



4-H Box Face BARRICADE

Instructions

This is a collaborative game that is played in two rounds.

ROUND 1:

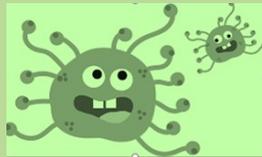
- 1) Before you begin, read the following out loud:

“Germs are invisible to us, but cover everything we touch. They also float in the air. Most germs are good, and live harmoniously with us, even helping us out. Sometimes though there are germs that are bad and can make us sick. These “invader germs” most often get into our bodies through our mouth and nose. Lets see how many “invader germs” you can get into this face?”

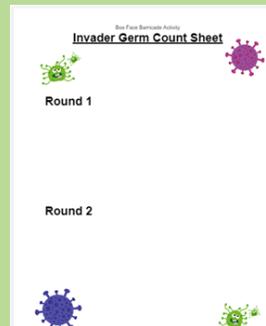
- 2) Pass out a piece of “invader germ paper” to each person (if you have a very large group, you may want to limit this to 16 or so people).*



Face cutout



Invader Germs



Invader Germ
Count Sheet

- 3) Ask the participants to crumble up their piece of paper into a very small tight ball.
- 4) Have everyone stand in a line in front of the box, about 5 feet away.
- 5) Ask each participant to take turns trying to throw their “invader germ” into the mouth or nose of our “box person”.
- 6) Have the audience count aloud how many “germs” make it into the “box person” as they are thrown.
- 7) Write this number on the “Invader germ count sheet” that is visible to the entire group.

Materials Provided

- Green “invader germ papers”
- Mask
- Hand cutout
- Face cutout
- Invader count sheet
- Tissue box
- Tape measure

Materials Needed

- Pen
- Scissors
- Masking Tape

Set Up

- Take the box that was sent to you and empty and store the contents during this activity.
- Fold and gently tape back the flaps.
- Cut out the mouth of the face.
- Cut out germ sheets into fourths.
- Tape on the giant face/ mouth photo over the opening to create a “box person”, leaving a 2 inch gap on the bottom.
- Place the box on its side at the back of the room on a table. So that the mouth is upright facing the audience.
- Tape up the “Invader germ count sheet” by the box, visible to the room.
- Measure five feet from the box face and put a tape line on the floor.

Objective

Prevention & Vaccination



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Instructions (cont.)

ROUND 2:

1) Before they begin the next round, read the following out loud:

"Sometimes in our world we get diseases from germs that are new and spread really quickly. Because they are new, we can get extra sick from them because our bodies are untrained to these invaders, and have never had to fight them off before. When we have this sort of outbreak there are things we can do to keep the invading germs out of our bodies and help us to stay healthy. Let's see how doing these things will help us keep the invaders out."

2) In this round the participants have options. Ask your audience the following questions and have them raise hands for yes/no response (up is yes, down is no), and go with the majority vote.

- *During a disease outbreak, does it help to wear a mask when you are inside in a public place?*
 - If participants vote yes, tape/hang a mask over the opening of the box. Leave the bottom open enough so paper balls can roll out.
- *During a disease outbreak, should you stay 6 feet away from others when not wearing a mask?*
 - If the majority say yes, have students take a step back.



- *Does washing your hands frequently help to kill invading germs trying to hitch a ride on your hands?*
 - If the majority say yes, tape/hang up a hand over the opening of the box. Leave the bottom uncovered enough so that paper balls can roll out.

- *Does sneezing and coughing into the crook of your elbow or into a tissue help stop germs from going to other people?*
 - If the majority say yes, tape/hang a tissue onto the box. Leave the bottom uncovered enough so that paper balls can roll out.





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Instructions (cont.)

3) Explain:

“Sometimes despite all these efforts to keep out bad invaders, they still get in. To prepare for this, doctors and scientists have created vaccines. Vaccines train our body to fight off potential invaders beforehand. That way, we are ready for combat as soon as they get in. Otherwise, these new germs are stealth for a while, and it takes our system longer to figure out how to combat them. It is sort of like playing a new video game for the first time. It takes some practice to get better. Vaccines are the practice. So for this activity, we are going to vaccinate our box person.”

- 4) Place the tissue box underneath the back of the box to tilt it forward so that balls would roll out.
- 5) Leave all the items on the face.
- 6) Give each participant another piece of paper with a photo of an invader germ. (If you limited the group size in round 1, it would be good to switch volunteers at this point.)
- 7) Ask the participants to crumble up their piece of paper into a very small tight ball.
- 8) Have them line up 5 feet away, in front of the box.
- 9) Ask each participant to take turns trying to throw their “invader germ” into the mouth or nose, while leaving any items you have taped on in place.
- 10) Count how many “germs” made it into the “box person” and recycle the papers.
- 11) Write this number on the “Invader germ count sheet” that is visible to the entire group.



NOTE: Remove face from box. Reuse the box to store your supplies. Tissues and masks are also used in another activity, so keep them in your box with your supplies.

Ideas to Limiting Group Size

*Ideas to limiting group size: If you need to limit the number of people participating in each round, you could do so equitably the following ways:

- Do it by age, asking those 5-8 to come up, then 9-12, etc. This would keep younger members engaged.
- Do it by row, asking the last two rows to come up, then the middle two, etc. This gets those more reluctant in the back to participate.
- Play a game of ro-sham-bo in pairs with your neighbor. The winners come up. This would cut a group size into half, and each would still participate at different stages.



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Reflection: Ask Participants these Questions

- Which round/person had fewer germs get in?
- When some germs did get in the second time, how did the vaccine help them (Answer: could “clean them out/ fight them off” quicker)?

Survey

Leader, please fill in the following

Name of the club: _____

Total number of participants: _____

Age range of participants: _____

How much fun was this activity? Circle one: [None at all/ A little/ A fair amount/ Quite a bit/ A lot]

Box Face Barricade Feedback Questions

Read the questions below to your group. Have them raise their hand or stand up if they think the answer is yes. Count how many people raised their hand.

1. Was this activity fun? Yes # _____ / No # _____
2. Do germs get into your body through your mouth? Yes # _____ / No # _____

Instructions to Return Survey

Please have your Youth Officer or Community Club Leader complete the survey and return them to The State 4-H Office. We will provide \$80 to each 4-H Community Club that completes at least two of these healthy living activities, and submits the evaluation for each activity, by June 15, 2022. A pre-stamped, self addressed envelope is provided for your convenience. Surveys can be mailed to Roshan Nayak, 2801 2nd Street, Davis, CA 95618 or scan copies and email them to rknayak@ucanr.edu.

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Flex Your Brain

Reach Your Goals

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