

Pop or Play Balloon Game

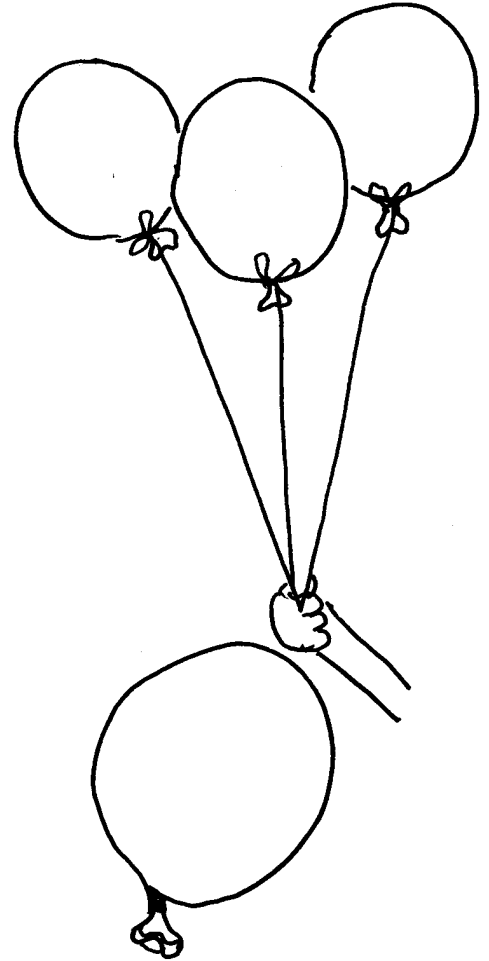
Ages 7-14

Activity Objective:

This fun and messy activity incorporates a game and race to learn about environmental control issues.

Instructions:

- Preblown non-latex balloons and disposable safety razors are given to each camper. Shaving cream will be on hand for each player who will take a small amount of shaving cream for slathering all over the non-latex balloon.
- Each player who successfully shaves their non-latex balloon without popping it will get the chance to answer a question about environmental control (see page 68 for Environmental Control Questions).
- Group leader(s) serve as scorekeepers; correct answers are rewarded with 5 points each.
- After the question is posed and either correctly answered or the answer is explained (if the contestant provides the incorrect answer), the activity repeats with another small amount of shaving cream on the non-latex balloon.
- The camper who has accumulated the most points wins!
- Collect disposable safety razors at completion of game.



Materials Needed:

- Non-latex balloons, pre-blown (enough for at least 3 to 4/camper) and tied
- Shaving cream or foam
- Disposable safety razors (for younger campers, keep protective tops on to avoid cuts)
- Environmental Control Questions on page 68

Environmental Control Questions

- 1) What is the most common indoor allergen that triggers asthma? Dust Mite
- 2) Name an allergen that is microscopic in size? Dust Mite
- 3) What feeds on food particles, dead skin cells of humans & animal dander? Dust Mite
- 4) Mattresses, pillows, bedding and carpeting have the highest population of what? . . . Dust Mite
- 5) Wash bedding in what temperature of water? Very hot, hot or cold water. Very hot (130°F)
- 6) Allergy proof encase what item in your bedroom?. Pillows, mattresses, box springs
- 7) Tape the zippers of what item?. Allergy proof encasings
- 8) Take your _____ on vacation Own pillow, action plan, medication
- 9) Use pillows made of what? Dacron, polyester or comforel
- 10) Vacuuming should be done how often?. One time per week
- 11) Leave room for how long after vacuuming? One – two hours after cleaning
- 12) What type of mop should be used? Damp
- 13) Wash bed linens how often?. Every other week
- 14) Stuffed animals may be kept in the _____. Freezer
- 15) Furnace filters should be changed how often? Monthly
- 16) Try to avoid living on what level of a house?. Basement
- 17) Avoid what type of pillow? Feather
- 18) Avoid having what type of flooring? Carpet
- 19) What should be kept out of your bedroom? Furry Pets
- 20) Wash your _____ after coming in contact with a cat Hands
- 21) Bee pollen capsules may contain what type of pollen? Ragweed
- 22) Can mold be found indoor, outdoor or both?. Both
- 23) Molds thrive on what?. Moisture, space to grow and outdoor particles (leaves, paper, dirt)
- 24) Outdoor mold is present most of the year except when? During a snow cover
- 25) The peak mold season is? End of summer through early fall
- 26) Hayrides would be a good thing to do if you have a mold allergy, True or False? False
- 27) Feathers can be found where? Pillows, beds, comforters, jackets, sleeping bags, birds
- 28) What pets are allergy safe? Fish, snakes, frogs
- 29) What pollinates during March, April, and early May? Trees
- 30) During pollen season keep your windows _____? Shut
- 31) The best time of day to be outdoors during pollen season is _____. Late afternoon & evening
- 32) Amounts of pollens are heaviest during what time of day? Early morning hours
- 33) When it comes to grass, what activities should be avoided? Cutting, raking & bagging
- 34) Avoid freshly cut grass for _____ hours? 6 hours
- 35) What type of bug can worsen asthma? Cockroach
- 36) Cigarette smoke is a harmful irritant, True or False? True