

# Fun Frisbee Fairway

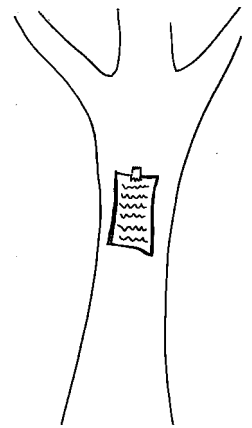
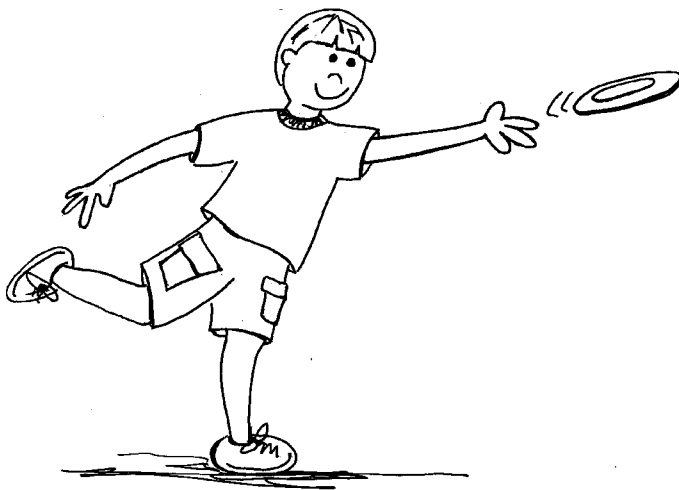
Ages 7-14

## Activity Objective:

This active activity challenges and affirms participant's awareness and knowledge of medication terms and devices.

## Instructions:

- This game resembles Frisbee Golf with an educational twist.
- Pick fun and creative targets throughout camp.
- Questions are taped to each target (see questions on page 40 and question cards on page 41-42).
- Using masking tape, label Frisbee with team player's name.
- An optional map could be given to each player.
- The first person or people to hit target with Frisbee and get question correct receives a sticker.
- Place stickers on Frisbee as a scoring mechanism.
- The winner is determined by who has the most stickers.
- Winner keeps Frisbee.



## Materials Needed:

- Frisbees
- Tape
- Marker
- Question cards

# Questions for Fun Frisbee Fairway

- 1) Demonstrate proper use of inhaler technique.
- 2) Demonstrate proper use of dry powder inhaler technique.
- 3) Demonstrate proper use of a peak flow meter.
- 4) Name one thing you should do in using a nebulizer.
- 5) Demonstrate proper use of a nasal inhaler.
- 6) Where do you put a spacer?
- 7) What should you do after you take your inhaled steroid?
- 8) How long should you wait before taking your second puff of an inhaler?
- 9) When should you notify your asthma doctor?
- 10) What should you do if you are in your yellow peak flow zone?
- 11) What is a bronchodilator?
- 12) Does a Leukotriene Receptor Antagonist relieve or prevent your asthma symptoms?
- 13) If you have exercise-induced asthma when should you take your bronchodilator, if it is a short-acting beta agonist?
- 14) What is the difference between quick-relief and long-term controllers?
- 15) Name the medications you take and which one is the long-term controller.
- 16) What is the difference between Serevent and Foradil?

# Question Cards for Fun Frisbee Fairway Game

Just copy the cards below and cut on dotted lines

**Demonstrate  
proper use of  
inhaler technique**

**Demonstrate  
proper use of a  
nasal inhaler**

**Demonstrate  
proper use of  
dry powder inhaler  
technique**

**Where do you put  
a spacer?**

**Demonstrate  
proper use of a  
peak flow meter**

**What should you do  
after you take your  
inhaled steroid?**

**Name one thing  
you should do  
in using  
a nebulizer**

**How long should you  
wait before taking  
your second puff  
of an inhaler?**

# Question Cards for Fun Frisbee Fairway Game

Just copy the cards below and cut on dotted lines

**What should you do if you are in your yellow peak flow zone?**

**If you have exercise induced asthma when should you take your bronchodilator, if it is a short-acting beta agonist?**

**When should you notify your asthma doctor?**

**What is the difference between quick-relief and long-term controllers?**

**What is a bronchodilator?**

**Name the medications you take and which one is the long-term controller.**

**Does a Leukotriene Receptor Antagonist relieve or prevent your asthma symptoms?**

**What is the difference between Serevent and Foradil?**