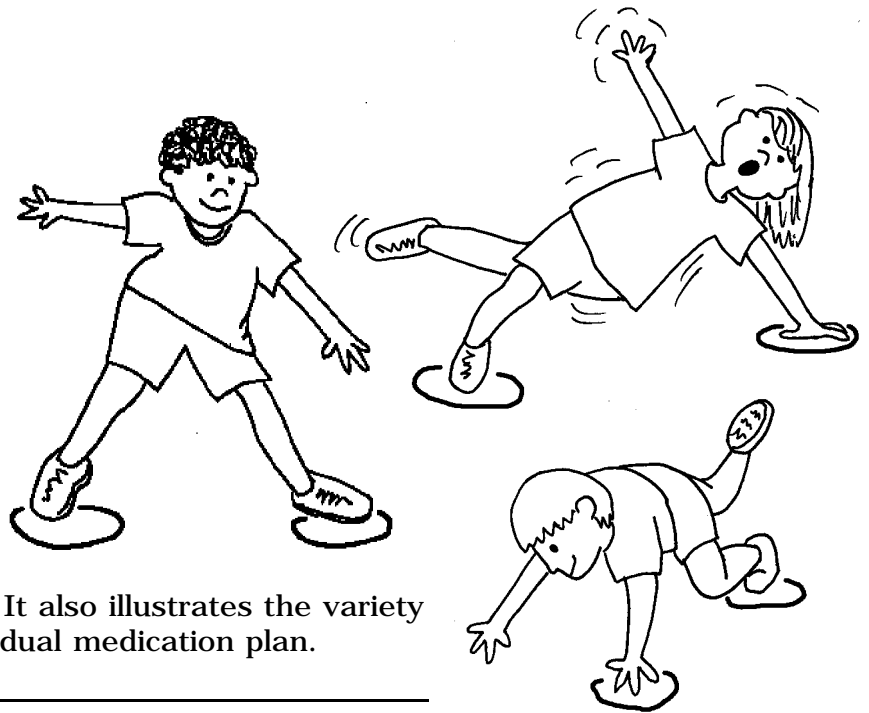


Medication Twister

Age 6-14

Activity Objective:

This activity challenges and affirms awareness of their asthma medication and ability to be in control of his or her own treatment. It also illustrates the variety and uniqueness of each child's individual medication plan.



Instructions:

- Place a “regulation” Twister mat on the floor. If one is not available, cut-out six large circles of each color (red, yellow, green and blue) and affix them in color-specific rows to the floor or outside ground.
- Have a color spinner with designated body parts or (as an alternative to the spinner) colors on index cards with specified body parts. Example: red – right hand.
- 4-5 players per game. Multiple games can be played at the same time.
- Group leader will ask questions (see page 30 for list of questions) prior to players participating on the Twister board. For each round the same question is asked to each player.
- Group leader should comment on the similarities and differences between everyone's answers, always validating each person's response.
- Game is completed when a person loses their balance and falls from their designated spot.

Example: Spin spinner, red and right foot are selected, answer question, place right foot on a red circle.

Materials Needed:

- Twister mat
- Twister spinner/ten large circle shapes of each color red, yellow, green and blue
- Asthma questions

Medication Twister Questions

You can proceed once you answer the following:

- 1) Do you take a bronchodilator? What is its name?
- 2) Do you use an inhaled steroid? What is its name?
- 3) Do you take a combination long-acting bronchodilator and an inhaled steroid?
- 4) Do you take a Leukotriene Receptor Antagonist? What is its name?
- 5) Do you use a spacer?
- 6) Do you rinse your mouth out after using your inhaled steroid?
- 7) Do you take your bronchodilator prior to exercise?
- 8) Do you take your asthma medication according to your asthma plan?
- 9) Do you use a dry powder inhaler?
- 10) When you inhale your asthma medication do you hold your breath for at least 8 seconds so the medication can travel to your lungs?
- 11) How do you remember to take your asthma medication?
- 12) Have you ever had to use a nebulizer?
- 13) What is the hardest part about taking asthma medication?
- 14) Where is the best place to keep your asthma medication?
- 15) How many times a day are you suppose to take your medication? How often do you have to take your asthma medication?