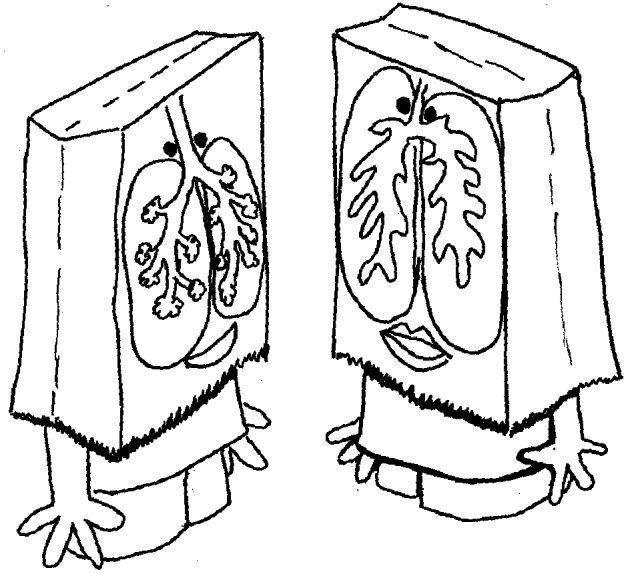


# Talking Lungs

Ages 7-12

## Activity Objective:

This experimental activity allows children the opportunity to give their lungs speaking abilities. This empowers children to conceptualize that asthma doesn't need to control their lives, rather, that they can be in control of their asthma.



## Instructions:

- Group leader has a discussion in which the group members are asked to think about what their lungs would say if they could talk.
- Participants will then be putting on a play which incorporates the lungs' dialogue.
- Costumes are made from large paper sacks. Participants draw their talking lungs' character. These bags are worn by the group members, so eye and mouth holes will need to be made.
- Participants direct themselves in a skit acting out the following scenarios:
  - Going to the emergency room.
  - What could have been done to have prevented Emergency Room visit?
  - Being at school in gym class when your asthma worsens.
  - What could have been done to prevent exercise-induced asthma episode?
  - Your parent constantly reminding you to take asthma medicine because you forget.
  - What happens when you are around your friends and you are wheezing badly?
  - Taking asthma medications in front of others.

### Materials Needed:

- Large paper sacks
- Markers
- Scissors
- Prepared scenarios
- Video camera (optional)