

Manitoba Addictions Awareness Week

"Let the games begin..."

"LEADING THE WAY TO HEALTHY CHOICES!"

Raising awareness about addictions in your school, community or workplace can be both informative and fun. Use the Fast Facts/Activities in this kit, as well as additional research and information from brochures and speakers (see the Resource Section) to create one or more of the following games. This is a great wrap up activity! It provides an opportunity to create and share an addictions awareness game using information that has been learned. *"Many hands make light work"* – have each member of your planning group create/format one or more questions, find prizes, props, etc. Present/videotape the game at: school assemblies; health fairs; mall, community, and workplace events.

♪ JAZZ Your Game Up ♪ - Use:

- **Local Celebrities/Community Leaders as guest Hosts or Contestants;**
- **Special lighting/sound effects, interesting props, banners, costumes;**
- **Prizes donated from local business, MAAW Certificates of Appreciation;**
- **USE Overheads or POWER POINT format- questions, graphics, sound appear as if by magic!**

Let's Play - Addictions Jeopardy!

Games - Activity 1

GAME OVERVIEW: This is a group game about the effects of alcohol, other drugs and gambling.

RESEARCH AND FORMAT YOUR GAME/QUESTIONS:

Divide the class into groups of 5 or 6 students and follow these instructions:

- Each group takes 36 index cards and labels 4 of them with the following categories– Depressants, Stimulants, Hallucinogens, and Gambling.
- Using the **FastFacts Sheets** in this Kit and other research material, the groups create 8 **questions** and **answers** for each category and transcribe them onto the remaining 32 cards.
- Next, they place the index cards face down and on the back of the 8 cards, indicate an increasing sequential point value (in increments of 100) according to the level of difficulty of each question.
- A set of 36 cards can then be posted face down on a wall.

ROLES:

- **Contestants:** Each group of 5 or 6 students constitutes a team. The contestants must play with another's group's questions. (Note: The game can be repeated with new contestants until each group has played.)
- **Host:** Choose a game show host.
- **Audience:** The other students in the class can cheer on their favorite team.

THE GAME:

The game host **leads with the answer** and the contestants must **answer with the question**. (The team is consulted and one participant gives the answer.)

Here are some examples of possible questions and answers:

Answer: Some sniffers suffer this to their heart even the first time they sniff.
Question: What is sniffing death?

Answer: These 2 things are warning signs that a person may have alcohol poisoning.
Question: What is passing out and throwing up?

Answer: These are your odds of winning the 649 Jackpot if you buy one ticket.
Question: What is 1 in 14 million?

A few randomly selected questions are identified as double jeopardy. These questions are worth double the amount indicated on the card. Should the team members answer incorrectly, they lose double the points. In the final round of the game (known as final jeopardy), the contestants can wager all or a portion of their points. At the end of the game, participants can redeem their points for a range of « prizes ».

Let's Play – Who Wants To Be A “Healthy” Millionaire?

Games - Activity 2

ROLES:

- **Contestants** - Invite, or choose by draw, 5 or more Contestants. (Note: Number of contestants and game process can vary depending on time available.)
- **Host** - Select a “dynamic/flamboyant” game show host.
- **Audience** – Invite an active, enthusiastic audience: a school assembly, special community event, etc.

RESEARCH AND FORMAT YOUR GAME/QUESTIONS:

- **Questions:** Using the **FastFact Sheets** in this Kit and other resource-based information, create a series of question cards, overheads, power point slides using the following format:
 - **Second hand smoke is associated with many severe conditions in children. Which condition is not usually associated with second hand smoke?**
 - a) Asthma
 - b) Decreased Vision
 - c) Ear Infections
 - d) Sudden Infant Death Syndrome
- **Answers:** Create an answer sheet, or duplicate question cards with answers on the back for your host. Along with the answer, provide the host with some interesting additional details, stats, etc. that can be incorporated into their response for added awareness value. Sample answer:
 - **Answer** (to sample question): **b) Decreased Vision** – Second-hand smoke is more dangerous to babies and children. They breathe faster, taking in more pollutants relative to their body weight.

