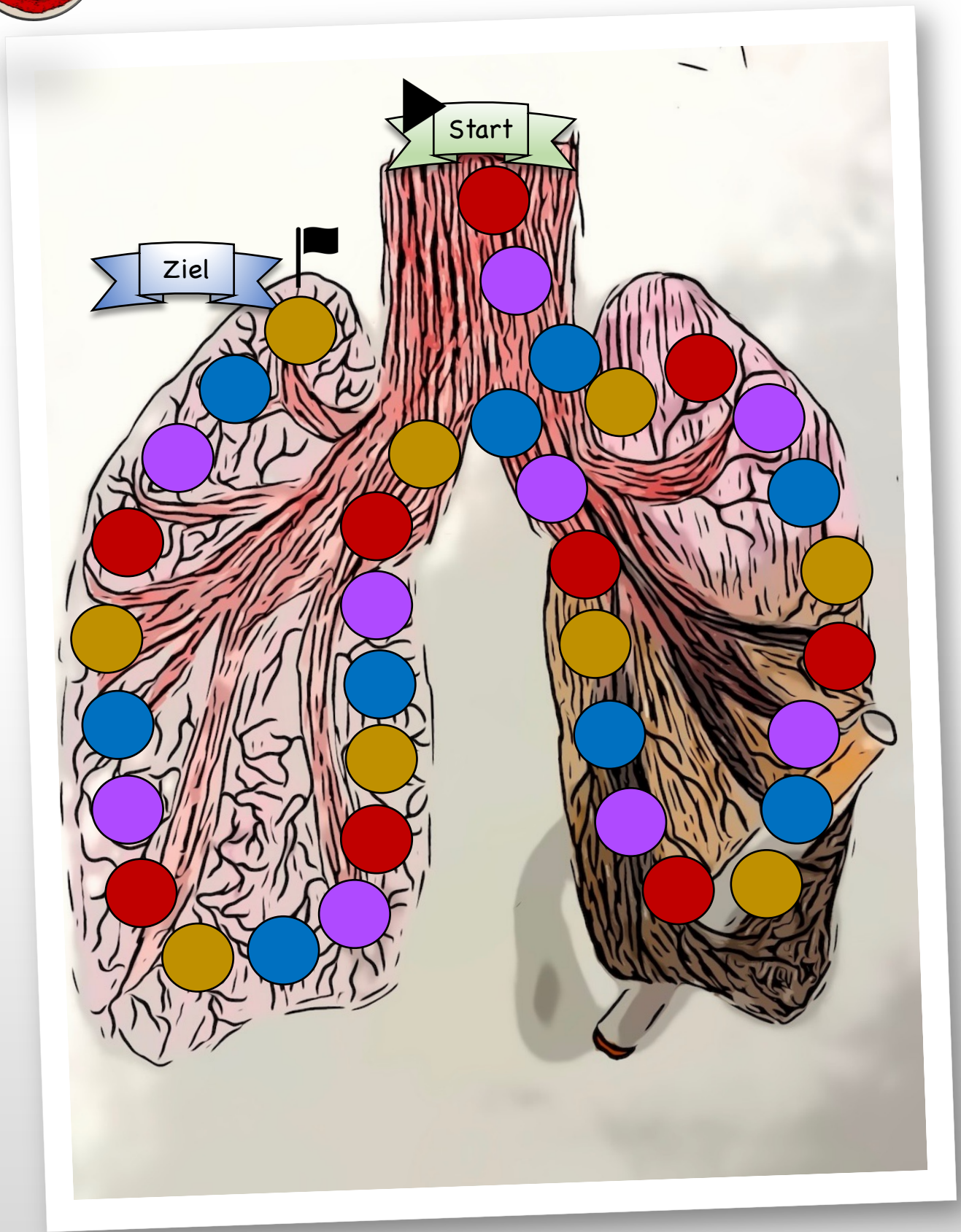
# Be Smart – Don't Start: Activity-Spiel

# Spielfeld



# Spielanleitung

## Eckdaten

**Thema:** Rauchen
**Spieldauer:** 20-30 Minuten
**Anzahl der Spieler*innen:** 4-8
**Alter:** ab 10 Jahre

## Material

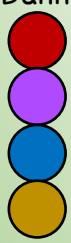
- Spielbrett
- Spielfiguren
- Würfel
- Stoppuhr
- Zettel und Stift
- Spielkarten
  - 10x Pantomime
  - 10x Wortverbot
  - 10x Quiz
  - 10x Zeichenkunst

## Vorbereitung

Bildet mindestens zwei Teams. Legt die Materialien bereit und verteilt die Spielkarten auf vier Stapel. Setzt pro Team eine Spielfigur auf das Spielfeld.

## Ablauf

- Die/Der jüngste Spieler*in beginnt und würfelt.
- Das Team setzt die Spielfigur so viele Felder nach vorne, wie Augen auf dem Würfel zu sehen sind.
- Dann zieht eine Person des Teams eine Karte des passenden Stapels:



Pantomime-Karte

Wortverbot-Karte

Quiz-Karte

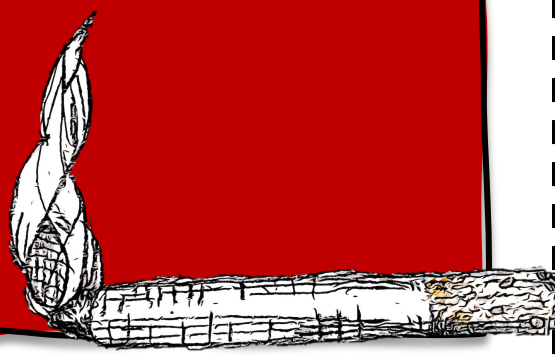
Zeichenkunst-Karten

– Eine Person aus dem Team muss die Karte lesen und entweder eine Aktivität lautlos vorspielen (Pantomime), einen Begriff erklären ohne bestimmte Worte zu verwenden (Wortverbot), den Team-Mitgliedern eine Quizfrage stellen (Quiz) oder den Begriff, der erraten werden soll, zeichnen. (Zeichenkunst).
– Wenn der Begriff von den Mitspieler*innen des Teams in 40 Sekunden richtig erraten oder die Quizfrage richtig beantwortet wurde, darf die Spielfigur auf dem Feld bleiben. Wurde die Aufgabe nicht innerhalb der Zeit gelöst, muss die Spielfigur wieder zurückgesetzt werden.

## Spielende

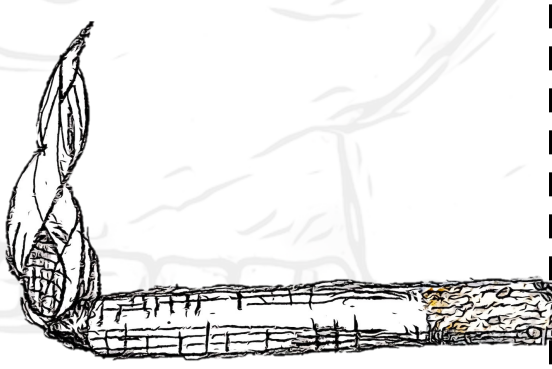
Wenn ein Team das Zielfeld erreicht oder es überschreitet und die letzte Zeichenkunst-Aufgabe besteht, hat es **gewonnen.**

