

MANITOBA ADDICTIONS AWARENESS WEEK

TOPIC:	Addictions Relay Race
AUDIENCE:	Grades 7 – 12; adult
OUTCOME:	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.

Addictions Relay

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 Basic Sheets and other resource-based information in the Resource Section of the MBPAA website www.mbpaa.ca, 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.