



4-H MUMMY BREATH

Instructions

Read the following out loud:

“Germs are invisible tiny things that are everywhere. They float in the air, and we breathe them in with each breath, and then breathe them out back into the air. If we are sick, we can release a lot of these bad germs into the air around us from inside our body. While we cannot see them, they are big enough that they cannot float around forever. So one way we can keep from breathing in bad germs that others exhale, is to stand far enough away from them that they can’t reach us. Let’s do this activity to see just how far that needs to be.”

- 1) Ask for 7 volunteers from the audience to be “mummies”.
- 2) Have them line up behind the counter or table.
- 3) Ball up a tissue and place it on the table in front of the first person in line.
- 4) Ask that the first volunteer stand 1 foot away. Then have them blow like a mummy, as hard and deeply as they can.
- 5) See how far they can move the tissue.
- 6) When they are done, they should put the tissue back, and then be seated.
- 7) Have the next volunteer repeat this, “mummy breathing” from 2 feet away.
- 8) Repeat with volunteers at the 3, 4, 5, & 6 foot distances.
- 9) When you get to the last volunteer, have them put a “mummy mask” on.
- 10) Ask the audience to predict how far away they think the masked volunteer will need to get before they can move the tissue. Ask the audience to hold up that number of fingers (so if they think it will be 3 feet, they would hold up 3 fingers).
- 11) Have the masked volunteer try to blow at 6 feet. If they are unsuccessful, then those with 6 fingers raised would lower their hands.
- 12) Repeat at 5, 4, 3, 2, & 1 feet (or until they are able to move the tissue).

NOTE: Tissues and a mask are used in another activity, so keep them in your box with your supplies.

Materials Provided

- Masks
- Tissue Box
- Tape Measure

Materials Needed

- None

Set Up

- Use an indoor space if it is a windy day.
- A table or other similar height structure in the room visible by the audience is needed.
- Pre Tape lines at 12 inch/1foot intervals, each one foot apart, from one to six feet.

Objective

Participants will understand how masks work and the importance of physical distance in reducing the likelihood of getting sick from

Reflection: Ask Participants these Questions

- How does this relate to physical distancing when you do not have a mask on? (Answer: staying 6 feet away from people reduces the germs that reach us.)
- How does the need to physically distance change when you are wearing a mask? (Answer: you can stand closer.)
- Sometimes with diseases, these two measures are not enough to keep us from getting sick. If a lot of people are sick, and you were to breathe in their germs, what else could you do to help your body fight them off? (Answer: get a vaccine if it’s available for that illness, so your body is trained to fight it off when it gets inside.)
- Distribute a mask and the public health letter to all participants (if you already gave out the letters during the Mr. NA activity, you do not need to do this again).



Survey

Leader, please fill in the following

Name of the club: _____

Total number of participants: _____

Age range of participants: _____

How much fun was this activity? Circle one: [None at all/ A little/ A fair amount/ Quite a bit/ A lot]

Mummy Breath Feedback Questions

Read the questions below to your group. Have them raise their hand or stand up if they think the answer is yes. Count how many people raised their hand.

1. Was this activity fun? Yes # _____ / No # _____
2. Does wearing a mask help to prevent you from getting sick? Yes # _____ / No # _____
3. Does staying further away from people help to prevent you from getting sick?
Yes # _____ / No # _____

Instructions to Return Survey

Please have your Youth Officer or Community Club Leader complete the survey and return them to The State 4-H Office. We will provide \$80 to each 4-H Community Club that completes at least two of these healthy living activities, and submits the evaluation for each activity, by June 15, 2022. A pre-stamped, self addressed envelope is provided for your convenience. Surveys can be mailed to Roshan Nayak, 2801 2nd Street, Davis, CA 95618 or scan copies and email them to rknayak@ucanr.edu.