# Pantomime

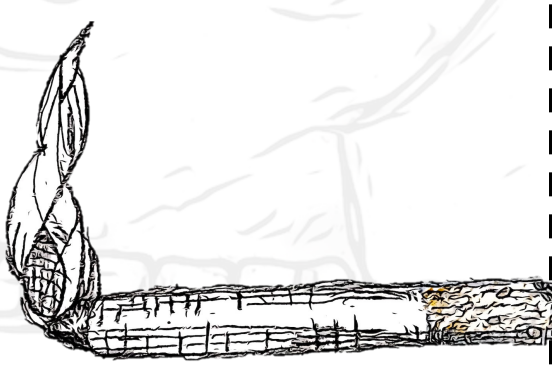


# Pantomime

# Rauchverbot

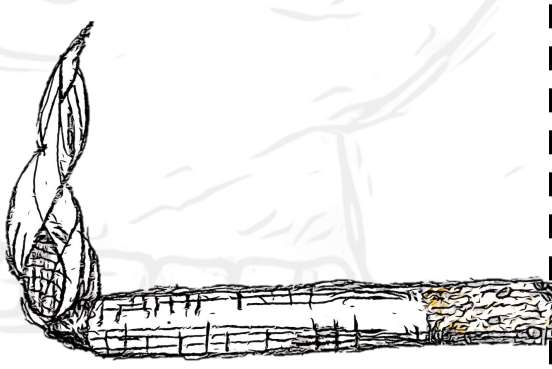


# Passivrauchen

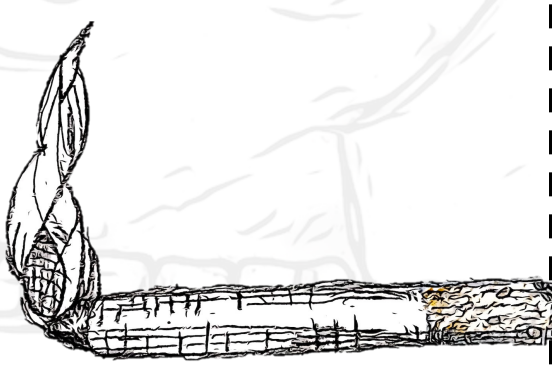


Pantomime

# Raucherbein

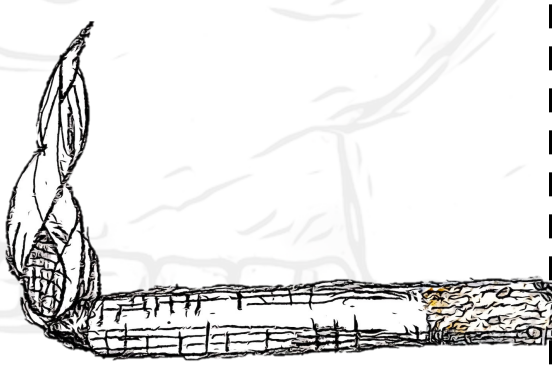


# Husten

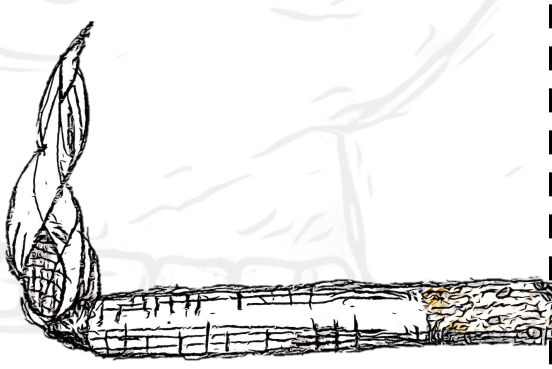


# Pantomime

# Sucht

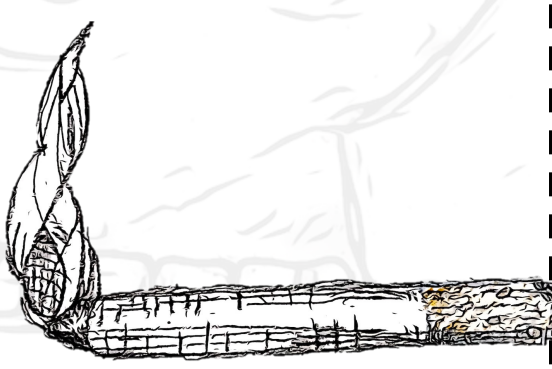


# Atemnot



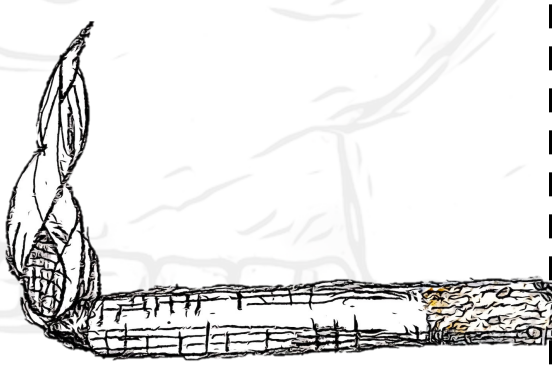
# Pantomime

# Herzinfarkt



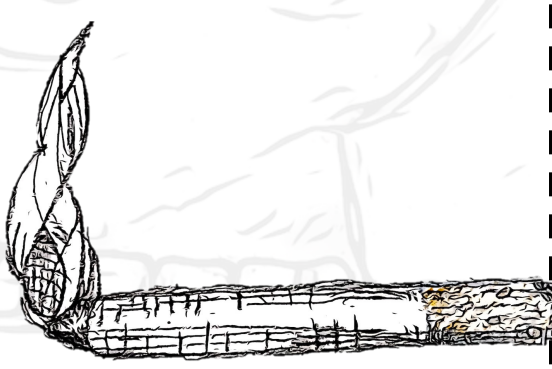
# Pantomime

# Impotenz



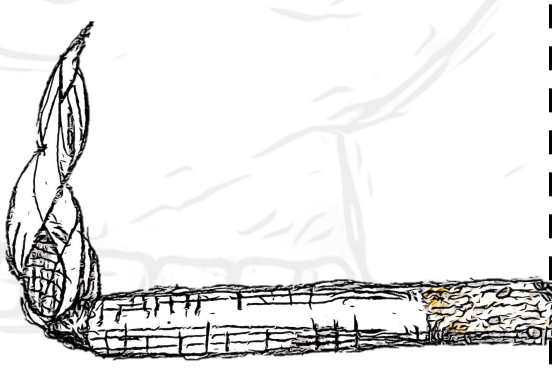
# Pantomime

# Tabakwerbung

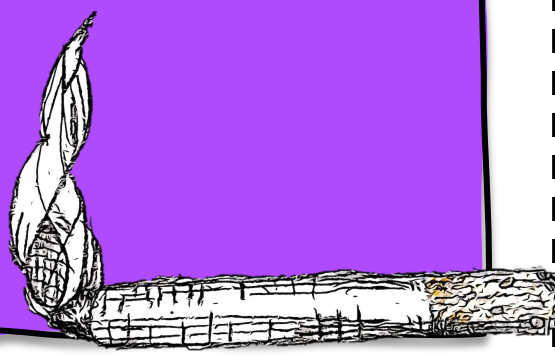


# Pantomime

# Vapen



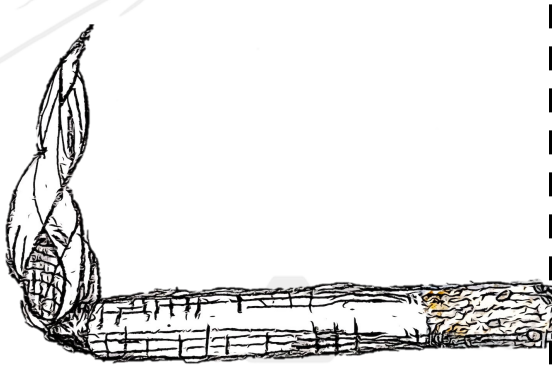
# Wortverbot



# Wortverbot

# Entzug

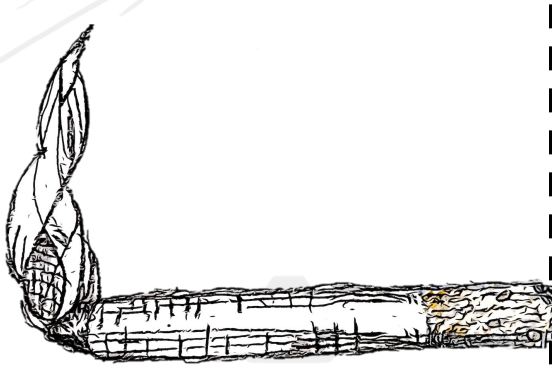
- Zittern
- Verlangen
- Droge



# Wortverbot

# Droge

- Tabak
- Sucht
- Gehirn



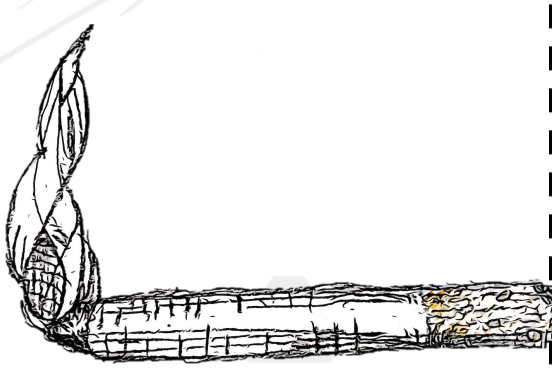
# Wortverbot

# Nikotin

Sucht

Inhalt

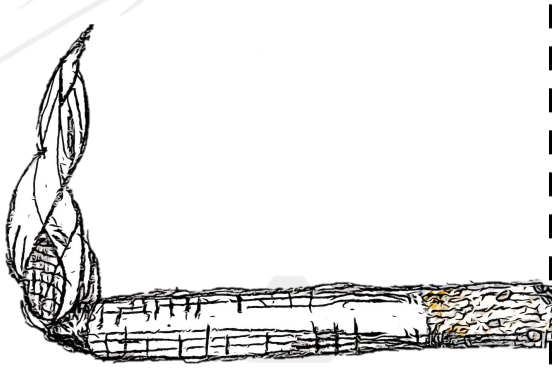
Tabak



# Wortverbot

# Teer

- dunkel
- Inhalt
- Tabak



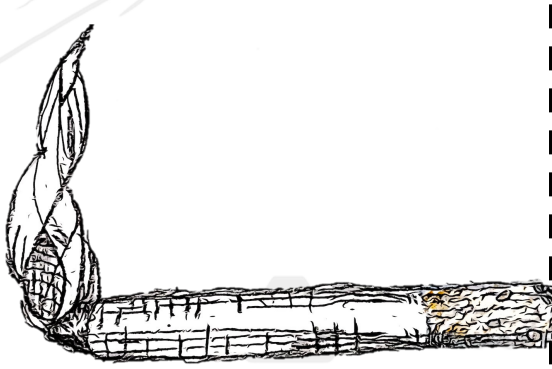
# Wortverbot

# Kohlenstoff-monoxid

Gas

Sauerstoff

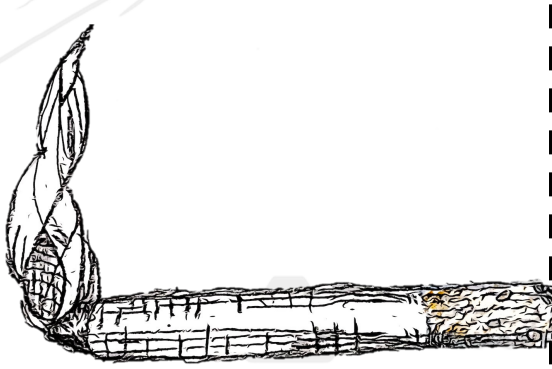
giftig



# Wortverbot

# Flimmer-härchen

- Lunge
- Teer
- verkleben



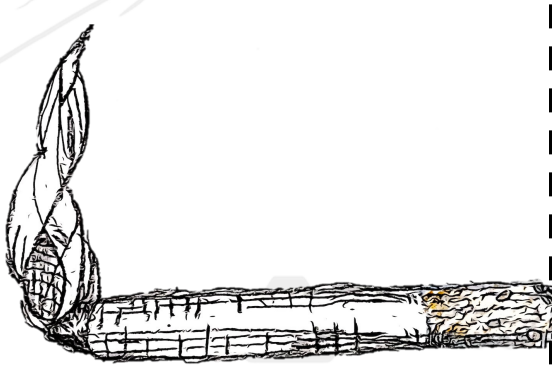
## Wortverbot

# Zigaretten-filter

Mund

Giftstoffe

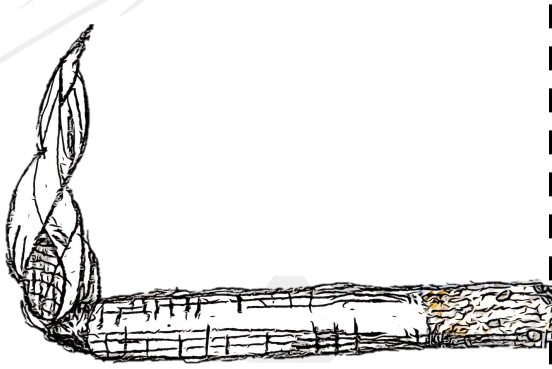
braun



## Wortverbot

# Lungenkrebs

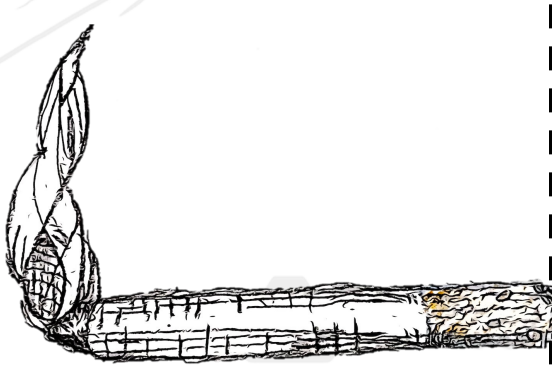
- Inhalte
- Tabak
- Krankheit



# Wortverbot

# Tabak

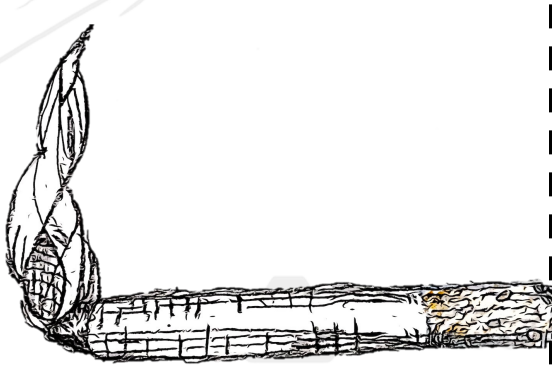
- Pflanze
- Zigarette
- Inhalt



## Wortverbot

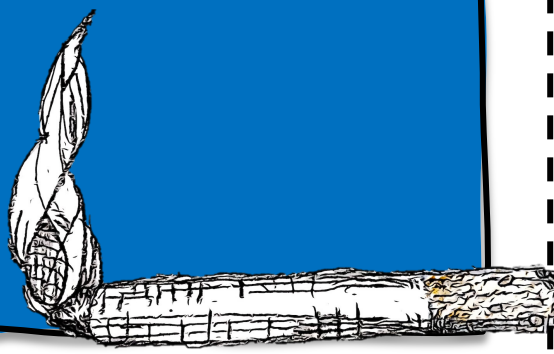
# Sauerstoff-mangel

- Kohlenmonoxid
- müde
- Durchblutung



?

