



# LifeSmarts

*Learn it. Live it.*

*These community-engagement activities complement the LifeSmarts OTC Medicine Safety Mentoring Project. See <http://lifesmarts.org/otc/> for more information. LifeSmarts is a program of the National Consumers League, providing confidence and safety in the marketplace since 1899.*

## **OTC Medicine Safety: Community Engagement Activities**

### **Activity Goal:**

- Raise awareness about OTC medicine safe use so children and young people adopt responsible medicine-taking behaviors.

### **Objectives:**

- Identify the differences between prescription (Rx) and OTC medicines.
- Understand the importance of the *Drug Facts* label and identify its different sections.

### **Activities:**

1. Fish Bowl
2. Swat the Word
3. Medgo Mini
4. Spin the Wheel
5. Game Show
6. Matching Game

# Fish Bowl

## Description:

Participants answer true/false questions about the safe use and storage of OTC medicine.

## Time:

30 seconds – 1 minute

## Materials:

- Fish bowl or other large container that people can easily reach into
- Printed questions cut apart so that each piece of paper contains one question; fold the pieces of paper so that the questions are hidden
- Answer key
- Small prizes (stickers, pencils, small wrapped candy, or similar items are appropriate)

## Procedures:

1. Participant reaches into the fish bowl to choose a question and reads it aloud.
2. Participant states if statement is True or False.
3. Confirm that the answer is correct, or use your knowledge to explain why the answer is incorrect.
4. Continue play, or thank the person for participating.
5. OPTION: For longer engagement, ask participant to answer two of three questions correctly.

## Background/Other Resources:

- [LifeSmarts OTC Medicine Safety Mentoring Project](#)
- [Scholastic Over-the-Counter Medicine Safety Web site](#)

# Swat the Word

## Description:

Reinforce vocabulary about the safe use and storage of OTC medicine.

## Time:

5-10 minutes

## Materials:

- Definitions found on content vocabulary flash cards
- Flash card words posted around the room or along a wall
- Fly swatters or rolled-up newspaper
- Small prizes (stickers, pencils, small wrapped candy, or similar items are appropriate)

## Procedures:

1. Form relay teams and give the first player on each team a fly swatter or rolled-up newspaper.
2. Read a definition of one of the posted terms.
3. The players holding the fly swatters are competing against each other. The first player to find the correct term, swat it, and shout it out loud wins a point for their team.
4. All players return to their relay teams, pass the fly swatter to the next player, and play resumes with a new definition.
5. Play continues for a designated time or until one team “swats” a designated number of terms.

## Background/Other Resources:

- [LifeSmarts OTC Medicine Safety Mentoring Project](#)
- [Scholastic Over-the-Counter Medicine Safety Web site](#)

# Medgo Mini

## Description:

Short bingo game to reinforce knowledge about the Drug Facts label.

## Time:

2-3 minutes

## Materials:

- MEDGO Mini cards
- OTC Medicine Vocabulary list
- Markers or small candies to cover MEDGO card spaces
- Small prizes (stickers, pencils, small wrapped candy, or similar items are appropriate)
- OPTION: [Drug Facts Label poster from Scholastic](#)

## Procedures:

1. Ask several people to play a quick game of MEDGO (which is a short version of bingo).
2. Each person chooses a MEDGO card.
3. Tell participants you will read clues describing sections of the Drug Facts label. When they know what section you are describing, they can raise their hand or shout out the answer.
4. Each person who gives the correct answer covers that box on their card.
5. When a person covers every box on their card, they win a prize.
6. Continue play, or engage a new group of people to play MEDGO Mini.

## Background/Other Resources:

- [LifeSmarts OTC Medicine Safety Mentoring Project](#)
- [Scholastic Over-the-Counter Medicine Safety Web site](#)

**MEDGO Mini: Show what you know about the Drug Facts Label**

<b>Directions</b>	<b>FREE SPACE</b>	<b>Warnings</b>	<b>Active Ingredients/ Purposes</b>
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Card 1

**MEDGO Mini: Show what you know about the Drug Facts Label**

<b>Uses</b>	<b>FREE SPACE</b>	<b>Warnings</b>	<b>Inactive Ingredients</b>
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Card 2

**MEDGO Mini: Show what you know about the Drug Facts Label**

<b>Questions or Comments?</b>	<b>FREE SPACE</b>	<b>Other Information</b>	<b>Directions</b>
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Card 3

