Breathing Battle

All Ages

Activity Objective:
This program is a day/evening event dedicated to team building, asthma education, and exercise. This Olympic type challenge is an excellent program for the culminating of camp. It incorporates all of the positive educational messages that have been communicated throughout the summer.

Instructions:
● Children are divided into groups of 12-15.
● Each group needs to have a range of ages to balance the competition.
● Older kids can be group leaders.
● Opening ceremony marks the beginning of the “Breathing Battle”.
   — Program is explained.
   — Each group is assigned a team color. (Wear clothes with team color, headbands, face/body paint.)
   — Team names are passed out.

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Suggested Names:

<table>
<thead>
<tr>
<th>Bronchial Bombers</th>
<th>Mucus Monsters</th>
<th>Oxygen Obliterators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lightening Lungs</td>
<td>Asthma Attackers</td>
<td>Pulmonary Pulverizers</td>
</tr>
<tr>
<td>Atomic Alveoli</td>
<td>Breathing Blasters</td>
<td>Diaphragm Dynamos</td>
</tr>
</tbody>
</table>

— Schedules are passed out.
— Rules are discussed.
— Supplies are distributed.
— Explain point structure:
  ● Team spirit – Importance of team spirit, working cooperatively together
  ● Creating team song, cheer and banner – All communicating positive messages that reflect the importance of taking charge of their asthma and being in control. Incorporate team name and color.
  ● Event performance
  — Teams meet individually to strategize their day. Write cheer and create banner.
  — Begin events. (See Event Options on page 120.)
  — All teams gather and sing team song.
  — Judges announce scoring.
  — Having an award ceremony to close the “Breathing Battle”.

(continued)
Event Options

- Create a human pyramid using all team members. Once successfully in position each player needs to say one of their asthma medications that they use.

- Relay Races:
  - Alveoli Toss (use egg)
  - Trash liner bag race, 3 legged race (tie ankles together with a scarf)
  - Wheelbarrow race
  - Crab walk
  - Spoon in mouth, hands behind back and place M&M’s on spoon
  - Spin around a bat with nose on top of bat’s end. Spin 10 times and run
  - Move ball with nose a predetermined distance
  - 2 people run with a pillowcase encasing that has, on top of it, 3 metered dose inhalers without letting them fall
  - Run with water balloon between knees to other side
  - Whole team is attached by putting hands on the ankles of the person in front
  - Have a can/bucket at each end, one filled with water and a sponge and one empty. Run back and forth trying to fill empty bucket with sponge
  - Wet t-shirt run/relay. Put on wet t-shirt and run a distance and give to next person

At the completion of each relay the team suggests an asthma management technique

- Bubble Gum Blowing Contest (list one environmental control suggestion)

- Smooth Muscle Band of War (tug-of-war)

- Mucus Slide Race – with a large tarp/trash-liner type material create the base and use water hoses to keep it wet. Locate it down a slope/hill (not too steep).

- Eating crackers and whistling and then explain what asthma is

- Team song contest

- Team banner judging

- 5 Baskets in a row (with each basket they need to list an asthma trigger)

- Tennis ball volley 10 times

- Team volleyball

- Archery team target totals. Place early warning signs on different parts of target. Assign points for each early warning sign

- Set up a tent and take it down

- Swamp a canoe

- Canoe race

- Team peak flow. Add team’s peak flow numbers

- Hula hoop contest

(Additional asthma education questions can be taken from the “Asthma Education Game Question” list on pages 65-66).