# Quiz



# ? Quiz

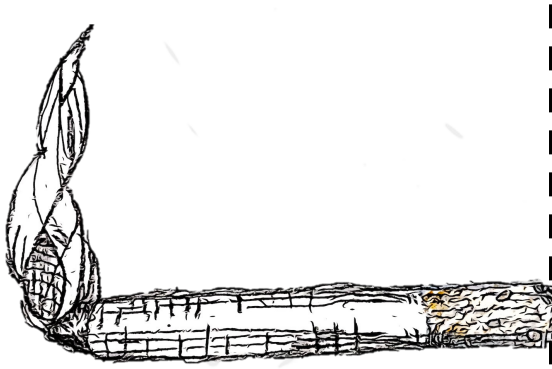
Ab welchem Alter ist das Rauchen in Deutschland erlaubt?

a) 14

b) 16

c) 18

d) 21



Richtige Antwort: c) 18

# ? Quiz

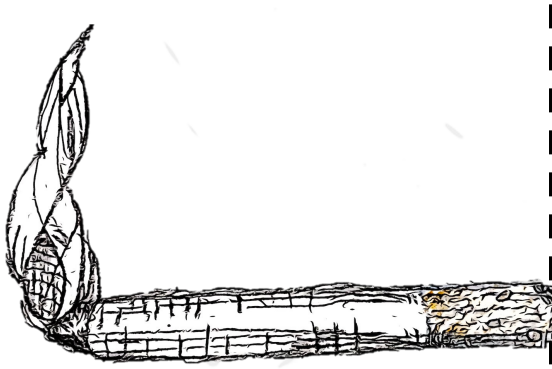
Wie viele Menschen sterben täglich allein in Deutschland an den Folgen des Rauchens?

a) ca. 30

b) ca. 60

c) ca. 100

d) ca. 300



Richtige Antwort: d) ca. 300

# ? Quiz

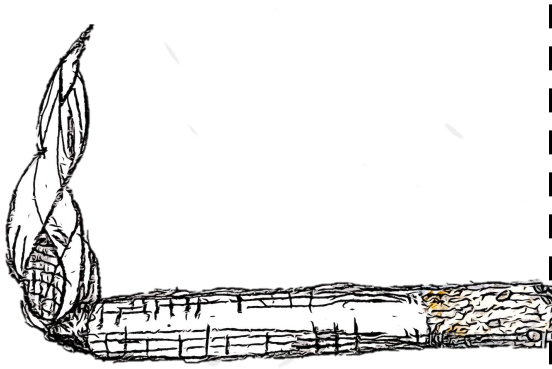
## Wie viele Stoffe sind im Tabakrauch enthalten?

a) 5

b) 50

c) 500

d) über 5.000



Richtige Antwort: d) über 5.000

# ? Quiz

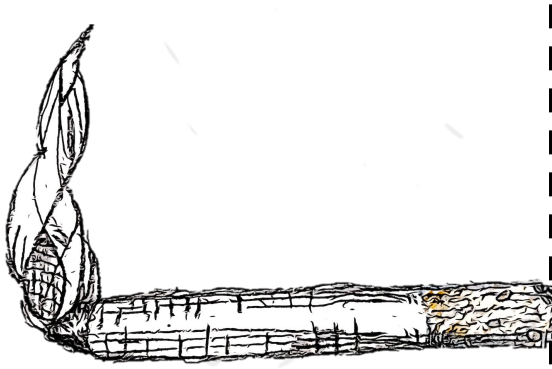
Wie lange dauert es im Durchschnitt, bis ein Zigarettenstummel in der Natur vollständig abgebaut wird?

a) 7 Tage

b) 7 Monate

c) 7 Jahre

d) 70 Jahre



Richtige Antwort: c) 7 Jahre

# ? Quiz

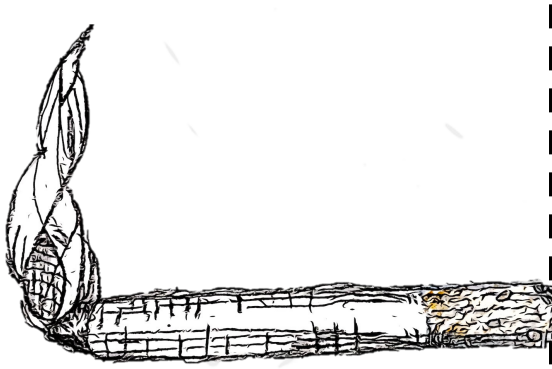
Wie viel bezahlen Raucher*innen in Deutschland, wenn sie jeden Tag eine Schachtel Zigaretten kaufen?

a) 250 Euro

b) 500 Euro

c) 2.500 Euro

d) 5.000 Euro



Richtige Antwort: c) 2.500 Euro

# ? Quiz

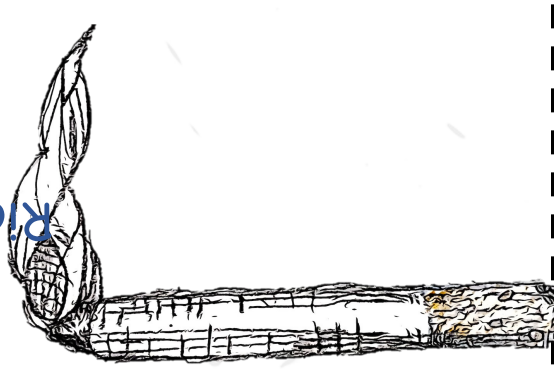
Wie lange dauert es, bis das Nikotin im Zigarettenrauch das Gehirn erreicht?

a) ca. 20 Sekunden

b) ca. 2 Minuten

c) ca. 20 Minuten

d) ca. 2 Stunden



Richtige Antwort: a) ca. 20 Sekunden

# ? Quiz

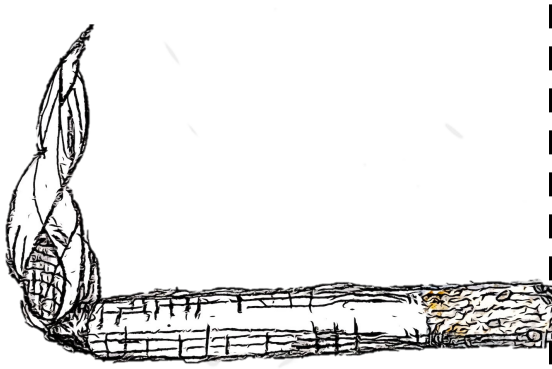
Wie hoch ist die Verbrennungstemperatur einer Zigarette?

a) 200° Celsius

b) 400° Celsius

c) 600° Celsius

d) 800° Celsius



Richtige Antwort: c) 200° Celsius

# ? Quiz

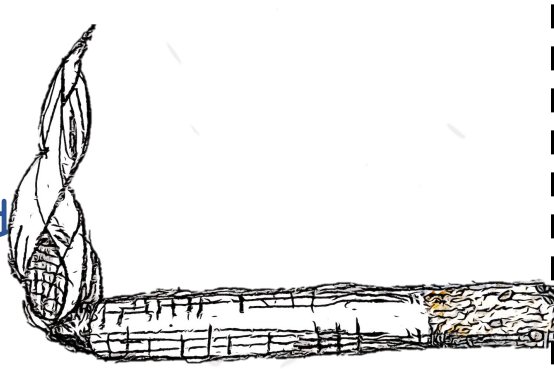
Wie viele Menschen in Deutschland waren im Jahr 2020 „tägliche Raucher*innen“?

a) 13,82 Tausend

b) 13,82 Millionen

c) 13,82 Milliarden

d) 13,82 Billionen



Richtige Antwort: b) 13,82 Millionen

# ? Quiz

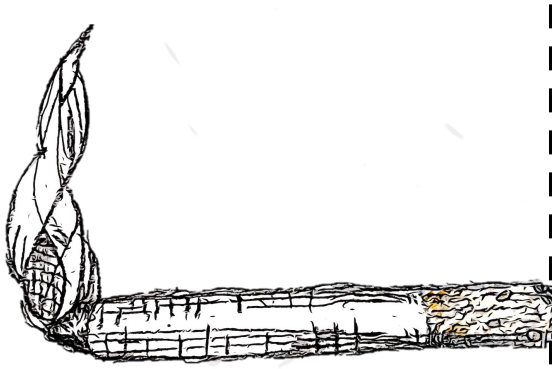
Wie viel Gramm weniger Geburtsgewicht haben Babys von rauchenden Müttern im Durchschnitt?

