

Hungry Hungry Researchers

You will need:

- Participants in teams of two
- A container for each team such as a bucket or laundry basket
- A Skateboard for each team
- Ball pit balls
- Petitions
- Pens
- Clipboard



Directions: Put some balls in the center. One person will lay on the skateboard rolling forward to collect as many balls as possible in their container (see picture). The team with the most balls collected wins. At first, don't put all the balls in the center. Once the original balls are gone, you tell them, "Wait a minute! ACS CAN Ambassadors went to the Capitol and got the federal government to give more money for cancer research!" Pour the balls in the center and watch the teams go for round two. After the activity, go around the track with the research petitions so everyone can tell Congress we need more funding.

Backwards Lap

You will need:

- Music (Suggestions: "Right now" by Van Halen, "Weird Science" by Oingo Boingo)
- Petitions
- pens

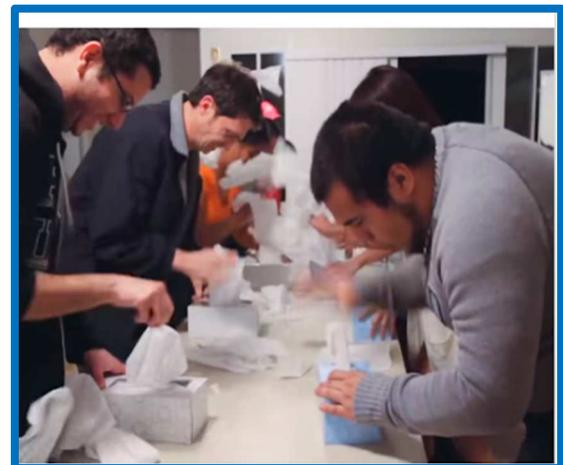
Directions Turn the Relayers around to walk around the track in the opposite direction. We can't go backwards with our cancer research funding! Pass out petitions & pens for other walkers to sign while they circle the track.

Who's Crying Now? Make Cancer Nothing to Cry About!

You will need:

- 1 box of facial tissue per contestant
- Petitions
- Pens

Directions: Participants use one hand to pull the facial tissue out of the box. The first person to empty his or her box wins! After the winner is determined let everyone know that ACS CAN is working hard to make cancer 'nothing to cry about' by ensuring that Congress continues to invest in cancer research funding. Ask participants and spectators to take a moment to sign the petition telling lawmakers to increase funding for



Let's Find a Cure

You will need:

- 10 red cups (per participant)
- 1 purple cup with the word "cure" on it. (per participant)
- Petitions
- Pens

Directions: Participants are handed a stack of red cups with the purple one on top. They need to take one cup at a time from the bottom and put it in the top. The one who reveals the CURE cup first, wins! Let people know that without funding for cancer research great scientific advancements might be sitting on the shelf in someone's laboratory waiting to be discovered. Ask them to sign the petition to tell members of congress to increase funding for cancer research!



Knock Down the Barriers to Colon Cancer Screening

You will need:

- 10 water bottles
- 1 ball

Directions:

Put water bottles in a bowling pin formation. Participants roll the ball to knock down the water bottles. TIP: Need a night game? Put a glow stick inside each water bottle.



Let participants know that ACS CAN is working a passing a bill to help seniors on Medicare. Right now, if a polyp is found and removed, these seniors get a surprise bill when they wake up – this can be over \$300. We believe it is unfair that patients on Medicare should get a surprise bill when private insurance covers the costs when polyps are found during screening. Seniors who hear from their friends about these surprise costs will be less likely to get screened, leading to increased colorectal cancer diagnoses at later stages. The Removing Barriers to Colorectal Cancer Screening Act would close this loophole, making it affordable for seniors on Medicare to get screened and would decrease late stage diagnoses and mortality rates. Please visit: www.fightcancer.org/colorectalawareness to tell your lawmakers to close this loophole.

Don't Duck Your Cervical Cancer Screenings

You will need:

- A child's swimming pool or large container
- Water
- Rubber ducks- 10 ducks, 9 with an X on the bottom. (If you want more ducks in your pond, you can use multiples of 10. Just put X's on 9 ducks for every 10 ducks you put in your pool.)

Directions: Put your ducks in the pool. Each participant selects a duck from the pool. If their duck has an X on the bottom, it represents a woman in a low- or middle-income country who has died from cervical cancer. Let participants know that cervical cancer used to be one of the most common causes of death for women but with advances in screening, most women in the United States can survive cervical Cancer. Unfortunately, this is not the case for women all over the world. 90% of all women who die of cervical cancer live in a low- or middle-income country where this life-saving screening is not available. This is why ACS CAN is asking congress to help the women in these countries get the screening test they need to save their lives.



Squeeze the melons

You will need:

- Pink sponge for each team
- 2 buckets for each team
- Water

Directions: Divide the participants into teams. Each team should have a bucket filled with water near them on one side and an empty bucket on the other side. Their job is to use the sponge to transport the water from the full bucket to the empty one. Let participants know that mammograms save lives. However, even today, too many women don't have access to lifesaving breast and cervical cancer screenings. ACS CAN is working to ensure funding for the federal cancer screening and early detection program that has already helped millions of women and saved thousands of lives. To learn more or get involved visit fightcancer.org.

Palliative Care

You will need:

- Cups (1 for each group)
- Gummy worms (1 for each group)
- Gummy Life Saver (1 for each group)
- Paper clips (4 for each group)

Directions: Please get into groups of 4 people. Put the Gummy life-saver on the table with the cup over it face-down. Put the worm (Fred) on top of the cup. Place the paper clips around the cup. Gather around a cup. We will tell you the instructions when you are there. Palliative care occurs when a team of doctors and other professionals work together to give someone better care. We have set up this demonstration to show you how it works.

Poor Fred! He was sailing on the sea when his boat capsized! Unfortunately, he was not wearing his life preserver and he is about to drown! You are in a team of rescuers who must save Fred. However, you must know that you cannot touch Fred, his preserver, or his boat with your hands.

1. Fred cannot fall into the sea (touch the table) more than once. (He is a worm. He will drown).
2. You may not injure Fred in any way. (No paper clips through Fred.) Remember: do no harm.
3. Touching only the paper clips you must get Fred into his life preserver and back into his boat.

After the game: Share with participants that no one person could have saved Fred on their own. This works like palliative care. A team of professionals works together to manage the care of one cancer patient. You have pain, there is a pain management doctor to help you. You need to speak to someone about your life changing diagnosis, there is someone to help you psychologically. Need help navigating through your insurance, there is someone to help you there too. Cancer patients aren't just patients. They are people with families, jobs, activities, and other things in their life that should not be put on hold because they are fighting cancer. Some places have this kind of treatment already. Everyone deserves it. If you agree with this, visit fightcancer.org to learn how you can support our work to give every cancer patient a better quality of life.