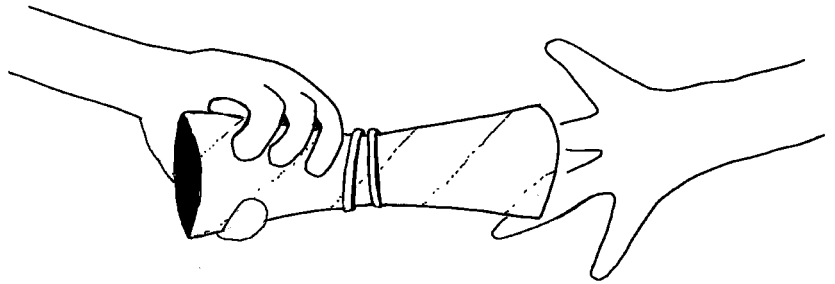


“Pass the Bronchial Tube”

Relay Race

Ages 5-12



Activity Objective:

A relay race to understand the anatomy and changes within a bronchial tube.

Teamwork will allow children to build (and then dismantle) a simulated bronchial tube in a fun and active race. It also illustrates the respiratory function involved in an asthma episode.

Instructions:

- Two teams are established to compete in the The Bronchial Tube Relay Race.
- Materials that will build and dismantle the “Bronchial Tube” are placed along different stations (see “Various Stations” listed on page 24) that may be set up in a line, in a circle or in a random pattern outside. This will simulate an asthma episode and the events that occur within an asthma episode (and those following medication).
- Teams choose members to be posted at each station, along with a starting runner.
- At each station explanations of the representative asthma action are given.
- Group leader yells “go,” and the first runners from each team go to the first station to pick up the tube and run it to the next station. Example: This cardboard tube represents a bronchial tube.
- At the next station, a relay runner is waiting. Runner #1 takes 4 rubber bands and puts them tightly around the outside of the “tube” representing constriction. After the tube is “constricted,” it is handed to Runner #2 who goes to the next station.
- At the Inflammation station, Runner #2 will stuff cotton and Play-Doh® (or comparable material) into the tube until it is full (to show the effects of inflammation and mucus) and hand it to Runner #3.
- At the Medication station, Runner #3 will call out the name of the medication that they (personally) use, and its effects ie, “I use _____ and it is a bronchodilator!” After this, Runner #3 hands the tube to waiting Runner #4 who goes on to the next area where the tube is then relieved of asthma symptoms.
- Reversing the effects of an asthma episode, Runner #4 will completely unstuff the tube and then hand it to waiting Runner #5.
- Runner #5 goes to next station where the rubber bands are removed and the tube is handed to Runner #6 who will then take the clear tube across the finish line.

(continued)

The various stations include:

Start:		Bronchial tube	Toilet tissue cardboard roll
Station #1	Constrict	Smooth muscle bands	Wrap rubber bands
Station #2	Create	Inflammation & mucus	Stuff cotton balls & Play-Doh®
Station #3	Medication	Name your Rx and its role	Call out the meds you use
Station #4	Decrease	Inflammation & mucus	Remove cotton balls & Play-Doh®
Station #5	Expand	Smooth muscle bands	Remove rubber bands
Station #6	Return	Bronchial tube to normal	End race, relieve asthma

NOTE: Stations can be combined to accommodate fewer participants if needed.

Materials Needed:

- Cardboard toilet paper tubes
- Rubber bands
- Cotton balls
- Play-Doh® or similar material that might be goopy and can simulate mucus
- Baseball bases or hula hoops, if available, can be used to clearly mark the location of each relay station and finish line. Stations should be placed a reasonable distance apart to facilitate an active, outdoor race.