a) 20g

b) 50g

c) 150g

d) 200g



Richtige Antwort: d) 200g

# ? Quiz

## Was verklebt Teer im Körper?

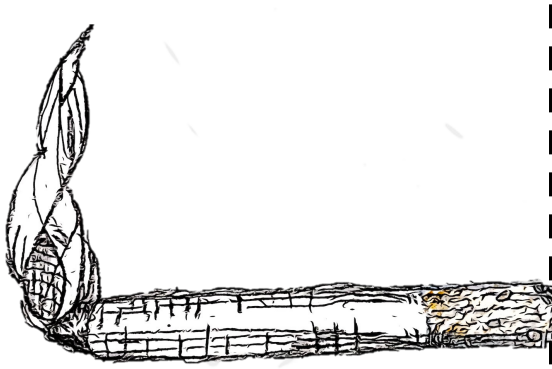
a) Flimmerhärchen und Lungenbläschen

b) Flimmerhärchen und Dickdarmwand

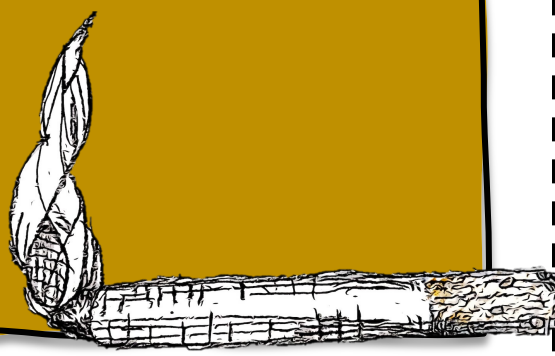
c) Lungenbläschen und Rachen

d) Flimmerhärchen und Dünndarmwand

Richtige Antwort: a)
Flimmerhärchen und
Lungenbläschen



# Zeichenkunst



# E-Zigarette

# Aschenbecher

# Tabakpflanze

# Raucherlunge

# Asche

# Bronchien

# Lungen-bläschen

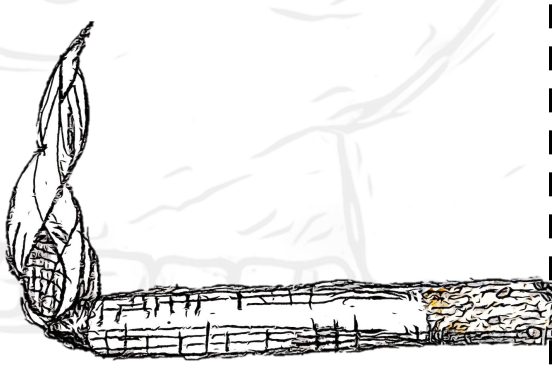
# Wasserpfeife

# Zigaretten-filter

# Hauptrauch-strom

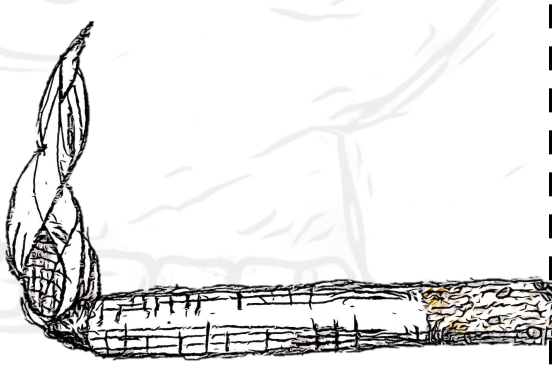
# Pantomime

# Rauchverbot

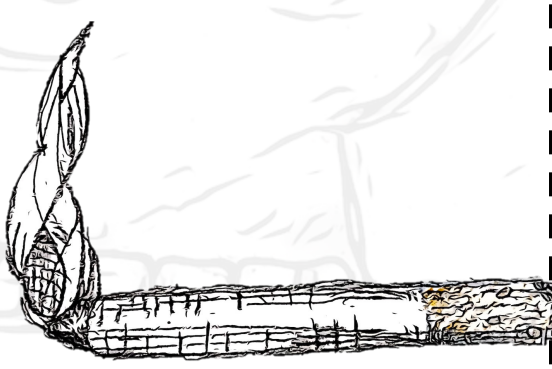


# Pantomime

# Passivrauchen

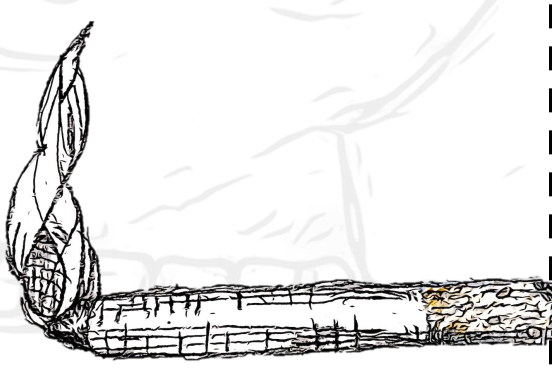


# Raucherbein



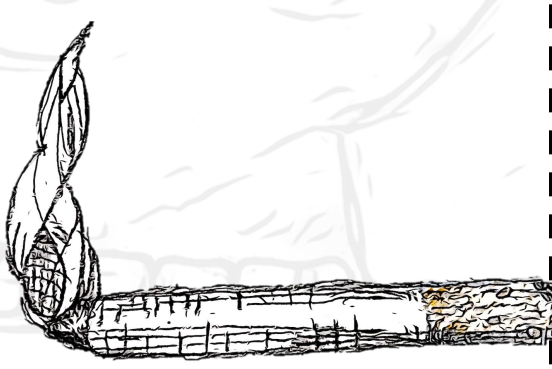
# Pantomime

# Husten



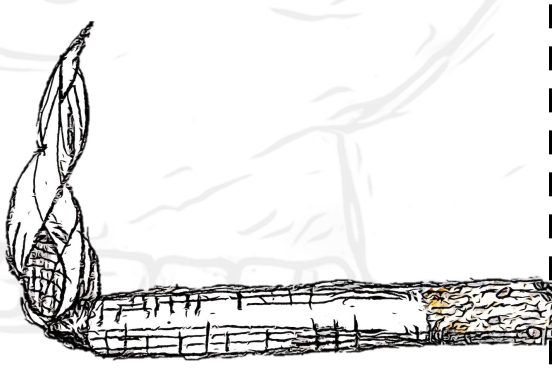
# Pantomime

# Sucht

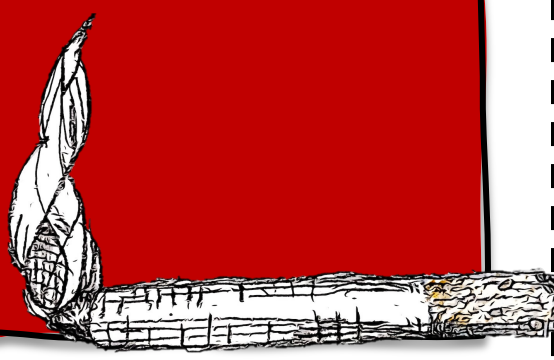


# Pantomime

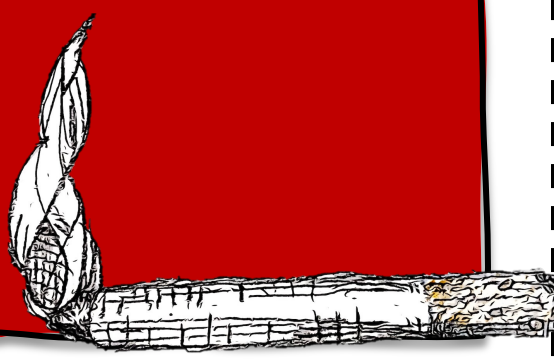
# Atemnot



# Pantomime



# Pantomime



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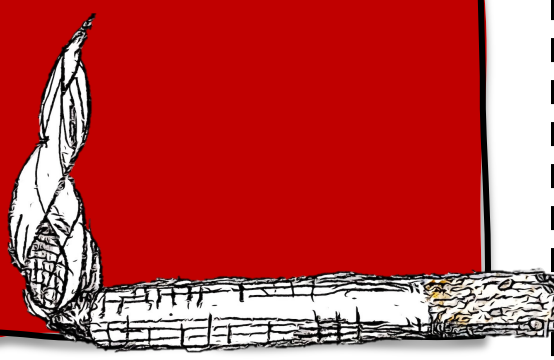

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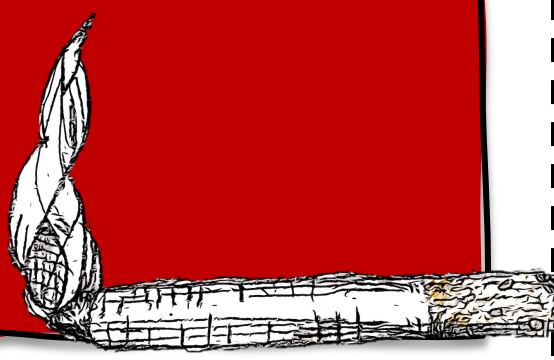

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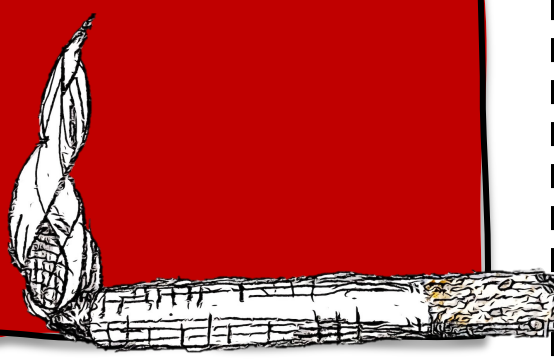

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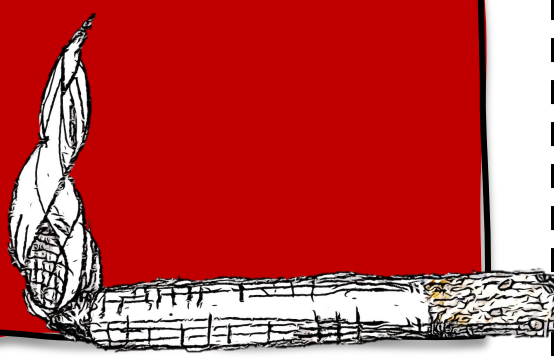
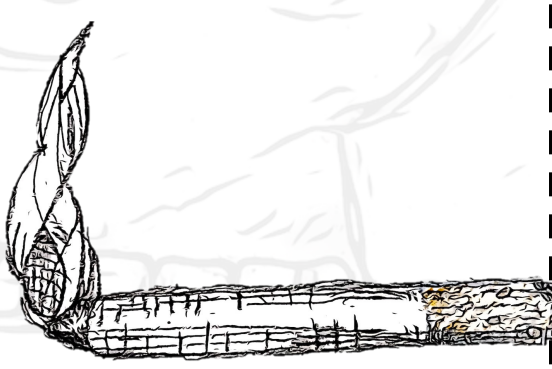


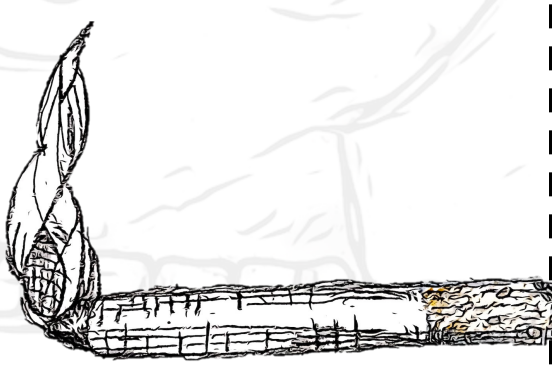
# Pantomime

# Herzinfarkt



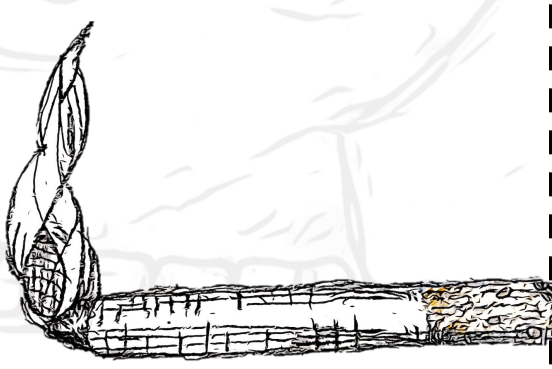
# Pantomime

# Impotenz



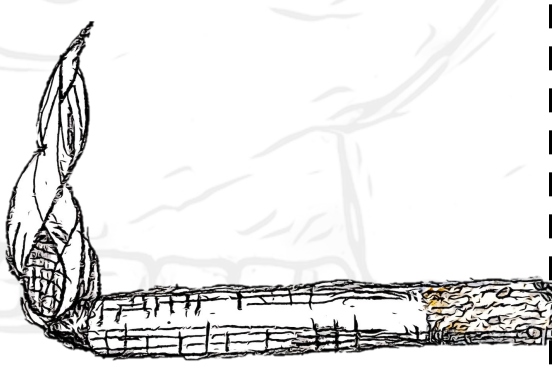
# Pantomime

# Tabakwerbung



# Pantomime

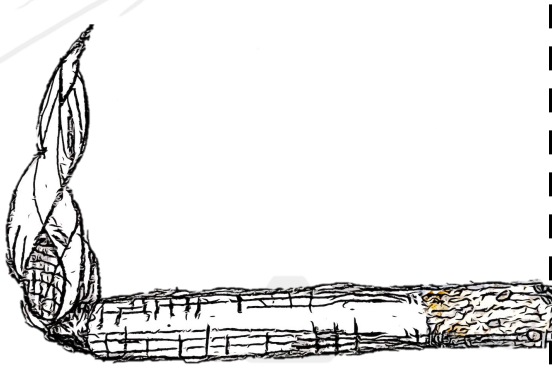
# Vapen



# Wortverbot

# Entzug

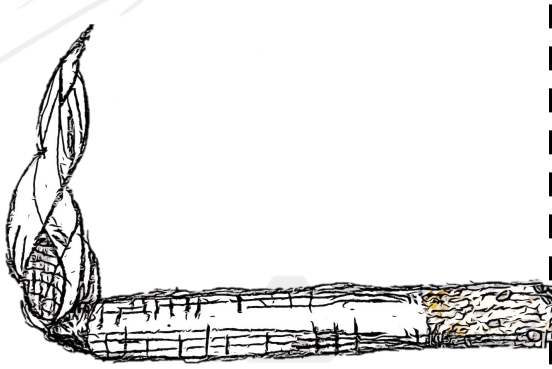
- Zittern
- Verlangen
- Droge



# Wortverbot

# Droge

- Tabak
- Sucht
- Gehirn



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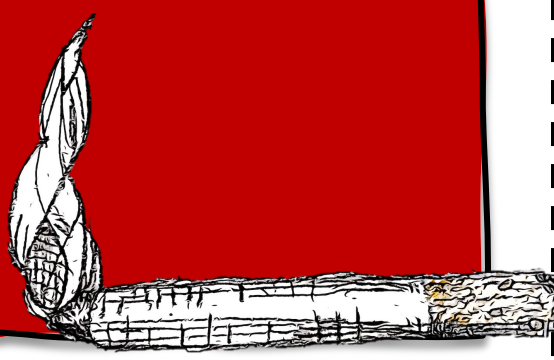

