

Ticks You Off!

THE SWINGING BRIDGE Active & Healthy Living



The Adventure:

Discover how to avoid getting bitten by ticks. Pair up with another Cub Scout. Have your partner face away for a moment, then place a small dot sticker somewhere on yourself. Challenge the other Cub to find the dot sticker—which represents a tick—and safely remove it using tweezers. Next, it's your turn to try to find a tick hidden on your partner.

Remember this game the next time you head out on an adventure. Take time to inspect each other for ticks, especially if you've spent time in the forest or in fields with tall grass.

Online Resources:

- Tick attachment and removal
- Symptoms of Lyme disease

Safety Note:

Why do you practise taking ticks off with tweezers? When a tick bites, it sticks its head right under your skin. If you pull a tick off with your fingers, you can leave its head behind, and this can cause Lyme disease.



Plan:

- What do you need for this game?
- How should you dress for this game?
- Where on your body will you most likely find ticks? How can you find out?
- How should you pull a tick off? How can you find out?
- Has everyone agreed on all the details?

Do:

- Play "Ticks You Off!" Can you find every tick?

Review:

- What do you know now that you did not know before?
- What was the trickiest tick to find?
- How can you prevent getting ticks?
- Why is it important to prevent ticks?

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It starts with Scouts.