

Trigger Hunt

Ages 5-14

Activity Objective:

Participants will actively identify their triggers and then discuss relevant issues in a creative format. Since it is often difficult to fully avoid triggers, participants will have the opportunity to share their feelings about being restricted from certain activities or things.



Instructions:

- The group leader prepares cards prior to the session, which depict numerous triggers. These may be pictures cut from magazines or pre-drawn pictures. Multiple cards of common triggers should be made. These cards are then either hidden around a room, or if weather permits, hidden within a certain area outside.
- (See Trigger List on page 46 or use ready-made trigger cards on page 46-48.)
- Participants hunt for triggers, which can be the pictures or actual items. They will collect and create a collage of the triggers. Accompanying the collage they can either write, label or discuss the following:
 - Which triggers worsen their asthma?
 - Which triggers are most difficult to stay away from?
 - What is one idea that helps to avoid triggers?
 - Which trigger do you wish you didn't have?
 - How do you feel about your asthma triggers?

Materials Needed:

- Prepared cards which depict asthma triggers
- Paper/large cardboard
- Glue
- Pencils
- Magazines

Trigger List:

Use the following list for activities in this chapter:

Bug spray	Emotions	Paint smell
Car fumes	Exercise	Perfumes
Cats	Furry pets	Pollen
Cigarette smoke	Grass	Sinus infection
Cold air	Hair spray	Trees
Dogs	Head Colds	Virus
Dust mites	Mold	Weather changes

Copy and cut on dotted lines

Cats

Dogs

Furry Pets

**Weather
Changes**

Cold Air

Head Colds

Virus

**Sinus
Infection**

**Paint
Smells**

**Car
Fumes**

**Cigarette
Smoke**

Grass

Pollen

**Dust
Mites**

Exercise

**Bug
Spray**

**Hair
Spray**

Trees

Perfumes

Mold

Emotions