

# Asthma Camp Carnival

## All Ages

### Activity Objective:

To have a special daytime or evening program dedicated to having fun while reinforcing important asthma messages.

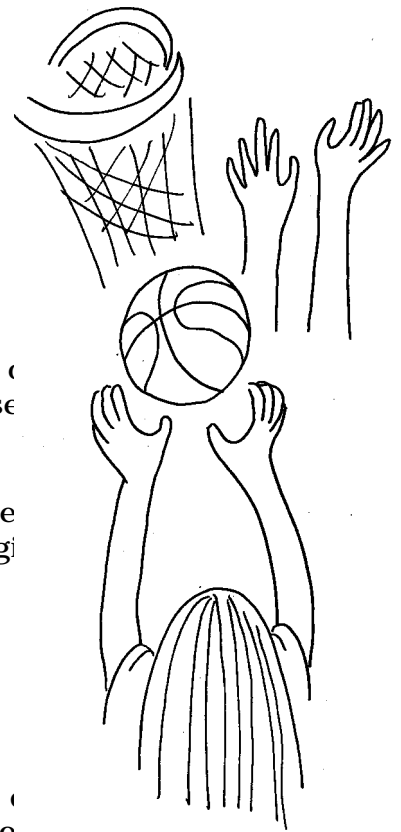
### Instructions:

- Group leaders and/or older campers create a designated outdoor or indoor area to set up Carnival booths (tables and signs can be used).
- Each cabin/group is in charge of designing and running booth.

Each booth needs small prizes or tickets that they will give out to the winners of their booth activity. If tickets are given, then a separate gift award area needs to be developed.

- The list of booth options are:

- 1) Musical Mucus Walk – Musical Chairs
- 2) Lung Toss – Throw bean bag through lung target
- 3) Table-Top Spacer Slapshot – Place spacer on end of metered dose inhaler. Use a ping pong ball to shoot with spacer/inhaler into target. There are 2 possible goal targets: long-term controller and quick-relief.
- 4) Pulmonary Putt-Putt – Golf hole (lung-shaped hole), paper towel roll is a tunnel representing a bronchial tube. Players can shoot golf ball directly into target hole or through tube, which is directed into the hole.
- 5) Mucus Monster Toss – Set up a cardboard structure with a cut-out for a group leader's face. Throw sponge at group leader within target. The sponge represents diluting a thick mucus plug.
- 6) Bronchial Burn-out/Bronchial Ball out – Shoot squirt gun at candles to extinguish, representing getting rid of inflammation. A variation includes placing ping pong balls on top of plastic bottles and squirting them off the bottles.
- 7) Peak Flow Pops – Lollipop trees: Color the bottom of sticks red, yellow, green - + representing peak flow zones. Place them into an upright styrofoam cone or paper towel tube, thus hiding colors on stick bottoms. Players choose pops from the "tree". Red – Put lollipop back; yellow – Keep lollipop; Green – Keep lollipop and take another turn. Display peak flow zone poster at booth.
- 8) "Early Warning Sign" Shoot – Set 4 marks where a camper can throw the basketball from. The closest mark is a mild early warning sign – cough; second mark (less mild) – wheeze; third (more significant) – shortness of breath; etc.



*(continued)*

- 9) **Trigger Duck Pond** – Set up floating ducks (or other floating type item) in a water filled area. Ducks have on the bottom either a trigger, the word “avoid” or “o.k.” Campers choose 2 ducks and one needs to be a trigger and the other needs to be the appropriate response based on their personal asthma triggers.
- 10) **Trigger Ten Pin** – Place large plastic soda bottles with pictures of different triggers into a bowling set-up. Campers are instructed to knock them all down with a medium size rubber/soft ball.
- 11) **Smooth Muscle Band Toss** - Rings represent smooth muscle bands and wooden dowels (16 oz. plastic bottles) represent bronchial tubes. Each camper is given 3-4 rings and they need to throw them on top of the wooden dowel.
- 12) **“Early Warning Sign” Search** – A back drop is covered with early warning signs (wheeze, cough, shortness of breath, low peak flow, runny nose, etc.) Each camper is blindfolded and given an inhaler cut-out with tape on the back or velcro and they have to find the early warning sign and cover it with inhaler.
- 13) **Medication Match** – Set up different buckets labeled: bronchodilator, leukotriene modifier, inhaled corticosteroid, long-acting beta2-agonist, short-acting beta2-agonist, oral corticosteroid, nasal inhaler, etc. Have different bean bags/balls labeled with the medication name. Camper needs to throw medication ball into correct bucket.
- 14) **Tic-Tac-Toe Action Plan in a Row** – Create an oversized Tic-Tac-Toe board with masking tape on the ground. Place 9 different positive asthma actions in the squares (ie, avoid triggers, check peak flow, recognize early warning signs, take asthma medication, drink liquids, warm up before exercise, use a pillowcase encasing etc).