

Asthma Adventures

Asthma Camp Activities Manual

was developed for
The Consortium on Children's Asthma Camps

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Chapter 4

Feeling Activities



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Goals



To identify, clarify and express feelings about having asthma.



To understand that all feelings are acceptable.



To experience expressing difficult feelings in an appropriate way.



To receive peer support and validation.

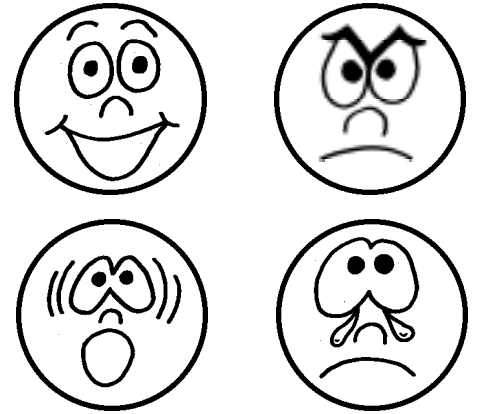


Hide and Go Seek Feelings

Ages 5-9

Activity Objective:

This activity allows younger children to search, find, and identify various feelings. It also illustrates the importance of getting feelings out and the effects on the physical body if feelings are kept inside.



Instructions:

- Prior to the session, the group leader prepares 1 set of 4 feeling faces for each child on construction paper or copy the faces on page 72. The feelings include: happy, mad, sad and scared. There should be 1 set of feelings for each child.
- The faces should be cut out in the shape of a circle. Candy is taped to the back of each circle. These feeling faces are hidden around the room or outside.
- The group leader begins the session by discussing the importance of feelings and how they can effect our body if kept inside, i.e. stomach aches, headaches.
- The activity begins by telling the children that there are feelings hidden around the room and their task is to find the feelings.
- Upon completion of their search, they are instructed to share their feelings by making sure that each child has a complete set of the 4 feelings.

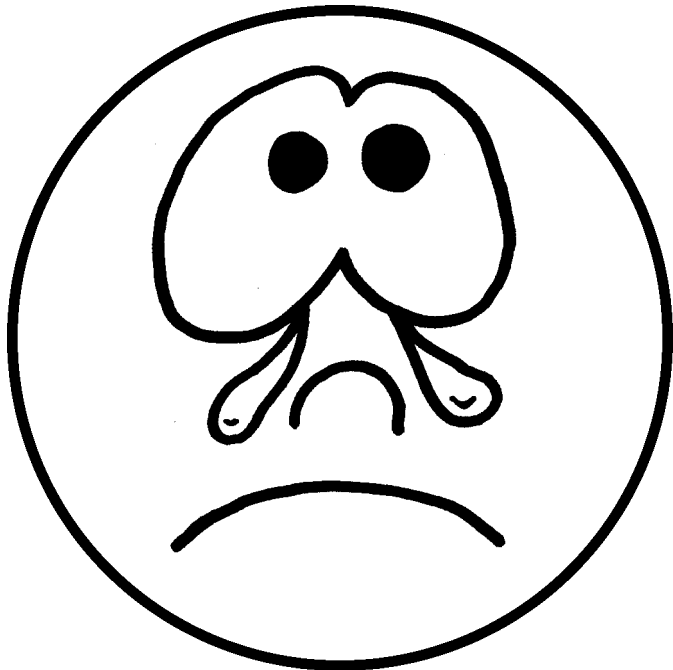
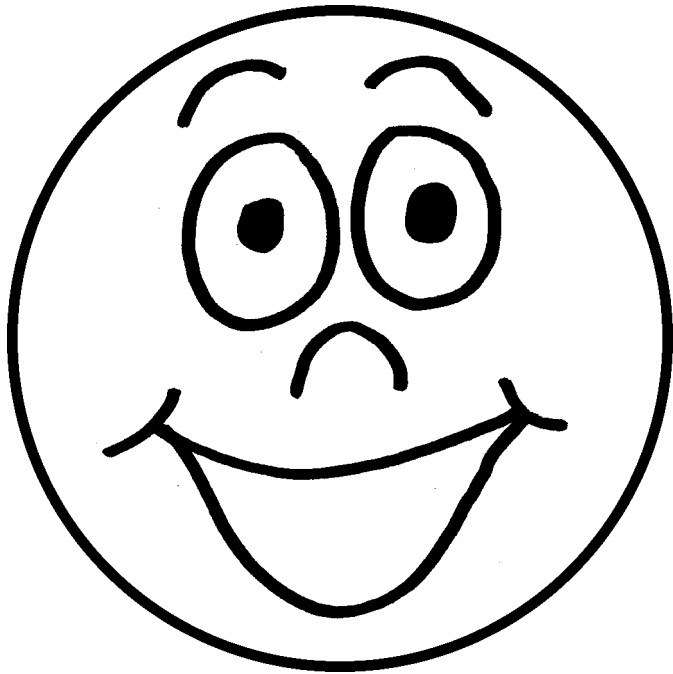
mad and 1 scared feeling face, they are asked the following:

