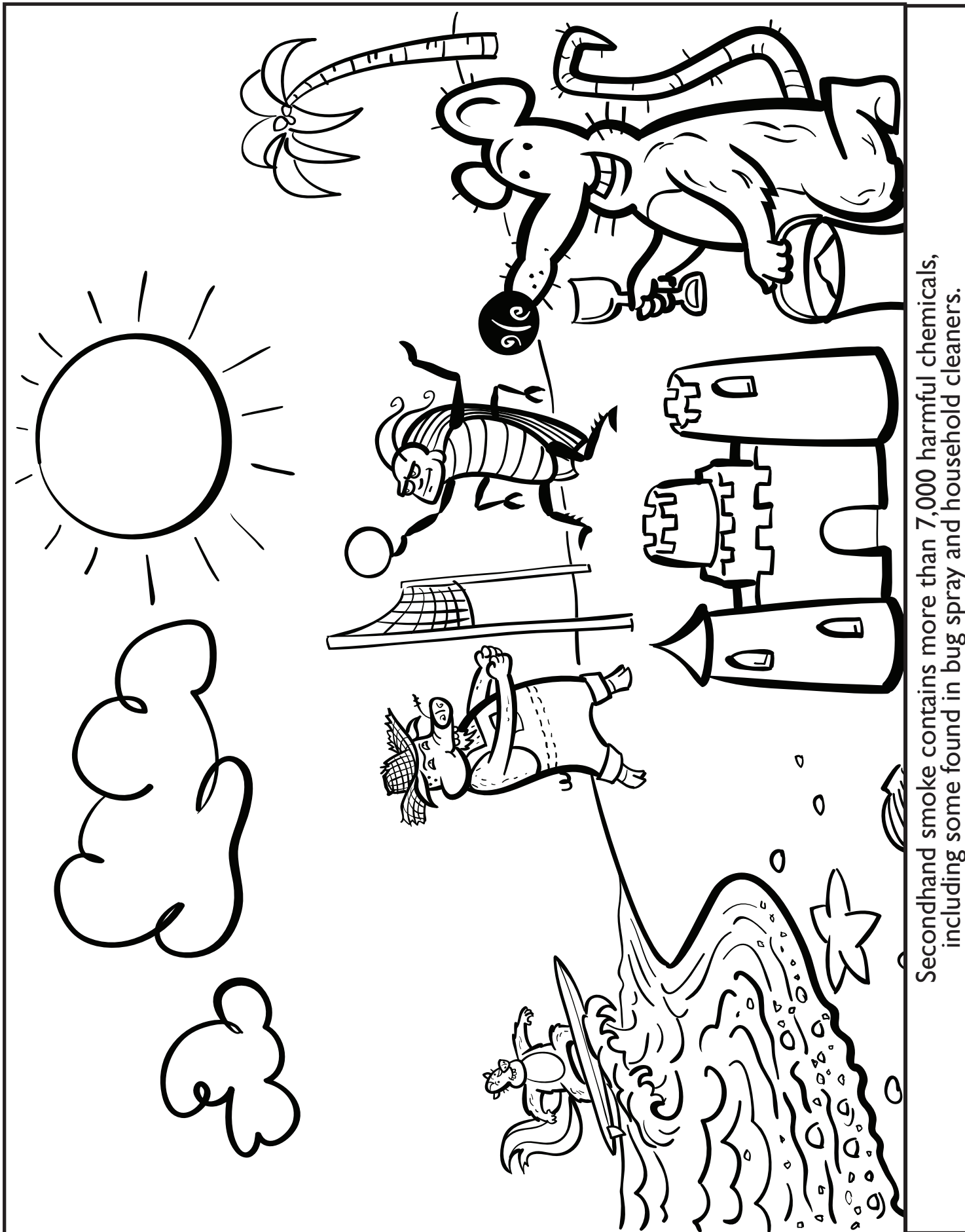
Alice: Tobacco's a plant -  
Terrance: That has rotten leaves  
Alice: If it burns in your face  
Terrance: You may get a disease  
Alice: Put it into your mouth  
Terrance: Your health will go south!  
Alice: If you breathe in its smoke  
Terrance: Then you'll cough and choke so...

