

## Musical Chairs

### Purpose of Activity:

1. To reinforce participants' knowledge about contagious and non-contagious diseases
2. To introduce the concept of some non-contagious diseases being preventable

### Materials Needed:

- A large butcher sheet
- A song for the game (traditional music or [Alive with 5 Food Groups](#) is suggested)
- Paper box or bag;
- Chairs

### Instructions:

1. Using the list of diseases put together during Activity 2 (and, if needed, adding other diseases you think kids might know), write the names of both contagious and non-contagious diseases on index cards (one disease per card, and be sure diabetes is included). Put the cards in a paper box or bag.
2. On the butcher sheet, make 2 columns – one named “contagious” and the other “non-contagious.” Hang the paper on the wall.
3. Help participants arrange chairs in a circle. Explain the rules of the game:
  - a. It starts with everyone sitting in a chair.
  - b. Then, when the music begins to play, everyone gets up and starts walking around the circle and you (the instructor) will move one chair when the music starts.
  - c. When the music stops, everyone quickly finds a chair and sits down.
  - d. One person won't have a chair to sit on. That person chooses a card from the box and reads it aloud.
  - e. Then s/he asks someone who is sitting down to say whether the disease is contagious or non-contagious. If the person answers correctly, they stay in the game; if they don't, the person who asked the question gets to take their place. The game continues until only one person is left with a chair (or you run out of cards).
4. Play the game. As each disease is identified as contagious or non-contagious, tape it under the appropriate column on the white board.
5. When the game is over, have the youth look at the list of non-contagious diseases. Ask them questions like:
  - a. Can we stop ourselves from getting all of these non-contagious diseases? (some, yes; others, no)

- b. Can you name some examples of non-contagious diseases we cannot prevent?  
*(appendicitis, swollen tonsils, asthma, arthritis, allergies, Alzheimer's Disease, cancer – except smoking-induced and some environmental types)*
- c. What is a really serious non-contagious disease that we can usually prevent?  
*(diabetes)*

<b>Suggested Diseases for Musical Chairs</b>	
<b>Contagious</b>	<b>Non-Contagious</b>
Flu	Lyme Disease
Chicken Pox	Broken Arm
Pink Eye	West Nile Virus
Lice	Allergies
Strep Throat	Asthma
Pneumonia	Glaucoma
Mononucleosis	Acne
HIV/AIDS	Diabetes
Head Cold	