Fun Frisbee Fairway

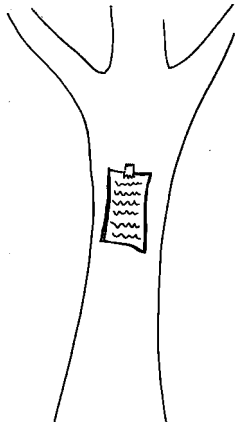
Ages 7-14

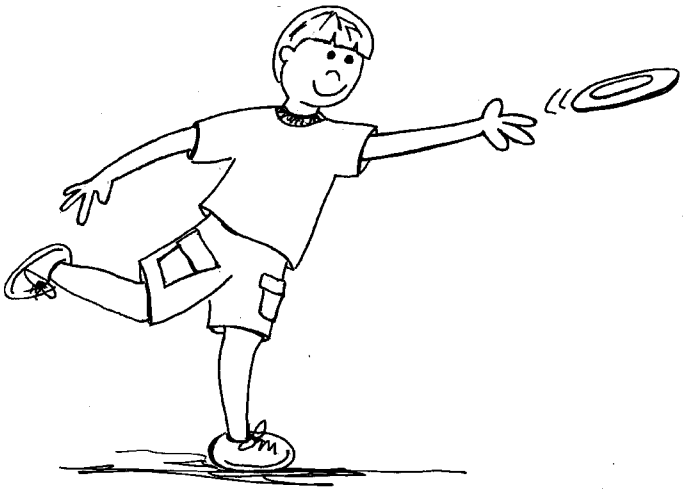
Activity Objective:

This active activity challenges and affirms participant's awareness and knowledge of medication terms and devices.

Instructions:

- This game resembles Frisbee Golf with an educational twist.
- Pick fun and creative targets throughout camp.
- Questions are taped to each target (see questions on page 40 and question cards on page 41-42).
- Using masking tape, label Frisbee with team player's name.
- An optional map could be given to each player.
- The first person or people to hit target with Frisbee and get question correct receives a sticker.
- Place stickers on Frisbee as a scoring mechanism.
- The winner is determined by who has the most stickers.
- Winner keeps Frisbee.





Materials Needed:

- ☐ Frisbees
- ☐ Tape
- ☐ Marker
- ☐ Question cards

Questions for Fun Frisbee Fairway

1) Demonstrate proper use of inhaler technique.
2) Demonstrate proper use of dry powder inhaler technique.
3) Demonstrate proper use of a peak flow meter.
4) Name one thing you should do in using a nebulizer.
5) Demonstrate proper use of a nasal inhaler.
6) Where do you put a spacer?
7) What should you do after you take your inhaled steroid?
8) How long should you wait before taking your second puff of an inhaler?
9) When should you notify your asthma doctor?
10) What should you do if you are in your yellow peak flow zone?
11) What is a bronchodilator?
12) Does a Leukotriene Receptor Antagonist relieve or prevent your asthma symptoms?
13) If you have exercise-induced asthma when should you take your bronchodilator, if it is a short-acting beta agonist?
14) What is the difference between quick-relief and long-term controllers?
15) Name the medications you take and which one is the long-term controller.
16) What is the difference between Serevent and Foradil?

© 2003 Child Dynamics L.L.C.

Question Cards for Fun Frisbee Fairway Game

Just copy the cards below and cut on dotted lines

Demonstrate proper use of inhaler technique	**Demonstrate proper use of a nasal inhaler**
Demonstrate proper use of dry powder inhaler technique	**Where do you put a spacer?**
Demonstrate proper use of a peak flow meter	**What should you do after you take your inhaled steroid?**
Name one thing you should do in using a nebulizer	**How long should you wait before taking your second puff of an inhaler?**

Question Cards for Fun Frisbee Fairway Game

Just copy the cards below and cut on dotted lines

What should you do if you are in your yellow peak flow zone?	**If you have exercise induced asthma when should you take your bronchodilator, if it is a short-acting beta agonist?**
When should you notify your asthma doctor?	**What is the difference between quick-relief and long-term controllers?**
What is a bronchodilator?	**Name the medications you take and which one is the long-term controller.**
Does a Leukotriene Receptor Antagonist relieve or prevent your asthma symptoms?	**What is the difference between Serevent and Foradil?**

 For more info on the Consortium on Children's Asthma Camps visit www.asthmacamps.org • © 2003 Child Dynamics L.L.C.