I promise to tell  
Reject tobacco! Be healthy - Live well!  
I promise to tell  
You better tell somebody - Scream it - YELL!!  
I promise to tell  
Reject all tobacco - That's what I choose!  
I promise to tell  
You better tell somebody - spread the news!

Terrance/Alice: Here in just a single hour  
Terrance: We learned that knowledge is power  
Terrance/Alice: We can be tobacco free.  
Terrance: I know it's how I want to be!

Alice: Tobacco's a plant -  
Terrance: That has rotten leaves  
Alice: If it burns in your face  
Terrance: You may get a disease  
Alice: Put it into your mouth  
Terrance: Your health will go south!  
Alice: If you breathe in its smoke  
Terrance: Then you'll cough and choke so...

I promise to tell  
Reject tobacco! Be healthy - Live well!  
I promise to tell  
You better tell somebody - Scream it - YELL!!  
I promise to tell  
Reject all tobacco - That's what I choose!  
I promise to tell  
You better tell somebody - spread the news!



Secondhand smoke contains more than 7,000 harmful chemicals, including some found in bug spray and household cleaners.

www.gorat.com RAT is funded by a grant from the Mississippi State Department of Health.

If you know someone you would like to help quit tobacco, tell them to call 1-800-QUITNOW (1-800-784-8669).

# RESOURCES & FORMS





# RAT Tobacco Facts Sheet

## Smoking

1. Smoking turns your teeth yellow.
2. Smoking makes your breath, hair, and clothes stink.
3. Smoking turns your lungs black.
4. Smoking makes it hard to breathe.
5. Smoking makes your heart work harder than it should.
6. Smoking and smokeless tobacco hurt your sense of taste and smell.
7. Young smokers suffer from shortness of breath almost three times as much as those who don't smoke.
8. Smoking can cause cancer and heart disease.
9. Every 6 seconds, someone in the world dies from a smoking-related disease.
10. Cigarettes contain more than 7,000 harmful chemicals, including those found in bug spray and mothballs.
11. Nicotine is a drug in cigarettes that is addictive.
12. Tobacco is addictive. Once you start, it is very hard to stop.

## Smokeless tobacco (snuff, chewing tobacco, snus, dissolvable tobacco)

1. Smokeless tobacco can cause cavities and tooth loss.
2. Smokeless tobacco causes cancer of the mouth and gums.
3. Nicotine is a drug in smokeless tobacco that is addictive.
4. Tobacco companies spend \$435.7 million a year on smokeless tobacco advertising and promotion.

## Secondhand Smoke

1. Secondhand smoke (smoke that comes from the burning end of a cigarette, cigar, or pipe, and the smoke exhaled by a smoker) causes coughing, colds, earaches, and worsens asthma.
2. Nationally, about 42,000 nonsmokers die each year as a result of exposure to secondhand smoke.
3. Every year, over 500 nonsmokers in Mississippi die as a result of exposure to secondhand smoke.
4. Secondhand smoke is the third leading preventable cause of death in the U.S.
5. There is no safe level of exposure to secondhand smoke. Even brief exposure can be dangerous.
6. Using fans, opening windows, or sitting in a separate room cannot eliminate exposure to secondhand smoke.
7. Any place where your family spends time should be smoke free.

## Cigar Smoke

1. Cigar smoking increases the risk for chronic obstructive pulmonary disease (COPD).
2. Cigar smokers can spend up to an hour smoking a single cigar, often consuming as much tobacco as in a full pack of cigarettes.
3. Cigar smoking is the second most common form of tobacco use among youth.
4. Each day, more than 3,000 additional kids in the U.S. under 18 years old try cigar smoking for the first time.
5. Like cigarettes, cigars are smoked and contain the same toxic and carcinogenic compounds.
6. Cigars are addictive and deadly—causing lung cancer, other cancers, heart attacks, and more.
7. Secondhand cigar smoke is often even more harmful and deadly than secondhand cigarette smoke.

## Mississippi Tobacco Facts

1. 5,400 Mississippi deaths result each year from smoking.
2. Annual healthcare costs in Mississippi directly caused by smoking are \$1.23 billion.
3. In Mississippi alone, tobacco companies spend \$132.7 million on ads and promotions each year trying to get people to smoke.