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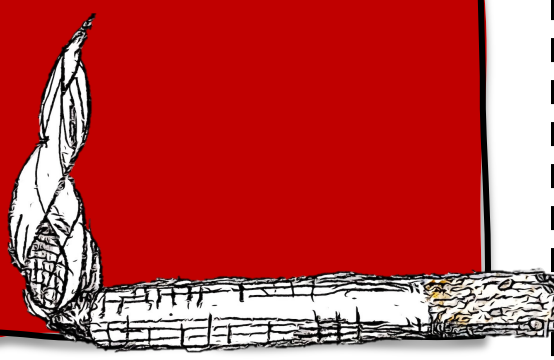

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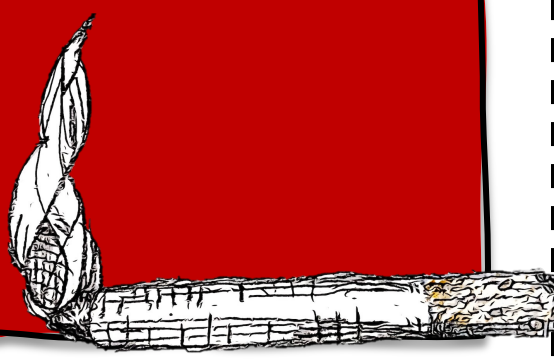
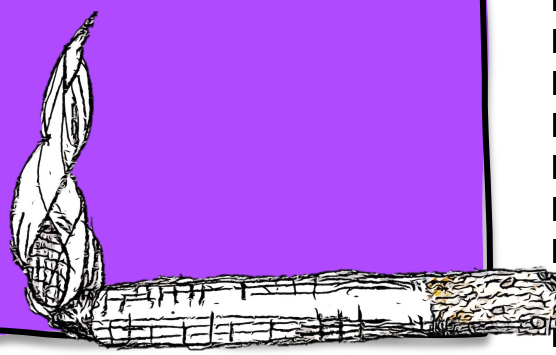
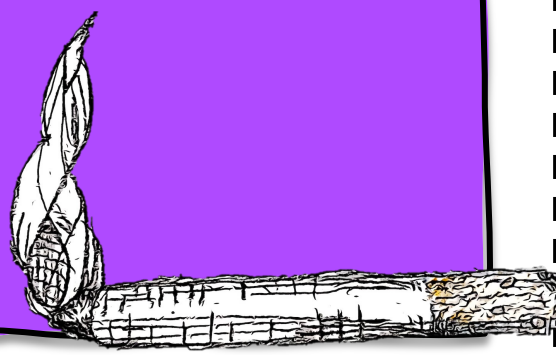


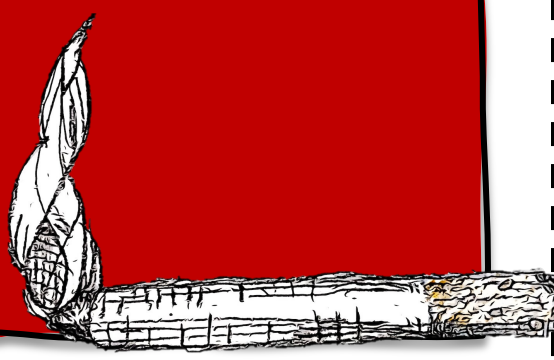
# Wortverbot



# Wortverbot



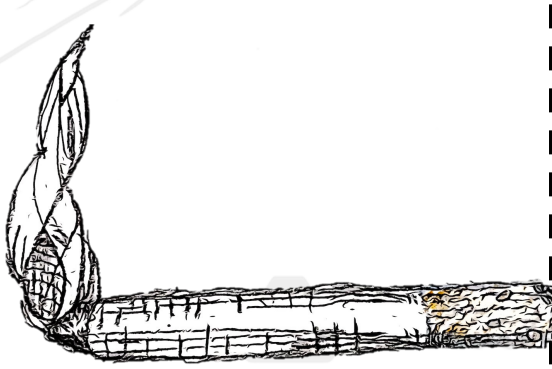
# Pantomime



# Wortverbot

# Nikotin

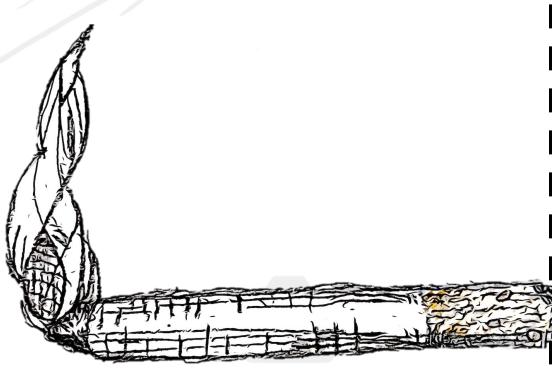
- Sucht
- Inhalt
- Tabak



# Wortverbot

# Teer

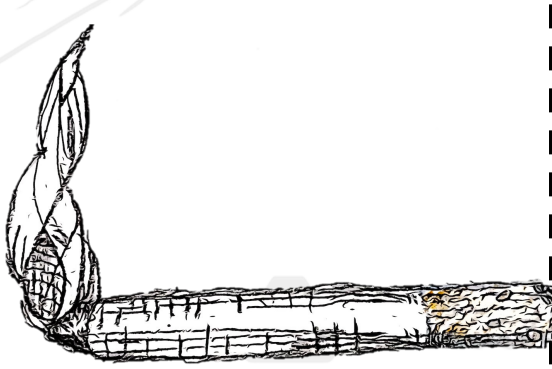
- dunkel
- Inhalt
- Tabak



## Wortverbot

# Kohlenstoff-monoxid

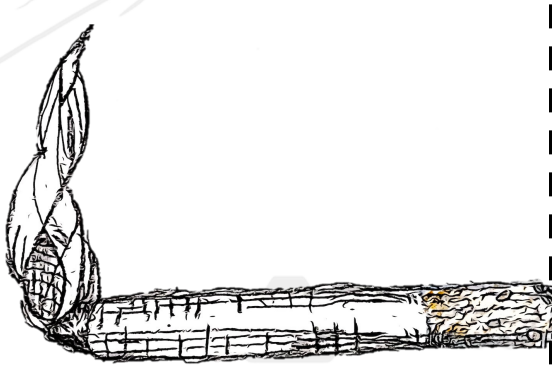
- Gas
- Sauerstoff
- giftig



# Wortverbot

# Flimmer-härchen

- Lunge
- Teer
- verkleben



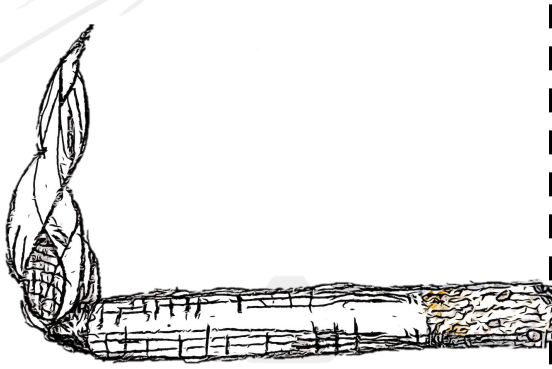
## Wortverbot

# Zigaretten-filter

Mund

Giftstoffe

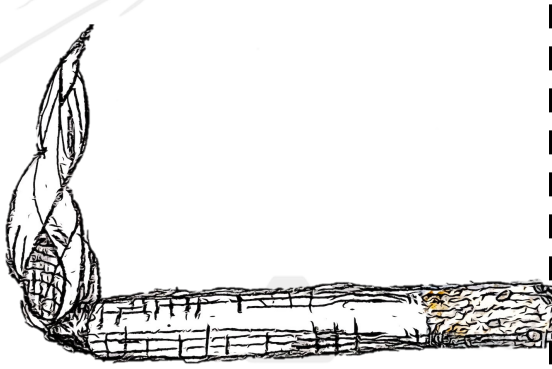
braun



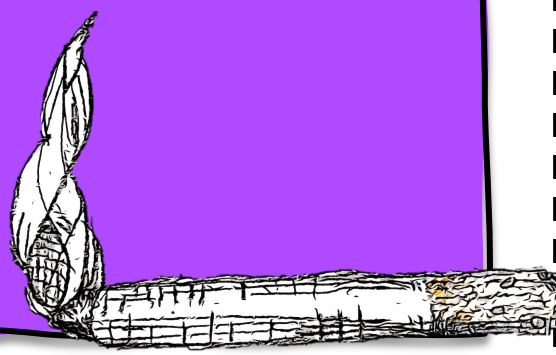
# Wortverbot

# Lungenkrebs

- Inhalte
- Tabak
- Krankheit



# Wortverbot



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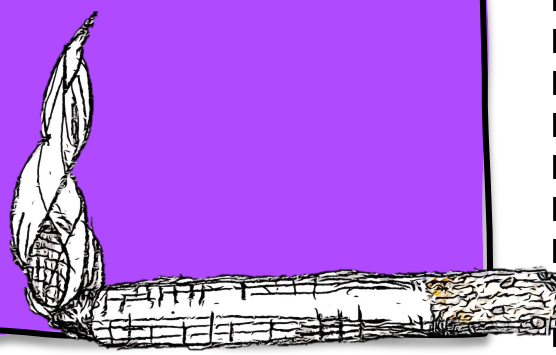

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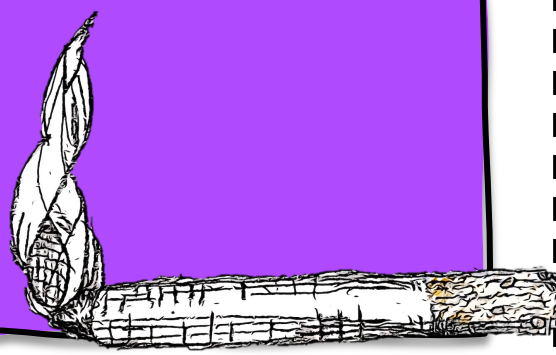

