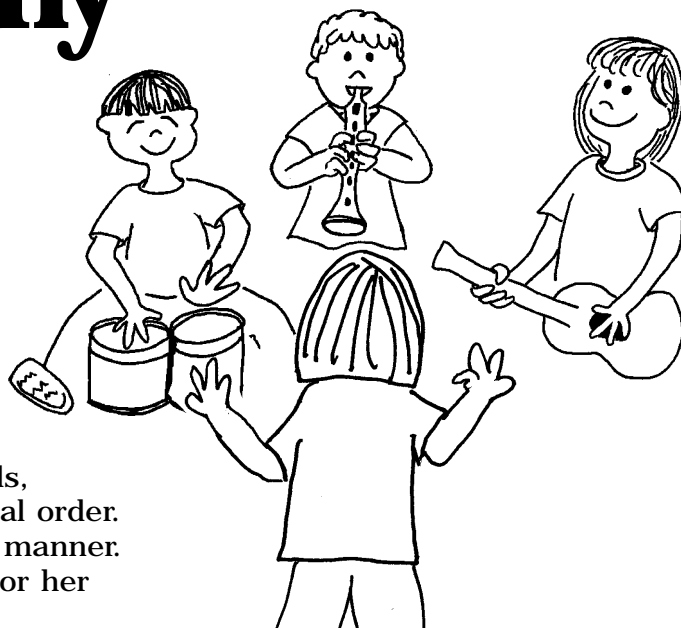


Orchestra of Early Warning Signs

Age 7-12

Activity Objective:

By translating the asthma sounds associated with various early warning signs to music sounds, the children identify and place them in sequential order. This activity heightens their awareness in a fun manner. Each child has the opportunity to “conduct” his or her individual early warning signs.



Instructions:

- The participants choose an instrument from a selection of children’s musical instruments. If instruments aren’t available, group members can create instruments. Items that can be used to create musical instruments include: pots, pans, glasses filled with water to different amounts, sticks, rocks, etc. (See page 16 for more ideas.)
- A conductor is chosen who will assign each person to represent their sounds of early warning signs, ie, wheezing, sneezing, coughing. (Which early warning signs do you experience and notice first, second, third, fourth.)
- The above asthma sounds are then translated into musical rhythms and sounds. The conductor directs each section in accordance with the sequence of his or her early warning signs.
- Each child will have an opportunity to act as conductor.
- *Optional:* A tape recorder can be used so each conductor could have a cassette tape of his or her orchestration.

Materials Needed:

- Children’s musical instruments
- Tape recorder
- Cassette tapes (optional)

If instruments are going to be made, some supplies might include:

- Beans
- Masking tape
- Toilet paper or paper towel tubes

- Bowls
- Rubber bands
- Wax paper
- Bells
- Pots and pans
- Glasses filled with water to different amounts
- Sticks
- Rocks, etc.