- 1) Pick one of the feeling faces and demonstrate what that feeling looks like.
- 2) What about your asthma makes you feel that particular feeling?
- 3) Where does that feeling get stuck in your body? That feeling face gets taped on that spot on the outside of their body. (If they point to their head, then the feeling gets taped to the spot on their head that they pointed to.) This demonstrates that they were able to get their feelings out.
- 4) They can eat the candy symbolizing ownership of that feeling.
- 5) Each child should be validated for getting his or her feelings out and wearing them on the outside.

Optional: You can turn on music and they can do a “feeling dance” wearing the feelings on the outside.

Open-ask Child: 1 happy, 1 sad, 1

- Materials Needed:**
- A set of 4 feeling faces for each child made out of construction paper
 - Tape
 - Candy

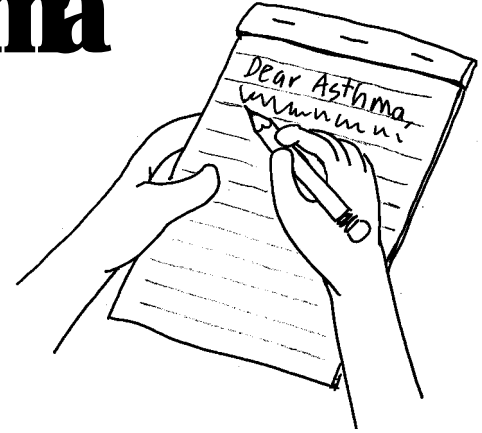


Letter To My Asthma

Ages 8-14

Activity Objective:

This activity gives the participants the opportunity to express their feelings about their asthma in the form of a letter.



Instructions:

- Group leader asks the participants to think of their asthma as a person and what they would like to say if their asthma could listen.
- Group members write a letter to their asthma.
- Letters can be shared with the group.

Optional: With older kids you could do role plays where everyone pairs up and one participant gets to be the “asthma person” and the other person tells them how they think and feel. Then change roles. At the completion, each person can report to the group what they learned about their partner and how they feel about asthma.

Materials Needed:

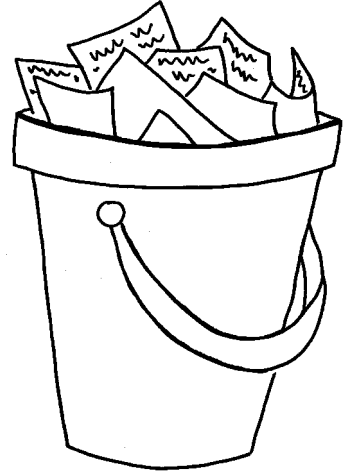
- Paper
- Pencil

Bucket of Feelings

Ages 5-12

Activity Objective:

This activity symbolizes the importance of giving oneself positive messages as well as “keeping” those messages that make us feel good inside.