## National Tobacco Facts

1. Tobacco kills more people each year than suicides, murders, AIDS, alcohol, drugs, and car accidents combined.
2. In the United States, 1,300 people die from smoking each day.
3. This year, tobacco companies will spend \$9.6 billion on ads and promotions nationally trying to get people to smoke.

Sources: Campaign for Tobacco-Free Kids, World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), The Food and Drug Administration (FDA), American Cancer Society

# **Additional Resources**

## **CENTERS FOR DISEASE CONTROL AND PREVENTION**

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

## **CAMPAIGN FOR TOBACCO-FREE KIDS**

[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

## **AMERICAN CANCER SOCIETY**

[www.cancer.org](http://www.cancer.org)

## **AMERICAN HEART ASSOCIATION**

[www.americanheart.org](http://www.americanheart.org)

## **AMERICAN LUNG ASSOCIATION OF MISSISSIPPI**

[www.alams.org](http://www.alams.org)

## **MISSISSIPPI STATE DEPARTMENT OF HEALTH**

1.866.458.4948

[www.msdh.state.ms.us/tobacco](http://www.msdh.state.ms.us/tobacco) or [www.healthyms.com](http://www.healthyms.com)

## **THE PARTNERSHIP FOR A HEALTHY MISSISSIPPI**

1.800.PHM.5437 (1.800.746.5437) or 601.420.2414

[www.healthy-miss.org](http://www.healthy-miss.org)

## **MISSISSIPPI TOBACCO-FREE COALITIONS**

[www.tobaccofreems.org](http://www.tobaccofreems.org)

## **REJECT ALL TOBACCO (RAT)**

[www.gorat.com](http://www.gorat.com)

## **GENERATION FREE (FREE)**

[www.generationfree.com](http://www.generationfree.com)

## **Tobacco Cessation:**

The Act Center For Tobacco Treatment, Education and Research

601.815.1180

[www.act2quit.org](http://www.act2quit.org)

## **Mississippi Tobacco Quitline**

1.800.QUITNOW (1.800.784.8669)

[www.quitlinems.com](http://www.quitlinems.com)

# Additional “Dylan the Smokey Dragon” Activities

## Activity 1: What Do You Remember About Dylan the Smokey Dragon?

Level I and II

### Objective:

To answer the questions after reading *Dylan the Smokey Dragon*.

### Materials:

Copy of *Dylan the Smokey Dragon* book

### Directions:

Read *Dylan the Smokey Dragon* and discuss the following questions.

- Who is the main character of the story?
- What is the main idea of the story?
- Where does the story take place?
- Why don't Terrance and the other Forest Friends want to play with Dylan in his den?
- How do you think Dylan felt when Terrance and the Forest Friends would not play with him inside his den?
- Where does Terrance want Dylan to come play?
- Why is Dylan broke?
- Tobacco is bad in many ways. List two things that tobacco hurts.
- Discuss how tobacco hurts each part of the body.
- What is Dylan's bad habit or addiction?
- What would happen to Dylan if he didn't stop smoking?
- If you were Terrance, what else would you tell Dylan to encourage him to stop smoking?

### Competencies:

Kindergarten – Comprehensive Health Competency 1b, 7a; Language Arts Competency 2b,  
Common Core Reading 1, 10

First Grade – Comprehensive Health Competency 7a; Language Arts Competency 2b,  
Common Core Reading 1,2, 3

Second Grade – Comprehensive Health Competency 3d, 6a; Language Arts Competency 2b,  
Common Core Reading 1, 3

Third Grade – Comprehensive Health Competency 1b, 4a; Language Arts Competency 2b,  
Common Core Reading 1, 3

## **Activity 2: Stick the Healthy Heart, Lungs, Eyes, and Nose on “Dylan the Smoke-Free Dragon”**

Level I and II

### **Objective:**

To teach RAT Team members about how living smoke-free promotes a healthy body and life.

### **Materials:**

- Copy of *Dylan the Smokey Dragon* book
- Safety scissors
- Tape
- Dylan’s Body sheet and Dylan’s Parts (found on pages 61-62 of this manual)
- Blindfold

### **Directions:**

Before the RAT Team meeting, post the “Dylan’s Body” onto a wall and cut out the Dylan’s Parts (found on page 68 of this manual).

