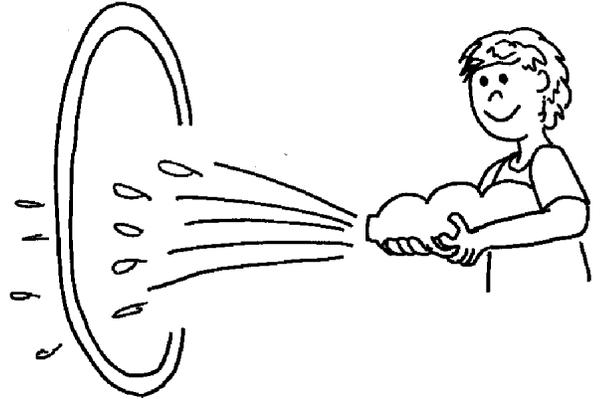


# Obsta-Cool Course

Ages 5-14

## Activity Objective:

An obstacle course will be the highlight of this team-based race to answer questions about triggers and early warning signs for asthma. Lots of exercise and knowledge will be gained as teams compete to win the race with correct answers.



## Instructions:

- Two teams should be established for this obstacle course race game. A stopwatch or watch with second hand can be used to keep track of time for each player.
- Runners will take their marks at the beginning of the course.
- Group leaders will pose a question (see Asthma Education Game Question list on page 65), shout “GO”, and the runners will go to the first activity station, answer the question and then complete a task.
- Correct answers are rewarded with points (the runner’s team will get the points; group leader is the scorekeeper):
  - 5 points for correct answer
  - 5 points for completing each task
- After the question is answered (or the counselor provides the informational answer), the same runners take their marks and get ready for the next question and challenge. Group leaders pose the question, shouts “GO”, runners move to the next station to answer that question and complete the task.
- The race continues until all challenges are complete.
- After the first two runners complete the race, the next two representatives get ready to run their race.
- The team with the most cumulative points, wins the game.
- 4-5 activities per race are recommended.

## Wet/Wild Obstacle Course Activities (Near waterfront, pool, sprinklers, etc.):

- 1) Drop-kicking a non-latex water balloon.
- 2) Jumping rope in the sprinkler spray.
- 3) Shooting a squirt gun at a predetermined target.
- 4) Transfer water from one filled bucket to an empty, waiting bucket.
- 5) Throw a water balloon through a tire/hula-hoop target.
- 6) Carry an ice cube from one location to another.
- 7) Pop a water balloon by sitting on it.
- 8) Swim a lap or complete a short canoe lap.
- 9) Other creative non-latexwater challenges, depending on materials available.

*(continued)*

## Land-lubbers Course (Dry)

- 1) Leap-frog a team member.
- 2) Crawl through the legs of another team member.
- 3) Alternate feet through lined up hula hoops/tires.
- 4) Set up two cones opposite each other; run a figure 8 around them.
- 5) Throw a ball, football or frisbee into a circular target (tire, hula hoop).
- 6) Potato Sack Race (or use trash liners).
- 7) Carry an egg on a spoon from one location to another.
- 8) Shoot and make a basket (if basketball court available).
- 9) Chew fresh bubble gum and blow 3 consecutive large bubbles.
- 10) Other creative outdoor challenges, depending on materials available.

## Alternative Game (No Water):

This alternative can be played in a gym, on a field or grassy area.

- Group leader can pose question to players and they can do the following activities to get to the answer they feel is correct:

- 1) Leapfrog a team member.
- 2) Crawl through the legs of another team member.
- 3) Alternate feet through hula hoops or tires lined up on the ground.
- 4) Figure 8 a set of cones.
- 5) Throw a ball, football or frisbee through a circular target.
- 6) Other short activities, depending on materials available.

### Materials Needed:

- Hose
- Water balloons
- Sprinkler
- Jump rope(s)
- Super Soaker or water squirters (even spray bottles!)
- 4 buckets
- Balls
- Frisbees
- Tire or hula hoop (circular target)
- Poster board and markers for signs
- 2 stop watches or watches with second hand, if timing
- Asthma Education Game Question List on page 65

# Asthma Education Game Questions

## Page 1 of 2

- 1) What are three things that happen in your lungs when your asthma worsens?
  - increase of mucus
  - inflammation in the bronchial tubes
  - muscles around the bronchial tubes get tighter
- 2) List 3 helpful things you can do to take care of your asthma.
  - check your peak flows
  - take your medication
  - avoid your asthma triggers
  - watch for your early warning signs
  - keep an asthma diary
  - have & follow your asthma action plan
  - have & follow your asthma exercise plan
- 3) Show the correct way to use an inhaler.
- 4) Show the correct way to use your peak flow meter.
- 5) What is a quick-relief medication?
- 6) What type of medication is a controller?
- 7) Name 3 kinds of asthma triggers.
- 8) Name 3 early warning signs.
- 9) When you have trouble with your asthma who could you tell?
- 10) What are dust mites?
- 11) What is one thing you should do before you exercise if you have exercise-induced asthma?
  - have an asthma exercise plan
  - take your bronchodilator 20 minutes prior to exercise
  - warm up
- 12) What is something you could wear when it is cold out to help your asthma from being worsened by cold air?
  - Wear a scarf over your nose and mouth
- 13) Someone is smoking near you. What could you do?
- 14) What could you do when you notice your early warning signs?
- 15) What is the emergency phone number to use in case of an asthma emergency?
- 16) What is wheezing?
- 17) Name the three zones in peak flow monitoring.
- 18) Which zone is the emergency zone in peak flow monitoring?
- 19) Name all of your asthma medications.
- 20) Name your bronchodilator and describe how it works.

*(continued)*

# Asthma Education Game Questions

Page 2 of 2

- 21) What is wrapped around your bronchial tubes?
- 22) What is mucus?
- 23) Name three triggers you might find outside.
- Pollen
  - Trees
  - Smoke
  - Weather
  - Animals
  - Pollutants
  - Odors
  - Flowers
- 24) Name three triggers you might find inside your house.
- Dust mites
  - Mold
  - Pets
  - Feather pillows
  - Cockroaches
  - Scented candles
- 25) When you blow into the peak flow meter should you blow slow or hard and fast?
- 26) Should you place the peak flow meter in your mouth with your lips closed tightly around it?
- 27) True or false, a sinus infection can make your asthma worse.
- 28) How would you describe a “spacer” and why is it used?
- 29) Name 3 environmental control ideas.
- Encase pillow and mattress with allergy-proof encasing
  - Remove all pets from house
  - Damp dust
  - Remove feather pillows
  - Limit stuffed animals in room
  - Use central air
  - Bathrooms should not be carpeted
  - No smoking in the house
  - Wash bedding in very hot, hot water