Instructions:

- Group leader provides a bucket or container and discusses how the bucket represents the inner self.
- Group members discuss what kinds of things fill their bucket and what types of things subtract from their bucket, as well as the people who are responsible for both of those perceptions.
- Each participant then has the opportunity to show how empty or full their bucket is.
- Group members are then given paper and pen and asked to write at least 10 positive things about themselves. The bucket is passed around and they fill their bucket up.
- A discussion is important afterwards focusing on how each individual can be responsible for contributing to their own positive self-image and why it is important to fill and not dip out of other's bucket.

Materials Needed:

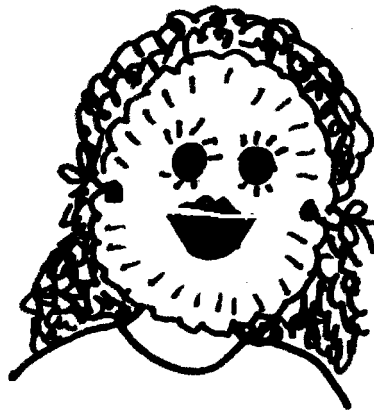
- Bucket or container
- Paper
- Pens
- Scissors

Inside/Outside Masks

Ages 7-14

Activity Objective:

This activity illustrates the difference between the feelings that we show to people and what we may be actually feeling on the inside. The masks help the child to talk about the reasons for keeping certain feelings hidden.



Instructions:

- Participants can use paper mache', or draw and cut out mask shapes from poster board or use paper plates.
- Group leader discusses the possibility of showing the outside world a feeling that is different from what we are feeling on the inside.
- Participants then use markers or paints to draw their inside feelings on one side and their outside feelings on the other side.
- Participants then share their masks, discussing why they hide certain feelings and whom they hide them from.
- Group leader may have a discussion about how these different feelings relate to having asthma.

Materials Needed:

- Poster board
- Paper mache'
- Paper plates
- Markers
- Paint
- Scissors



Fish Wishes/Fears

Ages 5-11

Activity Objective:

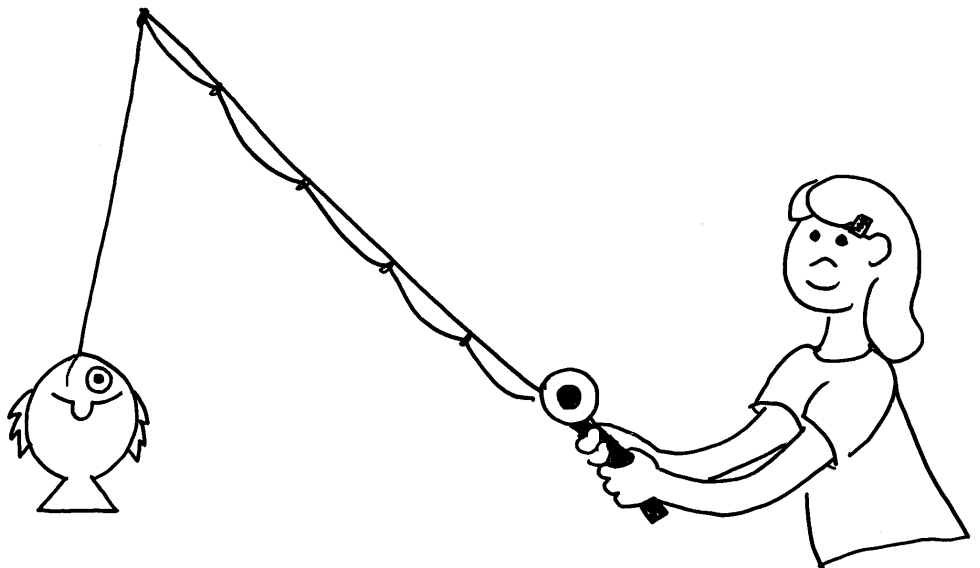
This active experience allows the participants to “go fishing” and in doing so, identify fears they have about having asthma.

