

Trigger Tribute

Ages 7- 14

Activity Objective:

Through the use of art media, participants look for visual pictures or items representing their triggers and express their feelings about the difficulties in avoiding them. The collage provides a concrete representation for participants.



Instructions:

- Group leader provides magazines, scissors, glue and paper.
- Participants choose items from nature or magazines that trigger their asthma. This activity can be done outside.
- A collage is created with the pictures or items, which are glued on heavy paper or poster board.
- Participants write next to the pictures of the collage the difficulties or problems in staying away from each trigger.
- This can also be done as a group collage with each child contributing a picture and written part.
- At the completion of the project participants explain their picture. An option would be to video each presentation.
- The art work can be showcased for all to see.

Materials Needed:

- Magazines
- Glue
- Scissors
- Pens or pencils
- Materials gathered from nature in the camp environment
- Thick paper or poster board