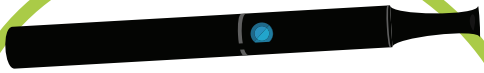


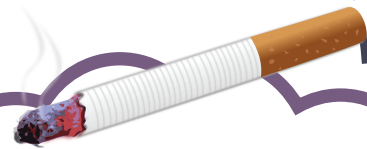
# CAMP CHALLENGE

*Creative Activities for Meaningful Prevention*



This is an electronic cigarette. People use these to vape. An Electronic Cigarette heats up liquid which turns it to an aerosol that is then taken into the lungs. This liquid contains hundreds of chemicals. It is NOT water.

Hi! I'm Larry Lung. My job is to breathe oxygen into your body. The only thing that should be inside your lungs is air. It's important to keep me clean so I can do my job to keep you healthy. Today I want to warn you about activities that can stop me from keeping you healthy.



This is a cigarette. It's made from the tobacco plant. Smoking cigarettes brings smoke and over 7,000 chemicals into the lungs. Over time smoking makes me turn brown and I have trouble breathing. I get tired and slow down. Tobacco contains the addictive chemical, Nicotine which makes it very hard for people to quit smoking.

I can't breathe when the chemicals enter my lungs making me very sick. The liquid also contains Nicotine which keeps people vaping. Nicotine is dangerous when smoked or vaped. Nicotine harms me and my friends, Barry Brain, and Harry Heart.

See this week's game board and activities >>>

First Name: \_\_\_\_\_

Pick-up Site: \_\_\_\_\_

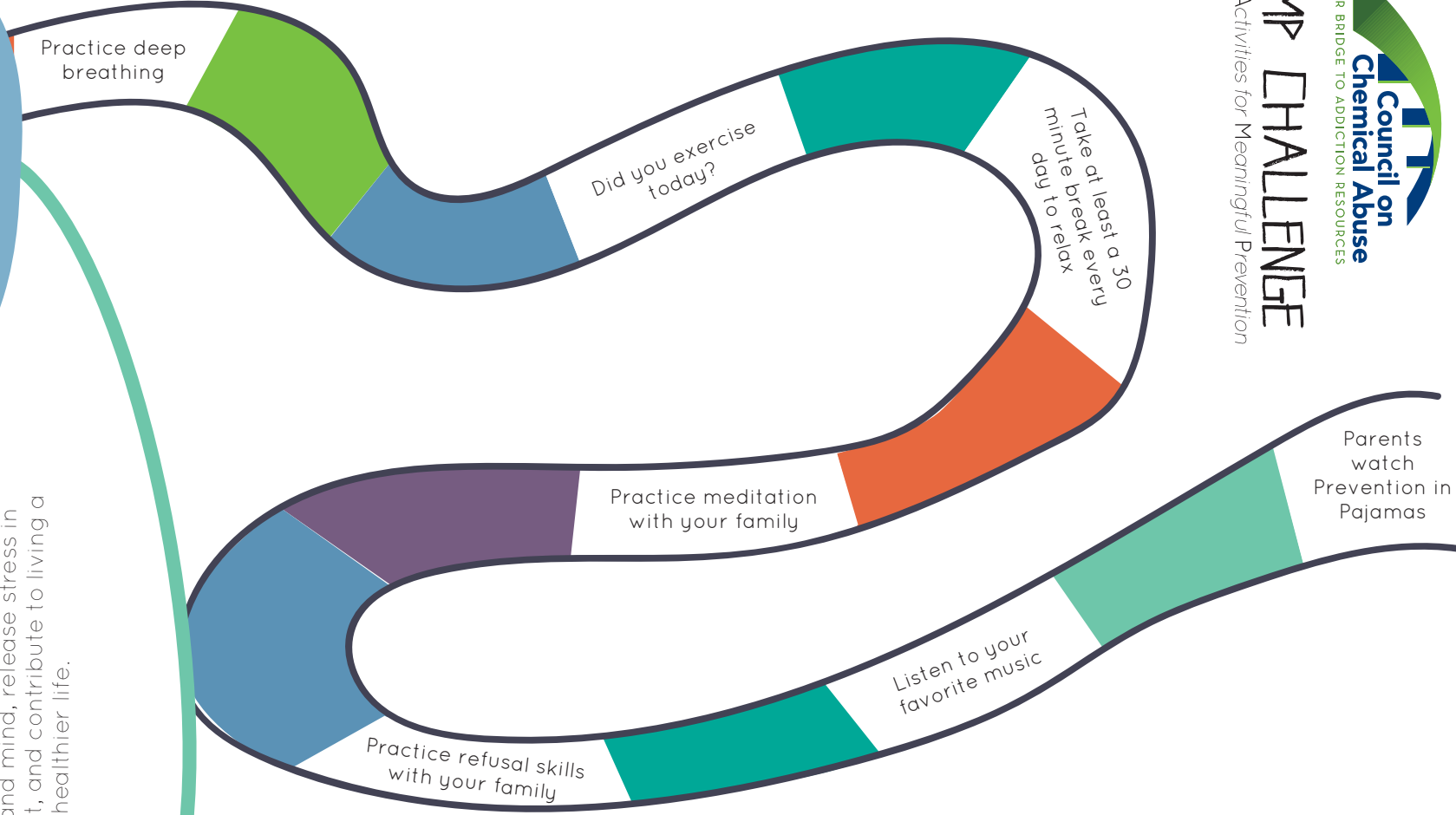
**Deep Breathing**

It is quite remarkable how helpful it is to stop and take a few minutes to do some deep breathing exercises. When we practice deep breathing exercises, the breath helps to remove toxins from our vital organs and promote improved blood flow throughout our body.

Breathing deeply has the power to: relax your body and mind, release stress in the moment, and contribute to living a longer and healthier life.

**Direction for Deep Breathing**

1. Inhale to a count of five
2. Hold for a count of three
3. Exhale to a count of five
4. Hold once more for a count of three
5. Repeat



**Week #3  
 Escape the Vape  
 How to Play**  
 >>>

1. Color in a game tile after completing a challenge. Challenges can be completed by children, parents/guardian or the entire family.

2. Take a picture of your completed board and share it in a Facebook post (be sure it's public so we can see it!) before July 31, 2020.

3. Then tag your pick-up site and @COCABerks with the hashtag #COCACampChallenge.

Email to [AKline@cocaberks.org](mailto:AKline@cocaberks.org) if you don't have Facebook.

**The pick-up location with the most entries will get a pizza party!**