

Activity A

Group size is suggested to be seven students or less per group.

Having parent volunteers or teaching aides may be helpful in the small group setting.

Each activity is designed to take approximately ten minutes so students can rotate through each activity.

Pack a Backpack Relay Race

a. Directions:

Students are to pretend they are going on a hike and need to pack a bag with appropriate items to protect themselves from ticks.

Put all of the supplies into a pile. Have each student talk about the items briefly and why each would or would not be a protective measure against ticks (see the attachment "Pack a Backpack Relay Race: Supply List" for assistance with reasons).

Break students up into two teams and line them up a distance from the pile. Have one student run one item at a time to the bag to see which team can assemble their bag the fastest. If you only have one bag of supplies, have each team compete to try to get the best time.

Instructors can gauge winning by the fastest packing time or by the team with the most protective items in their bag.

As a bonus way to improve time, take two seconds off the time if the teams can answer review questions. For example, 1) How often should you do a tick check? 2) Which kind of tick can give you Lyme disease?

b. **Supplies:**

2 sets—Back pack, long light colored socks, long dark colored socks, 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, and flips flops

1 stop watch

c. **Learning Objective:**

✓ Demonstrate personal protection methods

d. **Estimated time:** 10 minutes

Activity B

Group size is suggested to be seven students or less per group.

Having parent volunteers or teaching aides may be helpful in the small group setting.

Each activity is designed to take approximately ten minutes so students can rotate through each activity.

TICK-Tac-Toe

a. Directions:

Students play tick-tac-toe with deer and dog tick images instead of Xs and Os. This can be done as a team with a large scale tic-tac-toe board and the students as pawns holding their deer or dog tick picture or could be done on a smaller scale in pairs with individual boards.

With students in teams, have a team answer a review question correctly to get to play their pawn. If the answer is incorrect, the team skips a turn and the question goes to the other team.

b. Supplies:

Large-scale game: tape, string or chalk to mark out the board; 8.5" x 11" pictures of deer and dog ticks for pawns, tick presentation to pull review questions from (see attachment, "Sample Tick-Tac-Toe Questions").

Small-scale game: individual tic-tac-toe boards on 8.5" x 11" paper; small deer and dog tick images for pawns; tick presentation to pull review questions from.

c. Learning Objectives:

- ✓ Knowledge of tick biology and ecology
- ✓ Knowledge of diseases ticks can transmit to people and animals and symptoms of the diseases

d. Estimated time: 10 minutes

Activity C

Group size is suggested to be seven students or less per group.

Having parent volunteers or teaching aides may be helpful in the small group setting.

Each activity is designed to take approximately ten minutes so students can rotate through each activity.

Tick ID Walk

a. Directions:

Take a walk around the school yard and investigate areas that may be a good habitat for ticks. If your school has a walking trail, walk along the path of the trail. Instructors can either place 8.5"x11" images of ticks in certain locations before the start of the activity or carry a folder with the images to pull out once students have identified areas where ticks might live.

Discuss tick identification (emphasizing the actual size of a tick is much smaller than the pictures). Discuss how deer ticks prefer brushy areas that are low to the ground because they are protected from weather and some of their favorite hosts live in those areas, such as mice, deer, and birds. Dog ticks are commonly found in tall grass and weeds, meadows and marshes.

The instructor can also talk about ways to reduce tick-favored habitats, such as keeping tall grass trimmed, removing piles of brush and leaves, and removing plants that attract deer. If the school has a walking trail, emphasize staying on the path of the trail and not walking through the woods or tall grass.

This activity can also be done indoors by talking through the activity instead of walking around the school yard.

b. Supplies:

8.5" x 11" images of deer and dog ticks, mice, deer, birds, brush, leafy trees, cut grass

c. **Learning Objectives:**

- ✓ Knowledge of tick biology and ecology
- ✓ Demonstrate personal protection methods

d. **Estimated time:** 10 minutes

Activity D

Group size is suggested to be seven students or less per group.

Having parent volunteers or teaching aides may be helpful in the small group setting.

Each activity is designed to take approximately ten minutes so students can rotate through each activity.

Tick Removal

e. Directions:

Use one piece of felt to share or have individual pieces for students to use. Explain to students that the tiny pieces of Velcro are ticks and the felt is their skin. Stick the Velcro piece on the felt and demonstrate how to use the spoon to get under the tick and lift it off. Then have students take turns sticking the Velcro to the felt and practicing the tick removal method with the tick spoon.

Discuss tick removal (emphasizing the actual size of a tick is much smaller than the Velcro but that this is good practice). Discuss the importance of removing a tick as soon as possible to avoid getting diseases from it. Discuss the symptoms of Lyme disease and other diseases to watch out for if bitten by a tick.

This activity can be done indoors or outdoors.

f. Supplies:

At least one piece of felt (any size)

Velcro cut into small pieces (about the size of a raisin or smaller)

At least one tick spoon

g. Learning Objectives:

- ✓ Demonstrate proper tick removal
- ✓ Knowledge of diseases ticks can transmit to people and animals and symptoms of the diseases

h. **Estimated time:** 10 minutes