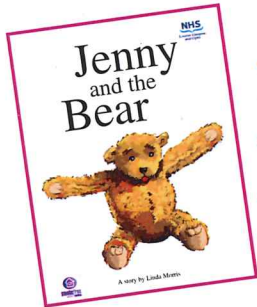




Jenny & the Bear

Lesson Plan 2026/2027



Your resource pack will contain:

- A link to a video of the Jenny and the Bear story to watch in class.
- Individual Jenny and the Bear booklets for each pupil to take home.
- A competition name entry form (to enter the Name the Teddy competition).

Activity

Before the activity, set up the video for playback on your PC smartboard/monitor

🌐 www.youtube.com/watch?v=24RFDGeNnGU



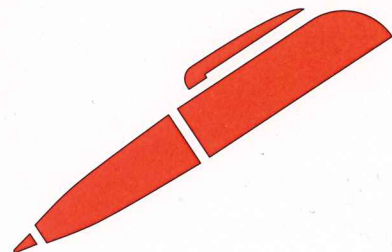
1. Watch the video with your pupils
2. Discuss the story with the class
 - Why was being near smoking bad for Jenny and her bear?
 - What did the Doctor suggest Jenny's mummy and daddy could do to help?
3. Ask the children what name they would give to Jenny's bear, agree on a class name and enter the Name the Teddy competition
4. Distribute the booklets and ask the pupils to take home. Parents and carers can be asked to read the story with their children as a homework task and colour in the picture at the back of the book
5. Return class teddy name via email to:
✉ Quityourway.schools@nhs.scot or
Enter online at: 🌐 nhsggc.scot/jenny-and-the-bear

Learning Extension

Additional activity sheets available from

🌐 www.nhsggc.scot/jenny-and-the-bear

🌐 www.nhsggc.scot/quit-your-way/



The secondhand smoke message also links with the Scottish Government national campaign

🌐 www.nhsinform.scot/healthy-living/stopping-smoking/reasons-to-stop/dangers-of-second-hand-smoke/

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QUIT YOUR WAY
with our support

NHS
Greater Glasgow
and Clyde



✧ Jenny & the Bear ✧

Lesson Plan 2026/2027 ✧

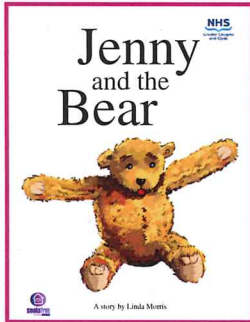
Learning Intentions:

We are learning how to keep ourselves safe from second hand smoke

Success Criteria:

I can:

- describe what is meant by second hand smoke
- describe why second hand smoke is bad for me
- describe what actions others can take to keep me safe from second hand smoke



Links to Curriculum for Excellence - Experiences & Outcomes

Health & Wellbeing

I understand there are things I should not touch or eat and how to keep myself safe, and I am learning what is meant by medicines and harmful substances. HWB 0-38a ✧

Literacy

As I listen and talk in different situations, I am learning to take turns and am developing my awareness of when to talk and when to listen. LIT 0-02a / ENG 0-03a

I listen or watch for useful or interesting information and I use this to make choices or learn new things. LIT 0-04a

I enjoy exploring events and characters in stories and other texts and I use what I learn to invent my own, sharing these with others in imaginative ways. LIT 0-09b / LIT 0-31a ✧

Timeline:

Register for programme by **Friday 27th November 2026**.

Resources sent to schools **January 2027**.

Teddy Name entries to be submitted to Quit Your Way by **Friday 19th March 2027**.

Winners will be announced in **May 2027**.

✧ All classes who submit a name will receive certificates of participation for every pupil with a list of all winning schools and names (April-May 2027)

✧ Winning classes will receive an A3 class certificate, class Teddy and A5 certificates and mini bears for every pupil

