

Bronchial Binoculars

Ages: 5-8

Activity Objective:

Through art media, children have the opportunity to learn and explore how their lungs look inside and to express their perceptions about the differences that occur before and during an asthma episode.



Instructions:

- Group leader provides materials for the participants to create and decorate two cardboard tubes to resemble bronchial tubes.
- Place rubber bands around the paper tube to simulate the muscle bands and foam rubber or cotton balls inside the tubes to represent inflammation.
- The participants use the tubes as binoculars and talk about what they see before and during an asthma episode. These “binoculars” can also be used when discussing medications in order to enhance their understanding about the functions of their medications.

Materials Needed:

- Cardboard tubes (toilet or paper towel)
- Cotton balls or foam rubber
- Rubber bands
- Glue
- Markers