

Trigger Tag

Ages 5-11

Activity Objective:

An active and fast-paced game that gives each child the opportunity to identify and “claim” his or her asthma triggers.



Instructions:

- Group leader prepares pictures of various triggers on cards (see list on page 46 or use ready-made cards on page 46-48) which will then be attached to a participant’s body.
- All participants choose a trigger card and attach it to their shirt with tape.
- Each participant will have the opportunity to be the “tagger”. When selected, they will run around and try to tag the person who is wearing their personal asthma trigger.
- Once the “tagger” has caught those who wear his or her asthma triggers another person is elected to have a turn as the “trigger tagger”.
- At the completion of a game the “tagger” could discuss how the triggers effect them and how they prevent exposure to their triggers.
- Safety Zones can be designated.

Materials Needed:

- Variety of asthma trigger pictures attached to cards (see page 46-48 for Trigger List and ready-made trigger cards)
- Tape
- Scissors
- Large area to run around