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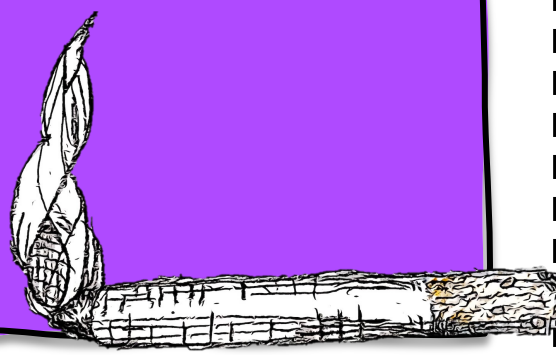

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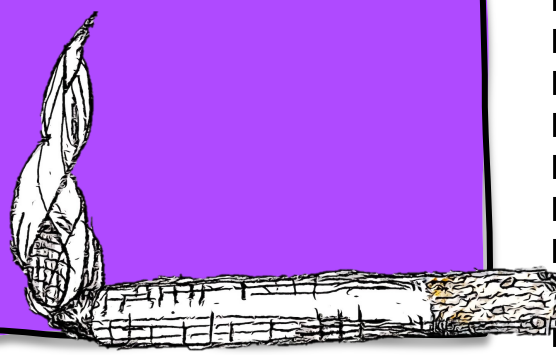

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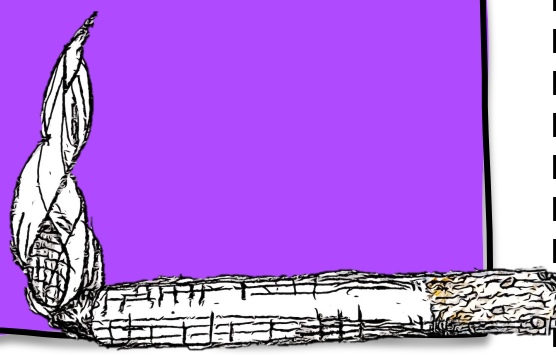
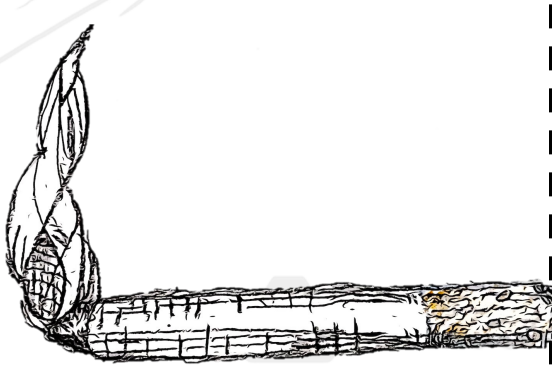


# Wortverbot

# Tabak

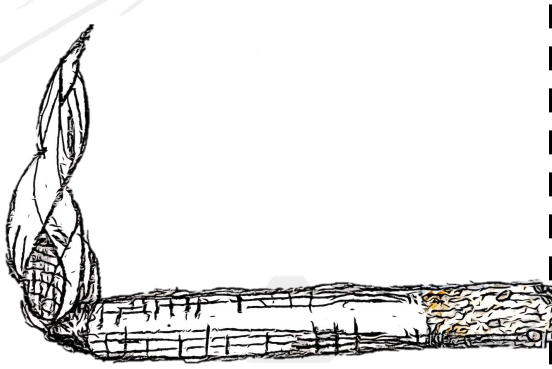
- Pflanze
- Zigarette
- Inhalt



## Wortverbot

# Sauerstoff-mangel

- Kohlenmonoxid
- müde
- Durchblutung



# ? Quiz

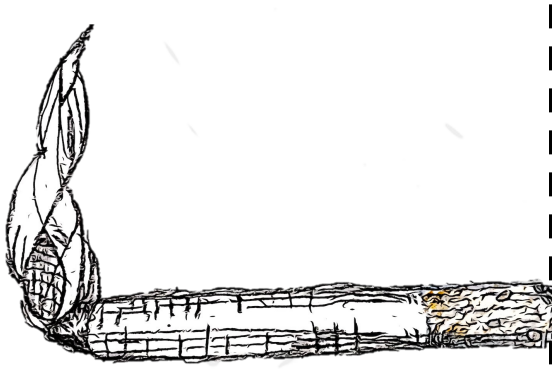
Ab welchem Alter ist das Rauchen in Deutschland erlaubt?

a) 14

b) 16

c) 18

d) 21



Richtige Antwort: c) 18

# ? Quiz

Wie viele Menschen sterben täglich allein in Deutschland an den Folgen des Rauchens?

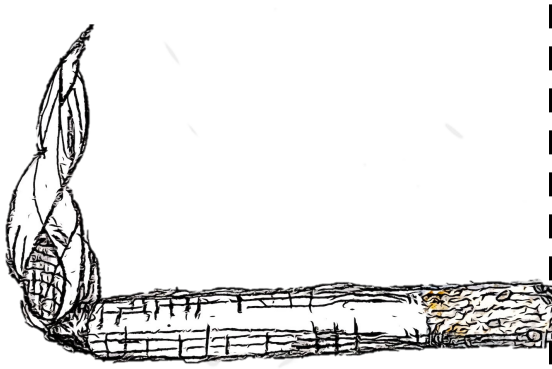
a) ca. 30

b) ca. 60

c) ca. 100

d) ca. 300

Richtige Antwort: d) ca. 300



# ? Quiz

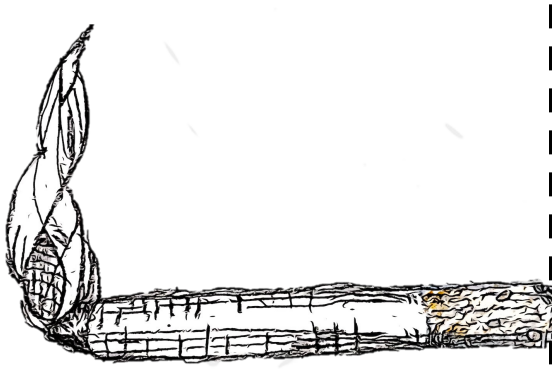
## Wie viele Stoffe sind im Tabakrauch enthalten?

a) 5

b) 50

c) 500

d) über 5.000



Richtige Antwort: d) über 5.000

# ? Quiz

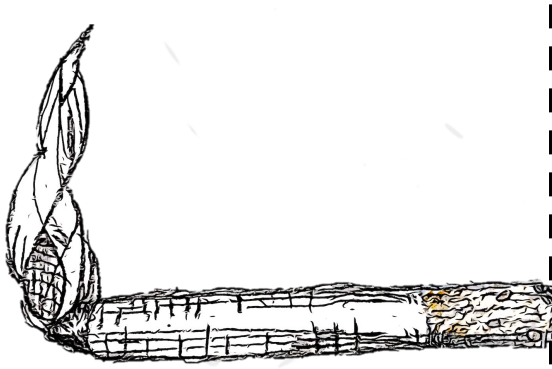
Wie lange dauert es im Durchschnitt, bis ein Zigarettenstummel in der Natur vollständig abgebaut wird?

a) 7 Tage

b) 7 Monate

c) 7 Jahre

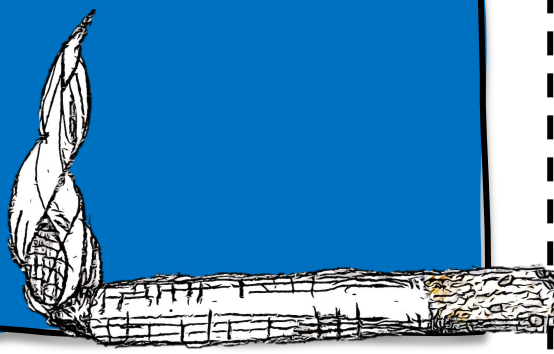
d) 70 Jahre



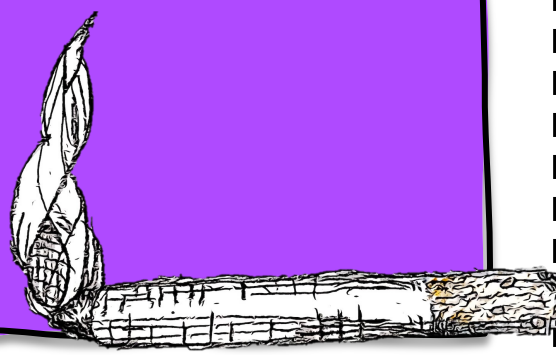
Richtige Antwort: c) 7 Jahre

?

# Quiz



# Wortverbot



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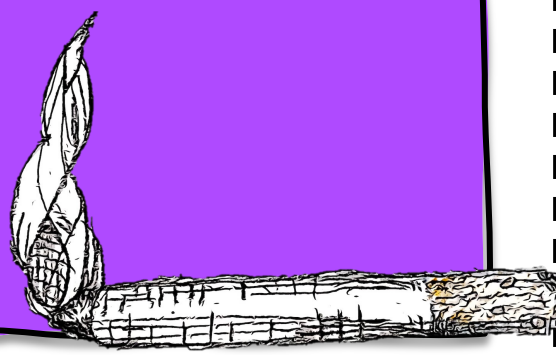

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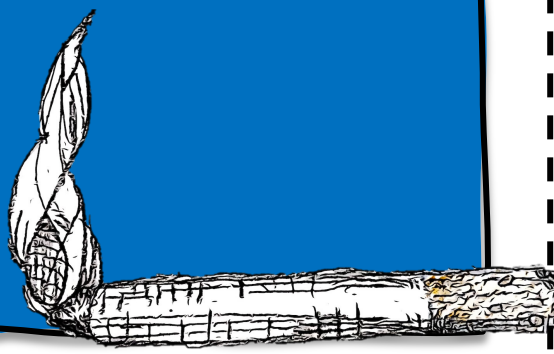
# Quiz



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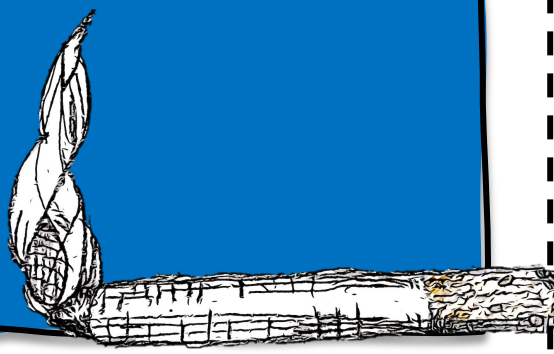
# Quiz



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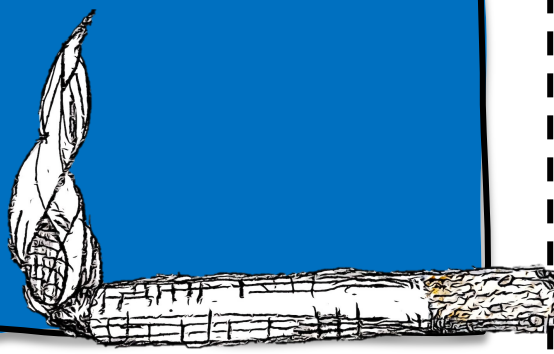
# Quiz



