

Choking Safety

Lesson Title: Chew It Up

Safety Topic: Choking Prevention

Grade Level: PK – 2nd Grades

Objective: Students will work together to complete activities that simulate chewing food.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

20-30 of four different objects

4 hula hoops

Quick Facts:

- The universal sign for choking is to cross your arms with both hands on your throat.
- If someone is choking, the best option is to find an adult.
- The self-Heimlich maneuver is to find the corner of a table or other such object, position the corner against the top of their stomach, and push into it while thrusting upward.
- Never chew on balloons or put more than the very tip of them into their mouth when blowing them up.
- Do not talk with your mouth full, as this increases the chances of choking.

Activity:

1. Break the class up into 4 groups and have them at each corner of the gym with a hula hoop.
2. In the middle of the gym, have a pile of 4 different objects (20-30 of each). Each group will be assigned an object. This pile represents a bite of food.
3. The goal is for each group, one at a time, to run to the middle and grab one of their objects to bring back to their hula hoop. Whatever group is done first, or chews their food the fastest, wins.
4. If they grab the wrong object or drop it on their way back to their hula hoop, they must put it back in the circle and get in the back of the line.

Universal Choking Sign



Lesson Title: Break It Up

Safety Topic: Choking Prevention

Grade Level: 3rd – 6th Grades

Objective: Students will work together to complete activities that simulate chewing food.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

None

Quick Facts:

- The universal sign for choking is to cross your arms with both hands on your throat.
- If someone is choking, the best option is to find an adult.
- The self-Heimlich maneuver is to find the corner of a table or other such object, position the corner against the top of their stomach, and push into it while thrusting upward.
- Never chew on balloons or put more than the very tip of them into their mouth when blowing them up.
- Do not talk with your mouth full, as this increases the chances of choking.

Activity:

1. Have all group of about 10 kids stand in a circle, facing inward. (You can have several circles going at a time)
2. Tell everyone to reach their right arm towards the center and grab someone else's hand. Make sure no one grabs the hand of the person right next to them.
3. Next, have everyone reach their left arm in and grab someone else's hand. Again, make sure it's not the person right next to them.
4. The kids need to work together to untangle the human knot without letting go of any hands. The goal is to end up in a perfect circle again. They can go over or under each other's arms, or through legs if needed! Encourage them to do whatever they want, as long as they don't break the chain in the process. This can simulate how moving a large clump of food is difficult but chewing and breaking it up makes it much easier.

