**Pack a Backpack Relay Race**

**Directions**

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.

Put all of 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 in the backpack. Once the first individuals 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 of the following: a pair of long white socks, long light colored pants, long-sleeved light colored shirt, sneakers, a tick spoon, and repellent. 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:

🞎 Backpack

🞎 Long light colored socks

🞎 Long dark colored sock

🞎 Light colored pants

🞎 Dark colored pants

🞎 Light colored shorts

🞎 Dark colored shorts

🞎 Long-sleeved light colored shirt

🞎 Long-sleeved dark colored shirt

🞎 Repellent

🞎 Tick spoon

🞎 Sneakers

🞎 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. |