



**WAYS TO USE
THIS RESOURCE**

GAME PLAY

MEMORY GAME

SHUFFLE CARDS WELL AND LAY THEM FACE DOWN (YOU CAN ARRANGE THEM IN NEAT ROWS OR SCATTERED AT RANDOM).

FLIP ANY TWO CARDS OVER. IF THEY ARE A MATCH, TAKE THEM OFF THE TABLE AND ADD THEM TO YOUR WINNING PILE. AFTER EACH MATCHED PAIR, CAN YOU TEACH SOMEONE WHAT THE MESSAGE THE CARD IS TELLING YOU? YOUR TURN AGAIN.

IF THEY ARE NOT A MATCH, TURN THEM BACK OVER IN THE SAME PLACE. ALLOW TIME FOR EVERYONE TO SEE THE CARD BEFORE FLIPPING BACK OVER.

KEEP PLAYING UNTIL THERE ARE NO MORE CARDS LEFT. THE PLAYER WITH THE MOST MATCHED CARDS IS THE WINNER.

GO FISH

DEAL SIX CARDS TO EACH PLAYER. STACK THE REST OF THE CARDS INTO A PILE BETWEEN THE PLAYERS, (CALLED THE "POOL").

FIRST PLAYER ASKS ANOTHER PLAYER IF THEY HAVE A CARD — WHICH MUST BE ONE IN THEIR OWN HAND.

IF THE OTHER PLAYER HAS THE CARD YOU REQUESTED, IT IS YOURS TO ADD TO YOUR PILE OF MATCHED CARDS.

IF NOT, THE OTHER PLAYER WILL TELL YOU TO "GO FISH" AND YOU WILL PICK A CARD UP FROM THE "POOL" PILE. WHEN ALL PAIRS HAVE BEEN MATCHED, THE PLAYER WITH THE MOST PAIRS WINS.

QUESTIONS

USE THESE QUESTIONS AS PROMPTS TO ENCOURAGE CONVERSATION AND INCREASE CONFIDENCE IN YOUR KNOWLEDGE ABOUT SICKLE CELL.

1. WHAT DO YOU HAVE THAT MAKES YOU SPECIAL?
 2. WHAT DOES A NORMAL RED CELL LOOK LIKE? WHAT GOES IN THE EMPTY SPACE IN THE MIDDLE?
 3. WHAT IS THE RED CELLS' JOB IN YOUR BODY?
 4. WHAT DOES A SICKLE CELL LOOK LIKE? DOES IT HAVE A SPACE?
 5. WHAT HAPPENS WHEN YOUR SICKLE CELLS STICK TOGETHER?
 6. WHAT ARE THE BEAR FACES FOR?
 7. WHAT CAN YOU DO TO HELP FEEL BETTER WHEN IN SICKLE CELL PAIN? HOW DOES IT MAKE YOU FEEL BETTER? (HINT: THE 5 IMPORTANT STEPS)
 8. WHAT IS A FEVER?
 9. DO YOU KNOW THE NAMES OF YOUR PAIN MEDICATIONS? ARE THERE ANY OTHER MEDICATIONS THAT YOU TAKE EVERY DAY?
 10. SHOULD YOU PUT ICE ON YOUR SKIN? WHAT IS BEST?
 11. WHAT COULD YOU TEACH SOMEONE ELSE ABOUT SICKLE CELL?
- (TURN OVER FOR ANSWERS)

ANSWERS

1. SICKLE CELL ANEMIA. WHAT ELSE MAKES YOU SPECIAL?
2. RED CELLS ARE ROUND, SOFT AND SQUISHY, LIKE A SOFT CHEERIO. THE EMPTY MIDDLE SPACE IS WHERE OXYGEN SITS.
3. THE JOB OF YOUR RED CELLS IS TO CARRY OXYGEN TO EVERY PART OF YOUR BODY.
4. SICKLE CELLS ARE HARD AND STICKY, SHAPED LIKE A BANANA. THERE IS NO SPACE.
5. SICKLE CELLS FORM A CHAIN AND BLOCK THE BLOOD FLOW. IF YOUR SICKLE CELLS GET REALLY STICKY, YOU FEEL ICKY.
6. THE BEAR FACES CAN HELP YOU EXPLAIN HOW YOU FEEL.
7. 5 STEPS:
 - TELL A GROWN-UP
 - TAKE PAIN MEDICINE
 - DRINK LOTS OF WATER AND FLUIDS!
 - TAKE WARM BATH OR USE A HEATING PAD
 - REST
8. A HIGHER THAN NORMAL BODY TEMPERATURE. IF IT IS MORE THAN 101.5 DEGREES FAHRENHEIT, CALL YOUR NURSE.
9. PAIN MEDICATIONS: IBUPROFEN, TYLENOL, HYDROCODONE, ANYTHING ELSE? OTHER MEDICATIONS: PENICILLIN, AMOXCIL, HYDROXYUREA, FOLIC ACID, ANYTHING ELSE?
10. NO ICE, AS IT MAKES YOUR BLOOD VESSELS SHRINK. USE HEAT TO RELIEVE PAIN.
11. (OPEN DISCUSSION)