# ? Quiz

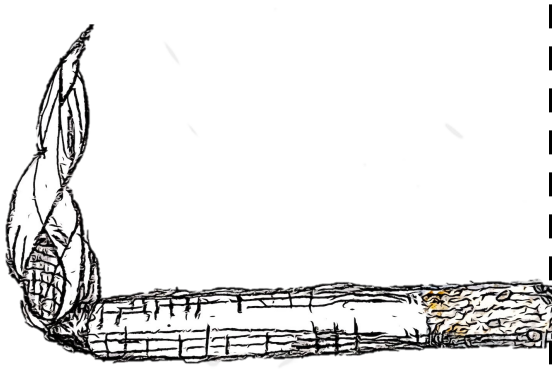
Wie viel bezahlen Raucher*innen in Deutschland, wenn sie jeden Tag eine Schachtel Zigaretten kaufen?

a) 250 Euro

b) 500 Euro

c) 2.500 Euro

d) 5.000 Euro



Richtige Antwort: c) 2.500 Euro

# ? Quiz

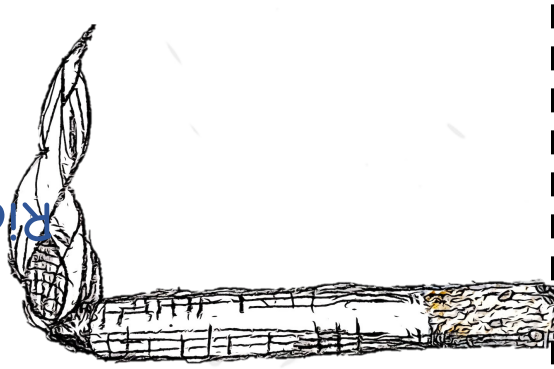
Wie lange dauert es, bis das Nikotin im Zigarettenrauch das Gehirn erreicht?

a) ca. 20 Sekunden

b) ca. 2 Minuten

c) ca. 20 Minuten

d) ca. 2 Stunden



Richtige Antwort: a) ca. 20 Sekunden

# ? Quiz

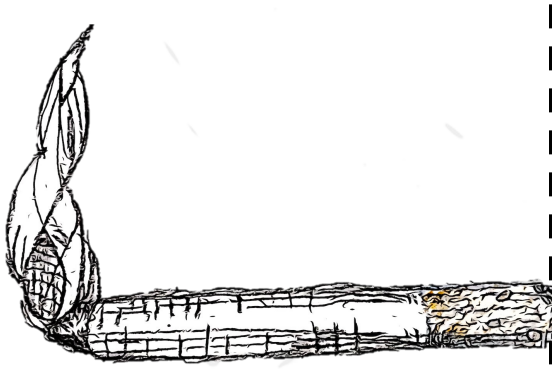
## Wie hoch ist die Verbrennungstemperatur einer Zigarette?

a) 200° Celsius

b) 400° Celsius

c) 600° Celsius

d) 800° Celsius



Richtige Antwort: c) 200° Celsius

# ? Quiz

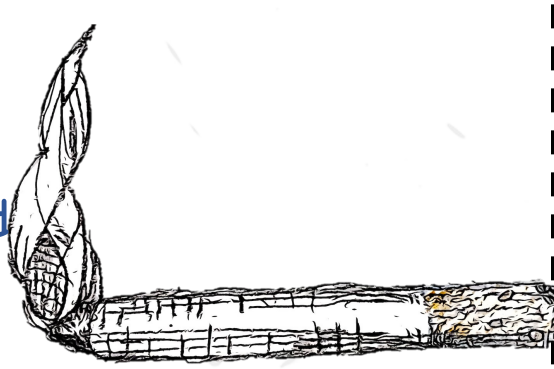
Wie viele Menschen in Deutschland waren im Jahr 2020 „tägliche Raucher*innen“?

a) 13,82 Tausend

b) 13,82 Millionen

c) 13,82 Milliarden

d) 13,82 Billionen



Richtige Antwort: b) 13,82 Millionen

# ? Quiz

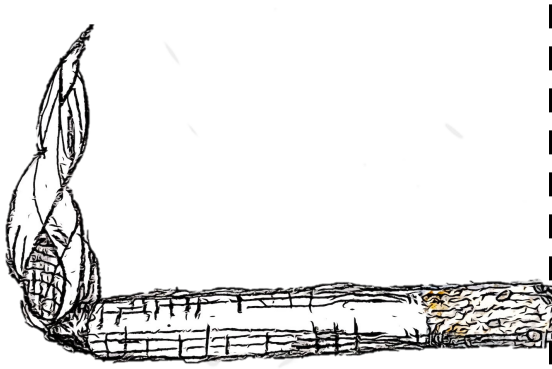
Wie viel Gramm weniger Geburtsgewicht haben Babys von rauchenden Müttern im Durchschnitt?

a) 20g

b) 50g

c) 150g

d) 200g



Richtige Antwort: d) 200g

# ? Quiz

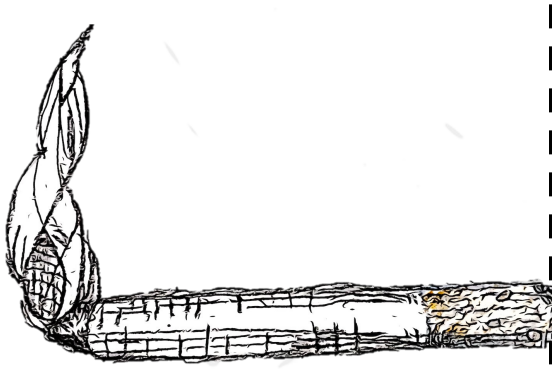
## Was verklebt Teer im Körper?

a) Flimmerhärchen und Lungenbläschen

b) Flimmerhärchen und Dickdarmwand

c) Lungenbläschen und Rachen

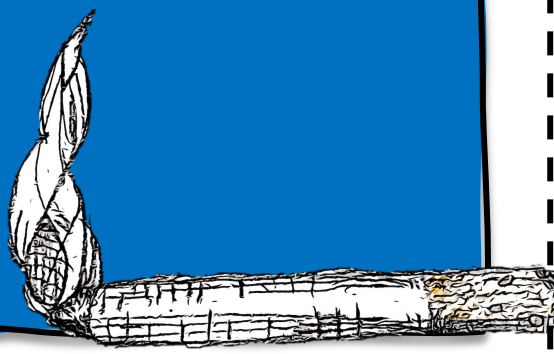
d) Flimmerhärchen und Dünndarmwand



Richtige Antwort: a)
Flimmerhärchen und
Lungenbläschen

?

# Quiz



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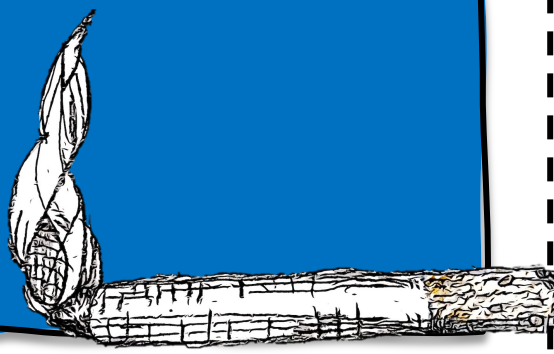
# Quiz



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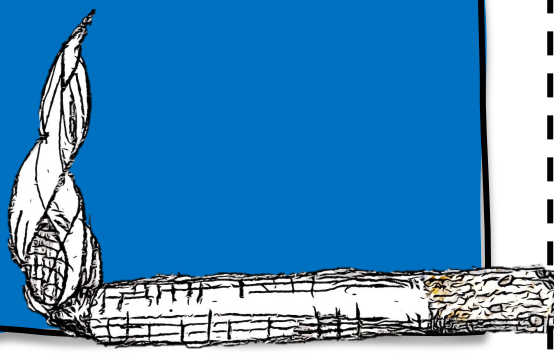
# Quiz



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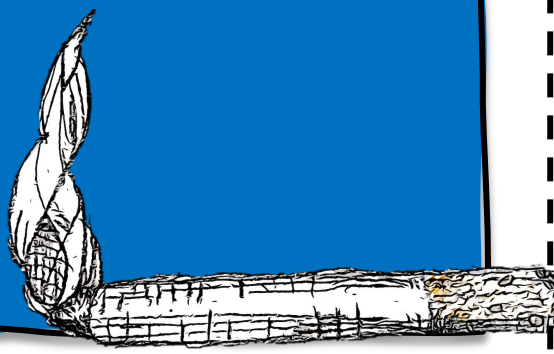

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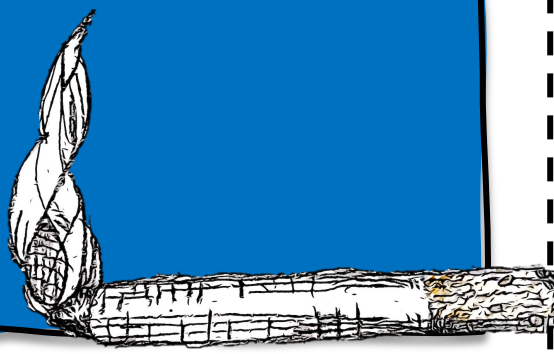

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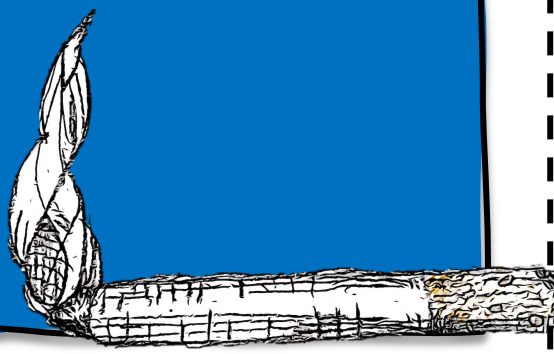
# Quiz



# E-Zigarette

# Aschenbecher

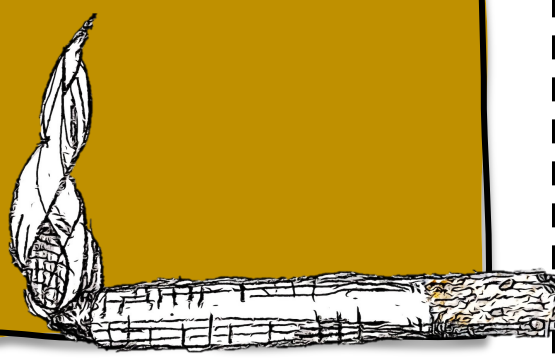
# Tabakpflanze

# Raucherlunge

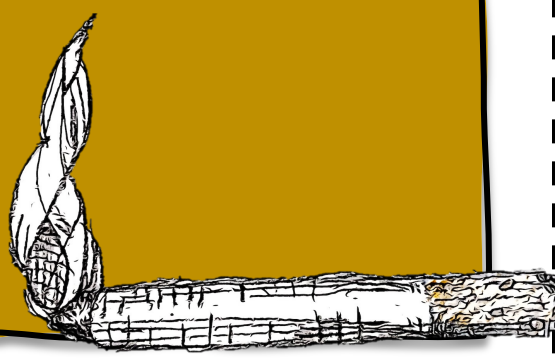
# Asche

# Bronchien

# Zeichenkunst



# Zeichenkunst



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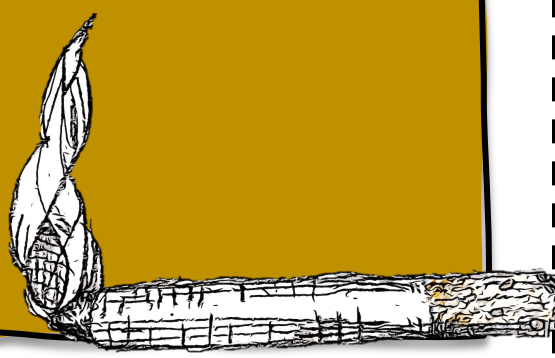

