



## ***Adopt an Allergy: Game Instructions***

### **NEEDS**

- Two people to run the booth
- A table and two chairs in a central location within your school
- Sign-up sheet
- Wheel of Allergens
- Allergen pamphlets
- Anaphylaxis Information Sheets
- Adopt an Allergy Poster

### **INSTRUCTIONS**

Set up table and chairs in a central location during times of high student traffic, ideally before school or at lunchtime. Get students to sign up to take the *Adopt an Allergy* challenge and ask them to spin the wheel of allergens to find out what they must avoid. Give them the corresponding allergen pamphlet and write down their name and grade on the sign-up sheet. Be sure to highlight the key things they must do to avoid their allergen including:

- Carry a marker, deck of cards or other object all day as a make-believe epinephrine auto-injector
- Check for their allergen on ingredient lists
- Tell their friends about their new allergy and ask them to not share food
- Wash their hands before and after eating

Offer an anaphylaxis information sheet to help them learn more about severe allergies.

\*Tip: This is also a great face-to-face opportunity to promote the next two challenges.

### **SCORING & POINTS**

1 point for every student who signs up. Tally the number of students for each grade. **Winning Bonus** – Grade with the most participating students gets an additional 50 points.