Discuss how smoking can harm the body, particularly the heart, lungs, eyes, and nose.

Read *Dylan the Smokey Dragon* or have a RAT Team member read the story to the RAT Team members.

Discuss with the RAT Team members how Dylan was unhealthy when he smoked, and how he is now smoke-free and healthier.

Be careful that the area around “Dylan’s Body” is free from obstruction.

Place a piece of tape, rolled to where you have a sticky surface on both sides, on the back of each organ/body part.

Take turns spinning the RAT Team members around blindfolded (three times with the cut-out parts in hand) and point the RAT Team members in the general direction.

Have RAT Team members stick the body parts onto Dylan’s body, much like pin the tail on the donkey. The RAT Team member who gets his or her piece closest to where it should be on Dylan’s body wins.

### **Competencies:**

Kindergarten – Comprehensive Health Competency 1b, 6b; Language Arts Competency 2b

First Grade – Comprehensive Health Competency 1a; Language Arts Competency 2b

Second Grade – Comprehensive Health Competency 3d, 6a; Language Arts Competency 2b

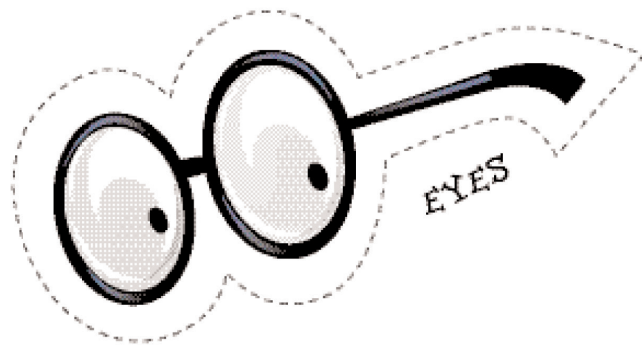
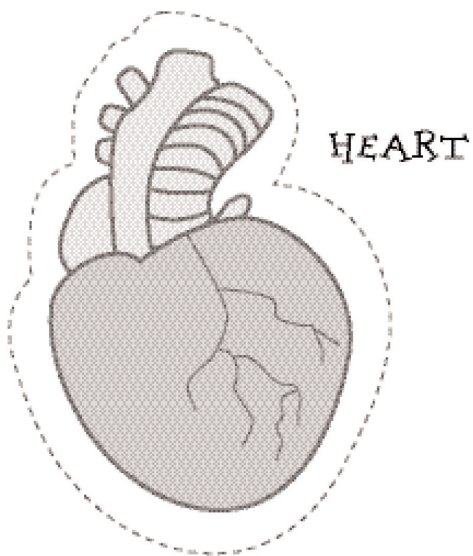
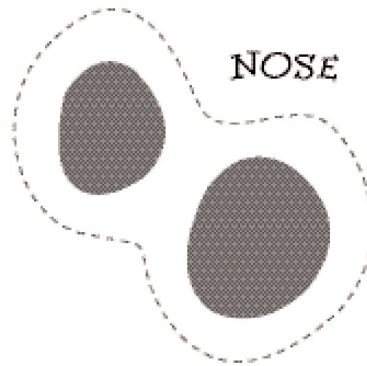
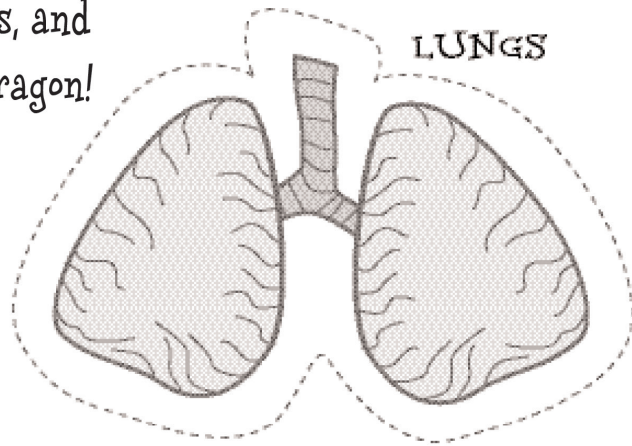
Third Grade – Comprehensive Health Competency 1b; Language Arts Competency 2

# Dylan's Body



# Dylan's Parts

Pin the healthy heart, lungs, eyes, and nose on Dylan The Smoke-Free Dragon!



