

# LUNGO

Ages 7-14

## Activity Objective:

This asthma bingo activity helps participants become familiar with asthma terms using a game format.



## Instructions:

- Group members create list of asthma terms (see sample asthma terms list below) and write them on a poster board/blackboard.
- Each child arranges, on an 8-1/2" X 11" piece of paper, 5 columns with the letters LUNGO on the top (or copy LUNGO Game Card template on page 8).
- Each participant designs their own LUNGO card by choosing different asthma terms to write in each square on the LUNGO card.

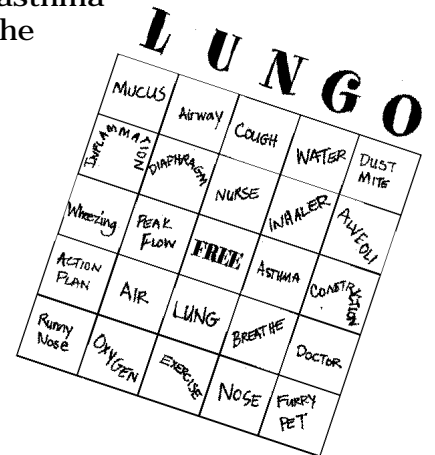
### Asthma Terms:

Action plan	Constriction	Inhaled steroid	Quick-relief medication
Air	Cough	Inhaler	Runny nose
Airway	Diaphragm	Lung	Smooth muscle bands
Allergies	Doctor	Medication	Sneezing
Alveoli	Dry powder inhaler	Mucus	Spacer
Asthma	Dust mite	Nebulizer	Trachea
Asthma episode	Early warning sign	Nose	Trigger
Breathe	Exercise	Nurse	Water
Bronchial tubes	Furry pet	Oxygen	Wheezing
Bronchodilator	Health educator	Peak flow	
Chest tightness	Inflammation	Pulmonary function test	

- Group Leader is LUNGO caller. The LUNGO caller puts listed asthma terms in a container. When the asthma term is chosen from the container, they randomly choose a "LUNGO" letter.

### Materials Needed:

- 8-1/2" x 11" paper (or copy game card)
- Pen
- Scrap pieces of paper for space markers
- Poster board
- Marker
- Container
- Scissors



# L U N G O

		<b>FREE</b>		