

Nicotine Addiction Cycle Activity

Directions:

Give each person a card and ask them to arrange themselves in a circle from 1 to 16. Then have each member come up with a motion that explains whatever is written on their card. Have the person with card #1 begin. When it is the next person's turn (the person with card #2), he or she must repeat what the first person said and their motion before reading their own card and performing their own motion. Each person should repeat all the statements and motions starting with card #1 and then add his/her own statement and motion.

Example:

Person #1 "Nicotine enters the bloodstream"
(arms swooshing up and down)

Person #2 "Nicotine enters the bloodstream"
(arms swooshing up and down)
"The heart begins to beat faster"
(hands beating fast on chest)

The last person must repeat the entire nicotine cycle with each motion.

1. Nicotine enters the bloodstream

2. The heart begins to beat faster

3. Blood vessels constrict

4. Blood pressure increases

5. Skin temperature decreases

6. Less blood reaches the hands, legs and feet

7. More oxygen is pumped to the brain

8. Adrenaline is released into the blood

9. The liver releases fuel sugars into the blood

10. Fuel sugars break down the nicotine

11. The effects of nicotine begin to wear off

12. Carbon monoxide slows down the body

13. The heart begins to beat more slowly

14. Feelings of relaxation set in

15. Fuel sugars are used up

16. Lack of fuel sugars causes the body to crave more nicotine