

# Capture The Asthma Flag

Ages: 8-14

## Activity Objective:

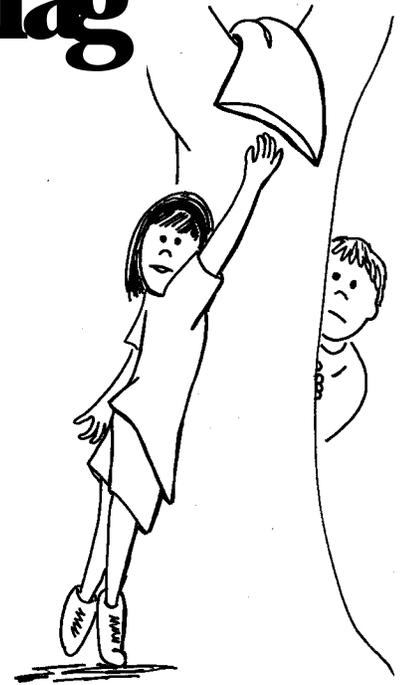
This activity helps to clarify and educate children about quick relief and long-term control medication categories.

## Instructions:

- Counselor reviews, in discussion format, the medication categories of quick relief and long-term controllers.
- Group is divided in half.
- Each group receives an environmental control pillowcase encasing (real or simulated) and is given either the category of quick-relief medication or long-term controllers.
- Each group is instructed to creatively design their team flag (pillowcase encasing). The design needs to reflect information about their asthma medication category. They are also informed that at the end of the game the other team will need to decipher their flag and explain what message the flag is trying to communicate.

## Materials Needed:

- Markers
- Paper
- Pen
- 2 environmental control pillowcase encasings
- Flashlights (if played in the evening)
- Material to declare boundaries (rope, cones, chairs, chalk)



- The object of the game is to find the opposing team's hidden flag and then reveal its message.
  - Parameters are defined regarding where the flag can be hidden, where each team's territory and jail are.
- Can be played at night in the woods.**
- A 5-minute time frame is set to hide the flags.
  - If a player gets caught and tagged by an opponent in their own territory they are sent to jail. They can be set free if a teammate tags them.
  - Once the opposing team's flag is found they must decipher the flag and explain the asthma category and flag's message.
  - A meeting time and location for the conclusion of the game should be predetermined.
  - The first team to find a flag and decipher it correctly wins. Both flags should be deciphered, thus allowing for a tie. Different point structure can be used, awarding one point for deciphering and two points for capturing the flag.