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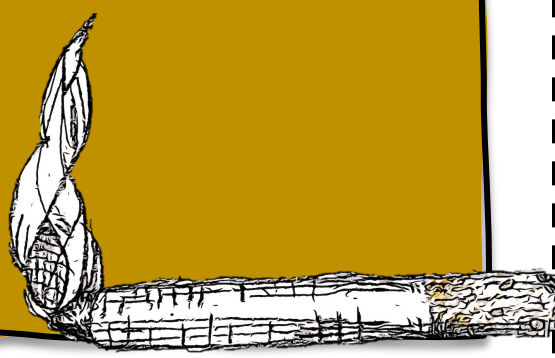

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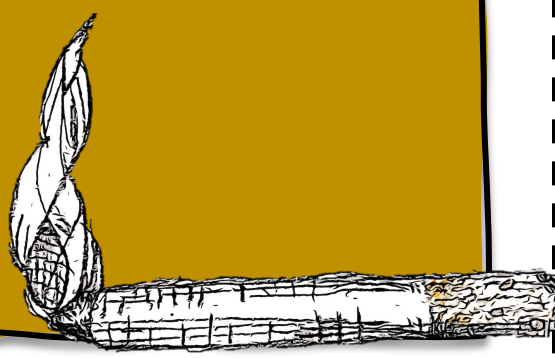

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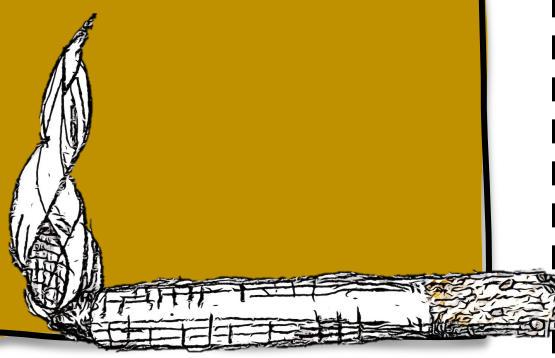


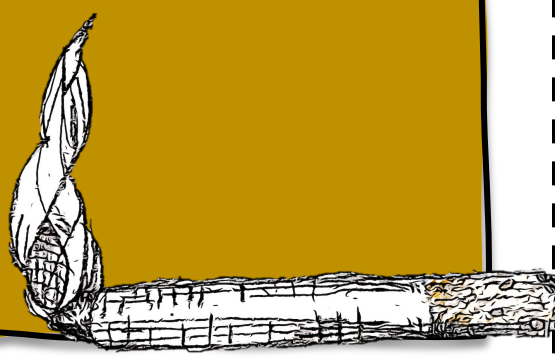
# Lungen-bläschen

# Wasserpfeife

# Zigaretten-filter

# Hauptrauch-strom

# Zeichenkunst



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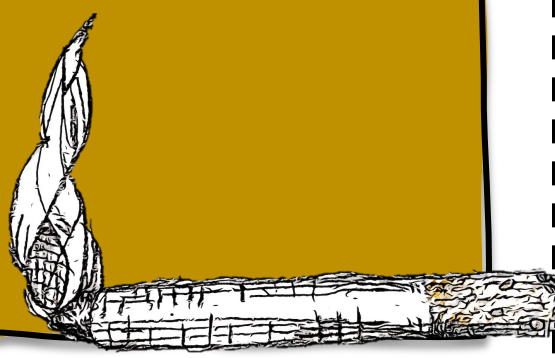

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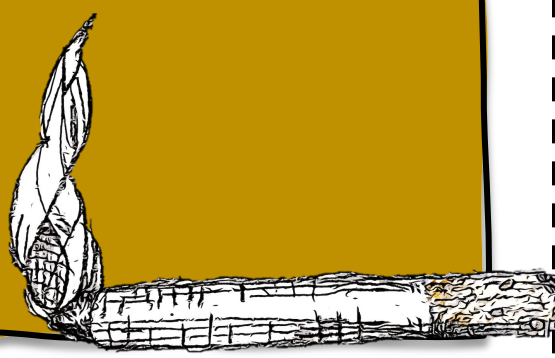

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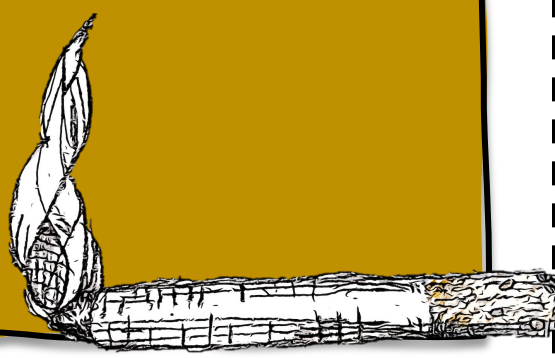

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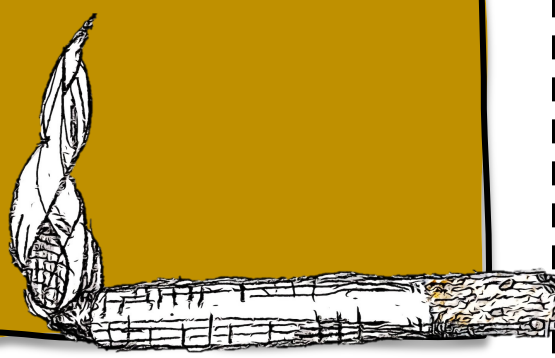
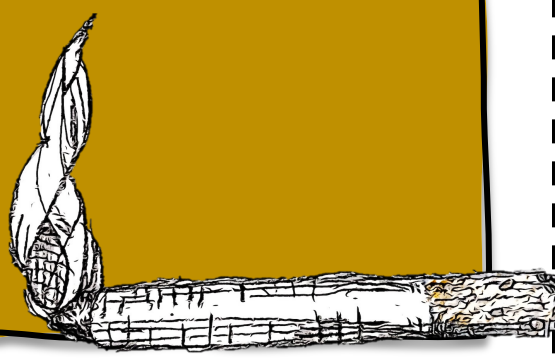
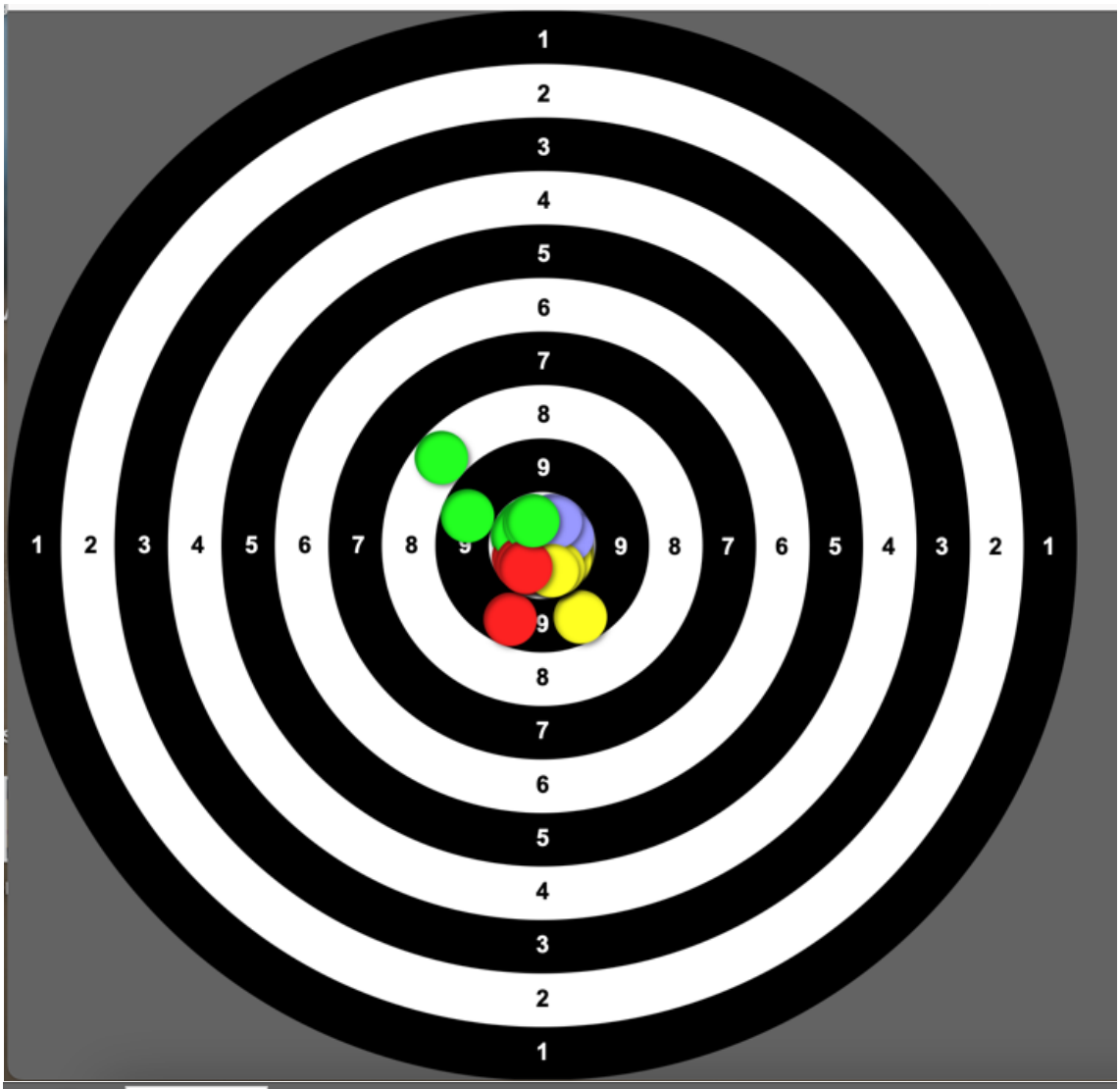
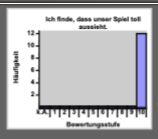


# Zeichenkunst

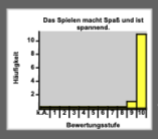


Evaluation unseres „Be Smart – Don´t Start“-Activity-Spiels

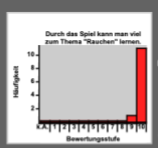




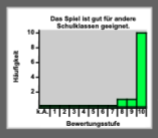
Ich finde, dass unser Spiel toll aussieht. (Ø=10 σ=0)



Das Spielen macht Spaß und ist spannend. (Ø=9.92 σ=0.28)



Durch das Spiel kann man viel zum Thema "Rauchen" lernen. (Ø=9.92 σ=0.28)



Das Spiel ist gut für andere Schulklassen geeignet. (Ø=9.75 σ=0.6)