**MEDGO Mini: Show what you know about the Drug Facts Label**

<b>Inactive Ingredients</b>	<b>FREE SPACE</b>	<b>Uses</b>	<b>Active Ingredients/ Purposes</b>
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Card 4

**MEDGO Mini: Show what you know about the Drug Facts Label**

<b>Questions or Comments?</b>	<b>FREE SPACE</b>	<b>Active Ingredients/ Purposes</b>	<b>Uses</b>
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Card 5

**MEDGO Mini: Show what you know about the Drug Facts Label**

<b>Directions</b>	<b>FREE SPACE</b>	<b>Inactive Ingredients</b>	<b>Other Information</b>
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Card 6

**MEDGO Mini: Show what you know about the Drug Facts Label**

<b>Other Information</b>	<b>FREE SPACE</b>	<b>Warnings</b>	<b>Active Ingredients/ Purposes</b>
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Card 7

# Spin the Wheel

## Description:

Participants spin the wheel for a category and answer an open-ended question about the safe use and storage of medicine.

## Time:

30 seconds – 1 minute

## Materials:

- Prize wheel that has these five categories:
  - Drug Facts label
  - Safe medicine storage
  - Measuring medicine
  - Know the active ingredients
  - Ask a doctor, pharmacist, or other healthcare professional
- Series of questions and answers for each category
- Small prizes (stickers, pencils, small wrapped candy, or similar items are appropriate)

## Procedures:

1. Participant spins the wheel to select a category.
2. Read an open-ended question from the category selected.
3. Confirm that the answer is correct, or use your knowledge to explain why the answer is incorrect.
4. Continue play, or thank the person for participating.
5. OPTION: For longer engagement, ask participants to answer two of three questions correctly or to challenge another player. Each player answering questions alternately until one scores 5 points

## Background/Other Resources:

- [LifeSmarts OTC Medicine Safety Mentoring Project](#)
- [Scholastic Over-the-Counter Medicine Safety Web site](#)

# Game Show

## Description:

Participants compete against one another to be the first to correctly answer three open-ended questions about the safe use and storage of medicine.

## Time:

2-3 minutes

## Materials:

- Buzzers, bells, or noisemakers
- Set of open-ended LifeSmarts questions about medicine safety
- Small prizes (stickers, pencils, small wrapped candy, or similar items are appropriate)

## Procedures:

1. Ask 2-4 people to compete in the medicine safety game show.
2. Tell participants that you will read an open-ended question about medicine safety. If they know the answer they should buzz in (ring their bell, blow their noisemaker, or raise their hand).
3. Read an open-ended question.
4. The first person to buzz in (ring their bell, blow their noisemaker, raise their hand) will give an answer
5. Confirm that the answer is correct. If the answer is incorrect, ask if another player wants to answer.
6. The first person to correctly answer three questions wins a prize and steps down.
7. Fill the spot with another player, and play continues.
  - a. OPTION: Excuse all players and select 2-4 new people to compete.
8. OPTION: For longer engagement, participants can answer four or five questions.

## Background/Other Resources:

- [LifeSmarts OTC Medicine Safety Mentoring Project](#)
- [Scholastic Over-the-Counter Medicine Safety Web site](#)

# Matching Game

## Description:

Participant competes against the clock to match definitions to the corresponding sections of the Drug Facts label.

## Time:

1-2 minutes

## Materials:

- [Drug Facts Label poster from Scholastic](#) with descriptions covered up or cut out
- Definitions of each section of the Drug Facts label taken from the OTC Medicine Vocabulary list
- Stopwatch or other timing device
- Poster or whiteboard to record top times
- Small prizes (stickers, pencils, small wrapped candy, or similar items are appropriate)

## Procedures:

1. Participant matches definitions to the corresponding sections of the Drug Facts label while being timed.
2. When participant finishes, stop the clock. Tell the participant they have correctly identified all Drug Facts label sections or show which definitions are in the wrong place.
3. List participants (by first name only) who correctly identify all sections of the Drug Facts label on the poster or whiteboard as having a “top time.”
4. OPTION: List the top time only, and invite new participants to beat it.

## Background/Other Resources:

- [LifeSmarts OTC Medicine Safety Mentoring Project](#)
- [Scholastic Over-the-Counter Medicine Safety Web site](#)