



Pack a Backpack Relay Race

This activity is intended for grades 3 - 8

Students are to pretend they are going on a hike and need to wear an outfit with appropriate items to protect themselves from ticks. The goal for each team is to have a complete outfit.

Directions: Put all the clothing into one pile. Break students up into two teams and line them up at a distance from the pile. Each team can send one individual at a time to go to the pile and pull out an item. They bring this item back to their team and place it in the backpack. Once the first individual packs their item in the backpack, the next team member can run to the pile to collect an item. When the first team is satisfied with their backpack, or when there are no additional items to collect, stop the game and review what is in each team's backpack.

Teams will receive a point for each correctly packed item. Points will be removed for items that should not be packed (see "Pack a Backpack Relay Race: Supply List" for assistance with which items should be packed and why).

If teams pack the backpack incorrectly, the game can be replayed until both teams have a properly packed backpack.

To make this game more challenging, clothing items can be removed from the pile so that only one team has the possibility of winning.

Supplies

2 sets each of:

- | | |
|---|---|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Dark colored shorts |
| <input type="checkbox"/> Long light-colored socks | <input type="checkbox"/> Long-sleeved light-colored shirt |
| <input type="checkbox"/> Long dark colored sock | <input type="checkbox"/> Long-sleeved dark colored shirt |
| <input type="checkbox"/> Light colored pants | <input type="checkbox"/> Repellent |
| <input type="checkbox"/> Dark colored pants | <input type="checkbox"/> Tick spoon |
| <input type="checkbox"/> Light colored shorts | <input type="checkbox"/> Sneakers |
| <input type="checkbox"/> Flip Flops | |

Learning Objectives

- Demonstrate personal protection methods
- Maine Learning Results in Health Education: A1, A4, B2, C2, F1



Pack a Backpack Relay Race: Supply List

Supply Option	Pack (Yes or No)	Reasoning
Long light-colored socks	Yes	The light color makes ticks easier to spot; the long length will cover more of your body so that ticks cannot attach to your skin.
Long dark-colored socks	No	The dark color makes ticks harder to spot.
Light-colored pants	Yes	The light color makes ticks easier to spot; the long length will cover more of your body so that ticks cannot attach to your skin.
Dark-colored pants	No	The dark color makes ticks harder to spot.
Light-colored shorts	No	The short length leaves more skin exposed for ticks to attach to.
Dark-colored shorts	No	The dark color makes ticks harder to spot; the short length leaves more skin exposed for ticks to attach to.
Long-sleeved light-colored shirt	Yes	The light color makes ticks easier to spot; the long length will cover more of your body so that ticks cannot attach to your skin.
Long-sleeved dark-colored shirts	No	The dark color makes ticks harder to spot.
Repellent	Yes	Applying repellent as directed will help make it so that ticks and mosquitoes won't bite you.
Tick spoon	Yes	In case you find a tick attached to your skin, a tick spoon will help you remove it.
Sneakers	Yes	Sneakers will cover the skin on your feet so that ticks will not attach to your skin.
Flip flops	No	Flip flops leave skin exposed for a tick to attach to you.