### **Activity 3: Time to Rhyme!**

Level I

#### **Objective:**

To identify rhyming words in the story.

#### **Materials:**

- Copy of Dylan the Smokey Dragon book
- Safety scissors
- Ziploc bags
- Rhyming Words Sheet (found on page 64 of this manual)

#### **Directions:**

Discuss rhyming words.

Let the RAT Team members give some examples of some rhyming words that they know. List the examples.

Discuss why the words rhyme or don't rhyme.

Read Dylan the Smokey Dragon or have a RAT Team member read the story to the RAT team members.

Tell the RAT Team members to use the thumbs up sign when they hear two rhyming words in the story.

After reading the story, divide the RAT Team members into two (2) groups.

Give each RAT Team member a Rhyming Words Sheet (found on page 64 of this manual), a Ziploc bag, and a pair of safety scissors.

Have the RAT Team members cut out each rectangle, write his or her name on the back of each one, and put the rectangles into the Ziploc bag.

Pick one RAT Team member's bag to play a rhyming match game.

Place all the rectangles face down and take turns flipping the cards until they find two that rhyme.

The RAT Team member with the most matches that rhyme wins. After the game, have the RAT Team members reflect on how well they worked in a group. (Examples: Did each of the RAT Team members take turns? Did each of the RAT Team members play fairly?) Then review rhyming words from the story. Let the RAT Team members take their matching game home or use them in a center activity.

#### **Competencies:**

Kindergarten – Language Arts Competency 1b, Common Core Phonic Logical Awareness 2a

First Grade – Language Arts Competency 1b

# Rhyming Words Sheet

SUN	AWAY	NOSES
DARE	HABIT	RABBIT
PLAY	ROSES	AIR
FAIR	HARE	HUFFING
FACE	BRAVE	PROUD
LOUD	BROKE	PUFFING
ANYPLACE	FUN	CLOUD
CAVE	BREAK	CROWD
SMOKE	SAKE	



## **Activity 4: Write a Letter to Terrance**

Level I and II

### **Objective:**

To review the dangers of tobacco and to practice writing letters and expressing themselves by writing.

### **Materials:**

- Copy of Dylan the Smokey Dragon book
- Pen or pencil
- Paper

### **Directions:**

Read Dylan the Smokey Dragon or have a RAT Team member read the story to the RAT Team members.

Discuss with the RAT Team members about the basic principles and morals behind the story.

Have the RAT Team members write a letter to Terrance telling him how they felt about the story.

Encourage the RAT Team members to be creative and honest. Post the letters in your room.

### **Competencies:**

Kindergarten – Language Arts Competency 2b, 3a, Common Core Writing 2, 3

First Grade – Language Arts Competency 2b, 3a, 3d Common Core Writing 1,8

Second Grade – Language Arts Competency 2b, 3a, 3d, Common Core Writing 1,8

Third Grade – Language Arts Competency 2b, 3a, 3d, Common Core Writing 1a

## **Activity 5: Storybook Sequencing**

Level I and II

### **Objective:**

To have RAT Team members use comprehension skills to put the story pieces in the correct chronological order according to the Dylan the Smokey Dragon book.

### **Materials:**

- Copy of Dylan the Smokey Dragon book
- "Sequencing Card Sheets" (found on page 66 of this manual)
- Safety scissors

### **Directions:**

Read Dylan the Smokey Dragon or have a RAT Team member read the story to the team, while asking RAT Team members to pay particular attention to the order that things happen in the story.

After reading Dylan the Smokey Dragon, distribute the Sequencing Card Sheets (found on page 66 of this manual).

Let the RAT Team members cut out the cards and arrange them in the order of the story.