SECURE PROPS:

- **Decorate:** Use banners, signs, posters to set the mood.
- **Costumes:** Have your contestant put on a special cap, t-shirt or sign.
- **Telephone:** Find a telephone (toy, old phone decorated, “Candy” cell phone, actual phone).
- **Timer/Buzzer:** Check with your school’s Physical Education Department or local Community Clubs.

GAME PROCESS:

- **Narrow the Field (Optional activity) – Start with 5 or more contestants.** Have contestants answer one timed sequential order question. The contestant who answers correctly and in the best time goes on to be the First Contestant. **Note:** Skip this step if you have special guest contestants.
- **The Game**
 - The host reads out a question, which is displayed on a screen.
 - For each question the contestant must choose the correct answer out of four options.
 - If the host feels the contestant is struggling, they ask if a “**Life Line**” is needed.
 - Three times during the game, the contestant can ask for help by using “**Life Lines**”.
 - “**Life Lines**” can be used to: call a friend who has 30 seconds to respond (can be a specific audience member using the “toy” phone) or ask the audience (level of applause determines the audience choice).
 - If you have several guest contestants or wish to involve more participants limit the number of questions posed to each contestant, e.g. each could receive 5 questions.
 - For each correct answer, the contestant receives various amounts of “monopoly-style” money, e.g. \$100,000; \$150,000; \$200,000; \$250,000; \$300,000 = \$1,000,000.
 - **Option:** For each incorrect answer, the contestant loses ½ of their accumulated winnings.
 - Winnings can be used to redeem various prizes: e.g. mug, t-shirt, goodies, posters, etc.

LET'S PLAY – ADDICTIONS RELAY!**Games – Activity 3**

GAME OVERVIEW: This game can be played as a whole group or as a competitive team game. Played as a whole group, it is a listening, matching activity. Played as a team game, it is a listening, matching, racing activity.

RESEARCH AND FORMAT YOUR GAME CARDS:

- **Game Cards:** Using the FastFact Sheets in this Kit and other resource-based information, create a series of game cards. Produce a card for each person in your group.
- **Card Content/Format:** Each card should two sides, one side with a question and the other with an answer to a different question, see samples provided:
 - **Card One:**
 - **Side One:** Question: Marijuana is a hallucinogenic drug, which comes from the Cannabis sativa plant. What 3 drugs does this plant produce?
 - **Side Two:** Answer: I am Ecstasy. I am used at raves, clubs or concerts. Frequent users are at risk for liver damage and memory impairment. I am also known as E., XTC, X, Adam, Eve, Clarity, Lover's Speed, Rave, Euphoria and Love Doves.
 - **Card Two:**
 - **Side One:** Question: Ecstasy is a hallucinogenic drug related to amphetamine. It is often called a designer or club drug. Who is Ecstasy?
 - **Side Two:** Answer: I am the Cannabis sativa plant, and I produce Marijuana, Hashish and Hash Oil.
- **Team Activity Option:** If you want to play this with teams, create two identical sets of cards, arrange for a large space like the school gym, two relay batons and have a stopwatch/timer/clock available.

GAME PROCESS:

- **Whole group activity:**
 - Each person receives a card; choose someone in the group to begin with a question. As the first participant reads their Question Card, the rest of the group are scanning the Answer side of their cards to see if they are “it”. If they are it, they jump up and identify themselves by reading their answer. This process continues until all of the Question/Answer information has been shared.
- **Team activity: (refer to Team Activity Option)**
 - Divide the group into two teams.
 - Give a set of cards to each team and have them distribute one to each team member.
 - Arrange each team in a large circle, teams should each choose a first participant who stands in the middle of their team's circle holding a relay baton.
 - Set the timer, both teams must “start” at the same time – ready, set, go.
 - As the first participant reads the question side of their card aloud, the rest of the group are scanning the answer side of their card in order to respond quickly/correctly.
 - As soon as they know they are “it”, they read their answer aloud, then run to the centre of the circle, retrieve the baton, relieve the first participant and read their question.
 - The game proceeds until all questions have been asked and answered.
 - The fastest relay team wins and can claim a range of “nutritious” small prizes”.
 - Play again and see if times can be improved.