



## ***Adopt an Allergy: Game Instructions***

### **NEEDS**

- Sign-up sheet
- Wheel of Allergens
- Anaphylaxis Information Sheets
- Adopt an Allergy Poster

### **INSTRUCTIONS**

Get students to sign up to take the *Adopt an Allergy* challenge and ask them to spin the wheel of allergens to find out what they must avoid for a set time (suggested 3 days or over a weekend). Ask them to write down their name and allergen on a sign up sheet. Ask them to do research to try and find what foods they must avoid. Be sure to highlight the key things they must do to avoid their allergen including:

- Carry a marker, deck of cards or other object all day as a make-believe epinephrine auto-injector
- Check for their allergen on ingredient lists
- Tell their friends about their new allergy and ask them to not share food
- Wash their hands before and after eating

Offer an anaphylaxis information sheet to help them learn more about severe allergies.

### **FOLLOW UP QUESTIONS**

1. What was it like to have an allergy?
2. What was the most difficult part?
3. What was the most unexpected place that you found your allergen?
4. Did you have any “slip-ups”?
5. Did it change your perspective on what others go through living with allergies?

### **OPTIONAL CLASS ACTIVITY**

Ask the students to group together by allergen and create a presentation for the rest of the class. It can include:

- What foods they had to avoid
- How difficult it was to manage this allergy
- Interesting facts that they learned through the experience