### **Competencies:**

Kindergarten – Language Arts Competency 2b, 2c

First Grade – Language Arts Competency 2a, 2c, Common Core Reading 2

Second Grade – Language Arts Competency 2a, 2c, Common Core Reading 1

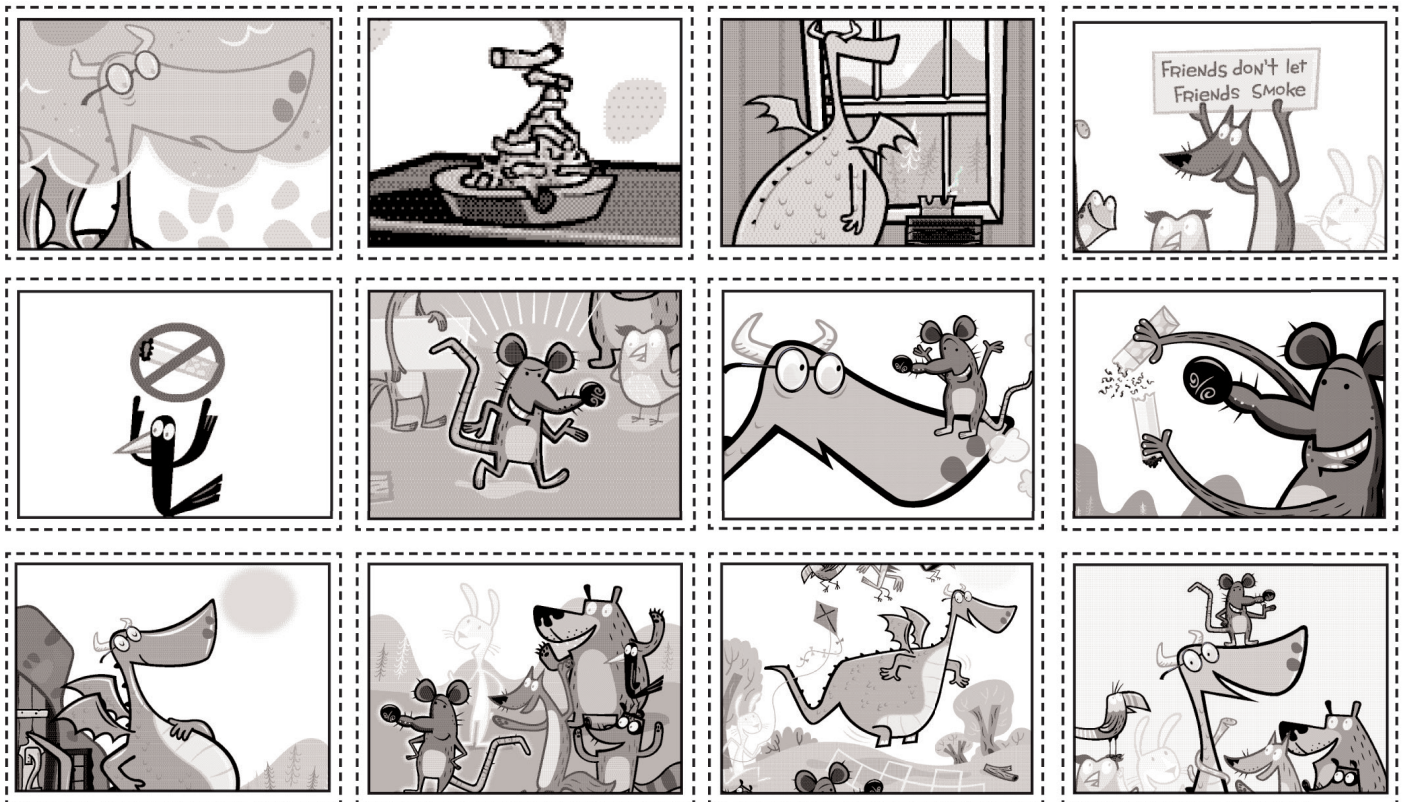
Third Grade – Language Arts Competency 2b, Common Core Reading 3

# Storybook Sequencing

Copy this page onto cardstock or paper and distribute one to each student. Have them cut out the pieces and put them in order based on the sequence of events in *Dylan the Smokey Dragon*.



# Storybook Sequencing – Answer Sheet



# RAT K-3 Team Activity Report

Please fax or mail this form after each RAT activity.

