

# Marbles

*Each year smoking kills more Americans than alcohol, drugs, murder, automobile accidents, fires and AIDS combined.*

To illustrate this, fill each container with the listed number of marbles and label appropriately. Each marble is equal to 1000 deaths.

You can either use this as a visual display, or have the students close their eyes and pour the marbles into a glass pan to illustrate how many lives are affected by smoking.

**Supplies Needed:**

- 5 clear plastic containers with lids
- 600 marbles
- 5 adhesive labels
- Glass cake pan

**Directions:** This script should be read aloud to the group while demonstrating. Rehearse a few times before you present it.

The first thing I would like you to do is close your eyes and listen. This exercise demonstrates how deadly tobacco use is.

We all know tobacco use is harmful to your health, but few of us really understand just how harmful it really is. To give you a new perspective on the problem of tobacco use, I am going to ask you to think about death.

I have marbles. Listen to the sound it makes when I toss it into the pan (toss in a single marble). Let the sound of one marble represents 1000 deaths.

Drugs – 17  
Murder – 20  
Motor Vehicle – 43  
Alcohol – 85  
Smoking – 435

Three out of four people who are dying today, and every day, started to use tobacco before the age of 18. Tobacco kills. It won't kill today or tomorrow, but remember that tobacco is the only legal consumer product in the US today that, when used as intended by the manufacturer, can kill you.

## Life in a fish bowl

**Supplies:** 1 fish bowl, water, 3 drops of food coloring. [Fact Sheet on Environmental Tobacco Smoke.](#)

**Directions:** Fill the fish bowl with water. Brainstorm with your group about ways to keep half of the water in the fishbowl clean while dropping food coloring into the other half.



Drop the food coloring into the water.

### **Class presentation**

Environmental tobacco smoke pollutes the air for everyone. The EPA has designated environmental tobacco smoke as the most prevalent indoor air pollutant. Tobacco smoke is a Class A carcinogen, (cancer causing) in the same class as asbestos. You might recall that workers wear protective suits and oxygen tanks when removing asbestos from old school buildings.

Use your fish bowl as an illustration of what happens when a facility allows smoking. Is it possible to maintain clean air without a separate heating, air conditioning, and ventilation system? Remember, the emissions from just one cigarette or cigar remain in the air for five hours.

Think of places that you like to or have to go that are not smokefree.

