

Ideal Medicine

Age 6-12

Activity Objective:

Children have the opportunity to fantasize and design the ideal asthma medication. By doing so a sense of control is gained, something he or she often does not feel with asthma. This activity also communicates likes and dislikes about individual's asthma medicines.

Instructions:

- The group leader instructs the participants to create or design the perfect medicine for their asthma. The design will include product name, taste, cost, size, shape, method and rate of administering and effect it has on their asthma.
- Participants share their product ideas and designs.

Materials Needed:

- Drawing paper
- Markers or pencils

