

The Asthma Family

Ages 8-14

Activity Objective:

By creating a song or skit, the participants have the opportunity to describe their family's coping style in a creative manner. The child's perception of how his or her family reacts to an asthma episode is pertinent in how the child perceives and manages his or her asthma.



Instructions:

- The participants will create a song or skit about their family and what occurs when they have an asthma episode. This can be done individually or as a group.
- Participants can then perform the same scenario but change it to how they would like their family to act and react.

Materials Needed:

- Paper
- Pen