Pop or Play Balloon Game

Ages 7-14

Activity Objective:
This fun and messy activity incorporates a game and race to learn about environmental control issues.

Instructions:

- Preblown non-latex balloons and disposable safety razors are given to each camper. Shaving cream will be on hand for each player who will take a small amount of shaving cream for slathering all over the non-latex balloon.

- Each player who successfully shaves their non-latex balloon without popping it will get the chance to answer a question about environmental control (see page 68 for Environmental Control Questions).

- Group leader(s) serve as scorekeepers; correct answers are rewarded with 5 points each.

- After the question is posed and either correctly answered or the answer is explained (if the contestant provides the incorrect answer), the activity repeats with another small amount of shaving cream on the non-latex balloon.

- The camper who has accumulated the most points wins!

- Collect disposable safety razors at completion of game.

Materials Needed:
- Non-latex balloons, pre-blown (enough for at least 3 to 4/camper) and tied
- Shaving cream or foam
- Disposable safety razors (for younger campers, keep protective tops on to avoid cuts)
- Environmental Control Questions on page 68
Environmental Control Questions

1) What is the most common indoor allergen that triggers asthma?................. Dust Mite
2) Name an allergen that is microscopic in size?............................... Dust Mite
3) What feeds on food particles, dead skin cells of humans & animal dander?........ Dust Mite
4) Mattresses, pillows, bedding and carpeting have the highest population of what?... Dust Mite
5) Wash bedding in what temperature of water? Very hot, hot or cold water... Very hot (130°F)
6) Allergy proof encase what item in your bedroom?.................. Pillows, mattresses, box springs
7) Tape the zippers of what item?....................................................... Allergy proof encasings
8) Take your ________ on vacation ........................................................ Own pillow, action plan, medication
9) Use pillows made of what?............................................................... Dacron, polyester or comforel
10) Vacuuming should be done how often?........................................... One time per week
11) Leave room for how long after vacuuming?................................. One – two hours after cleaning
12) What type of mop should be used?.................................................. Damp
13) Wash bed linens how often?............................................................. Every other week
14) Stuffed animals may be kept in the _____....................................... Freezer
15) Furnace filters should be changed how often?............................... Monthly
16) Try to avoid living on what level of a house?................................. Basement
17) Avoid what type of pillow?............................................................... Feather
18) Avoid having what type of flooring?................................................ Carpet
19) What should be kept out of your bedroom?..................................... Furry Pets
20) Wash your ____after coming in contact with a cat............................. Hands
21) Bee pollen capsules may contain what type of pollen?.................... Ragweed
22) Can mold be found indoor, outdoor or both?................................. Both
23) Molds thrive on what?...... Moisture, space to grow and outdoor particles (leaves, paper, dirt)
24) Outdoor mold is present most of the year except when?.................. During a snow cover
25) The peak mold season is?............................................................... End of summer through early fall
26) Hayrides would be a good thing to do if you have a mold allergy, True or False?....... False
27) Feathers can be found where?........... Pillows, beds, comforters, jackets, sleeping bags, birds
28) What pets are allergy safe?.............................................................. Fish, snakes, frogs
29) What pollinates during March, April, and early May?...................... Trees
30) During pollen season keep your windows _________?....................... Shut
31) The best time of day to be outdoors during pollen season is_____? Late afternoon & evening
32) Amounts of pollens are heaviest during what time of day?.............. Early morning hours
33) When it comes to grass, what activities should be avoided?.............. Cutting, raking & bagging
34) Avoid freshly cut grass for ________ hours?..................................... 6 hours
35) What type of bug can worsen asthma?........................................... Cockroach
36) Cigarette smoke is a harmful irritant, True or False?....................... True

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