

Treasure Hunt

Ages 7-13

Activity Objective:

Group members are educated about the role of long-term controllers and quick-relief medications. They will receive the opportunity to classify their asthma medications according to those categories in a creative and experiential manner.



Instructions:

- Each child lists aloud their asthma medications. The list is written on a small strip of poster board that has a magnet on the back.
- The group leader, along with the group, sorts the medication into a category of either long-term controller, quick-relief medication or both.
- Group leader then takes away or covers the category heading and rearranges the medication (out-of-order).
- A yellow object (a small rubber superball or some other type of small colored object) represents the quick-relief medications. A green object represents long-term control medications. The colored objects are hidden inside a sandbox or sand-filled area, along with other small objects of your choice. Make sure that you have enough of the yellow and green objects based on the number of medications specified. (Other material in which items can be buried besides sand could be rice, gelatin, shaving cream, rocks or dirt.)
- Participants take turns searching for buried treasure by plunging hands into the sandbox to search for either yellow or green objects.
- Once the colored items are found, campers place them next to the corresponding medication.
- The medication lists are then rearranged under the category of either long-term controller or quick-relief medication. This will reinforce the learning about medication types.

Materials Needed:

- Sandbox
- Sand (Other material ie, rice, gelatin, shaving cream, rocks, dirt or mucus recipe on page 21)
- Magnets
- Poster board
- Markers
- Yellow and green small objects such as superballs or other small objects (asthma related)