

CHARADES

A christmas classic reinvented for the classroom - this is an easy way to get your students up on their feet and engaging with ways they may lower their cancer risk.

1. Divide the group into two teams, preferably of equal size
2. Each group nominates an "Actor"
3. Give the Actor for each group the following 4 phrases written on small pieces of paper (making sure the teams cannot see these words):
7. The winning team guesses the 4 words before the other team

**Eating a healthy diet
Exercising regularly
Avoiding alcohol
Avoiding smoking**

4. Set a timer for 3 mins
5. Each word must be acted out one at a time
6. Each group must guess all 4 actions from the Actor acting out each word to complete the game

BONUS ROUND!

Breast cancer is caused by lots of different factors, many of which we can't control. For extra points, ask your students if they can name (or act out) two of the things they can do to increase their chances of detecting breast changes at an early stage:

- **Regular boob or pec checking**
 - **Seeing a doctor if they notice anything unusual for them**
-



**EATING A
HEALTHY DIET**

**EXERCISING
REGULARLY**

**AVOIDING
ALCOHOL**

**AVOIDING
SMOKING**