Organization Name \_\_\_\_\_

Team Name \_\_\_\_\_

Sponsor's Name \_\_\_\_\_

Daytime Phone Number \_\_\_\_\_ Date of Activity \_\_\_\_\_

Shipping Address (No P.O. Boxes) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County \_\_\_\_\_ Email \_\_\_\_\_

Title of Activity (Check Appropriate)

### Monthly Activities:

- \_\_\_\_\_ You Better Tell Somebody!
- \_\_\_\_\_ RAT Tricksters
- \_\_\_\_\_ Five Senses of Poetry
- \_\_\_\_\_ Great American Smokeout Reminder Bracelet
- \_\_\_\_\_ Personal Crest
- \_\_\_\_\_ Resolution Wreaths
- \_\_\_\_\_ I Love My Heart
- \_\_\_\_\_ Kick Butt's Day/Picking Up Butts
- \_\_\_\_\_ Protect the Earth Poster
- \_\_\_\_\_ Write a Letter to Terrance

### Movement Activities:

- \_\_\_\_\_ "Don't Fall For It"
- \_\_\_\_\_ "Gas Station Blues"
- \_\_\_\_\_ "Take Control"
- \_\_\_\_\_ "The Ballad of Edgar"
- \_\_\_\_\_ "Tell Somebody"

### Classroom Activities:

- \_\_\_\_\_ Refusal Role Play
- \_\_\_\_\_ Celebrating a Tobacco-Free Life
- \_\_\_\_\_ Stomp Out Tobacco Use Banner
- \_\_\_\_\_ Great American Smokeout Hearts & Petition
- \_\_\_\_\_ Wrapping Up Smokeless Tobacco
- \_\_\_\_\_ Circle of Positive Experiences
- \_\_\_\_\_ Yuck Mouth
- \_\_\_\_\_ "Kick Butts Day" Celebration
- \_\_\_\_\_ Smart Choices
- \_\_\_\_\_ Memory Game

### Additional Activities:

- \_\_\_\_\_ Parent/RAT Team Discussion 1
- \_\_\_\_\_ Family Survey

### Enrichment Activity:

Coloring sheet month: \_\_\_\_\_

Other Activity: \_\_\_\_\_

Comments/Suggestions \_\_\_\_\_

Did media cover event? YES NO If so, who? \_\_\_\_\_

Total number of RAT Team members who participated in the activity: \_\_\_\_\_

Be sure to complete the sponsor survey online at [www.gorat.com/K3sponsorsurvey](http://www.gorat.com/K3sponsorsurvey).

Please mail or fax this report to:

MTFC Project Director –  
Please Insert Mailing Address Label  
HERE

# RAT K-3 Team Registration Form

Organization's Name \_\_\_\_\_

Team's Name \_\_\_\_\_

Sponsor's Name \_\_\_\_\_

Daytime Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Shipping Address (No P.O. Boxes): \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Co-Sponsor's Name \_\_\_\_\_

Please circle all that apply. RAT Team Sponsor is a:

School Nurse

Community Leader

Teacher

Faith-Based Organization

Other (please specify) \_\_\_\_\_

Total number of RAT Team Members \_\_\_\_\_

Total number of African-American \_\_\_\_\_ Caucasian \_\_\_\_\_ Other \_\_\_\_\_

Total number of Males \_\_\_\_\_ Females \_\_\_\_\_

Total number of K \_\_\_\_\_ 1st-graders \_\_\_\_\_ 2nd-graders \_\_\_\_\_ 3rd-graders \_\_\_\_\_

MTFC Project Director –  
Please Insert Mailing Address Label  
HERE

# RAT K-3 Team Roster

Team Name \_\_\_\_\_ Organization Name \_\_\_\_\_

Sponsor's Name \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

E-mail \_\_\_\_\_ Co-Sponsor's Name \_\_\_\_\_

	Team Member's First Name	Team Member's Last Name	Grade	Gender/ Race*		Team Member's First Name	Team Member's Last Name	Grade	Gender/ Race*
1					16				
2					17				
3					18				
4					19				
5					20				
6					21				
7					22				
8					23				
9					24				
10					25				
11					26				
12					27				
13					28				
14					29				
15					30				

\*African-American, Caucasian, Other



# Certificate of Achievement

This is to certify that

\_\_\_\_\_

has successfully completed RAT MONTHLY ACTIVITIES

*Terrance*

\_\_\_\_\_

Date

\_\_\_\_\_

Terrance

\_\_\_\_\_

Instructor

\_\_\_\_\_

Child's Signature



MISSISSIPPI STATE DEPARTMENT OF HEALTH



Reject all tobacco!