

# Trigger Pictionary

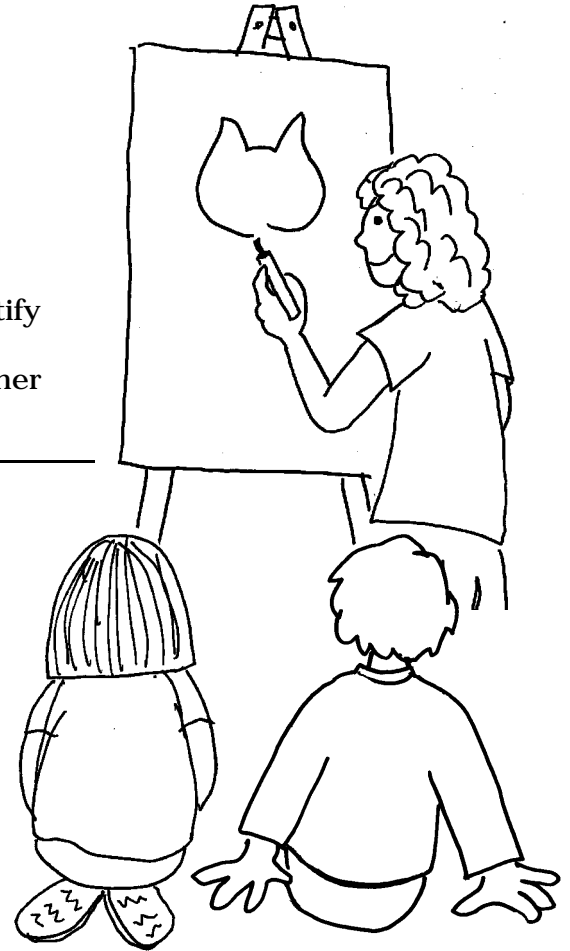
Age 7-14

## Activity Objective:

Using a well-known game form, the participants will identify the various asthma triggers. This activity emphasizes the commonalities of asthma triggers. The groups work together to win the game.

## Instructions:

- The group leader prepares index cards with asthma triggers. See Trigger List and cards on pages 46-48.
- Some of the cards will have “all play” on them. This denotes that both teams draw the picture at the same time.
- Participants are divided into two groups. Each member of the group has an opportunity to draw an asthma trigger.
- The selected person picks a card with the asthma trigger they must draw.
- The group members try to identify the trigger as quickly as they can. If they are able to within the given time frame they receive a point.



*Optional:* When a team member wins their round they could also receive a piece of a puzzle. This is another game dynamic. Each piece creates a portion of the picture, of a lung. The first team that gets all the pieces and is able to assemble them correctly would be the winning team.

## Materials Needed:

- Index cards with asthma triggers written on them
- Timer
- 2 blackboards
- Chalk or mural paper
- Pencils
- 2 dry erase boards with markers