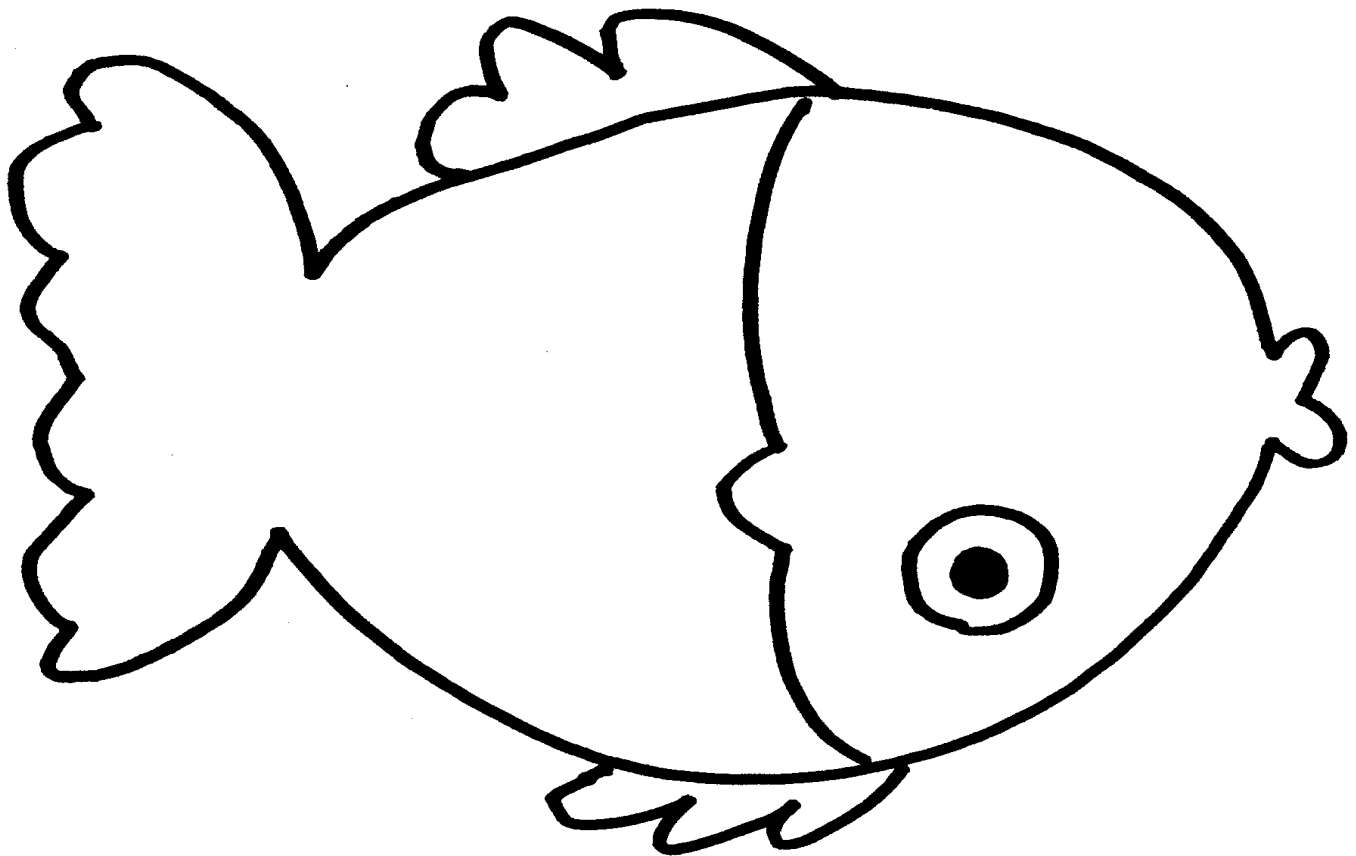
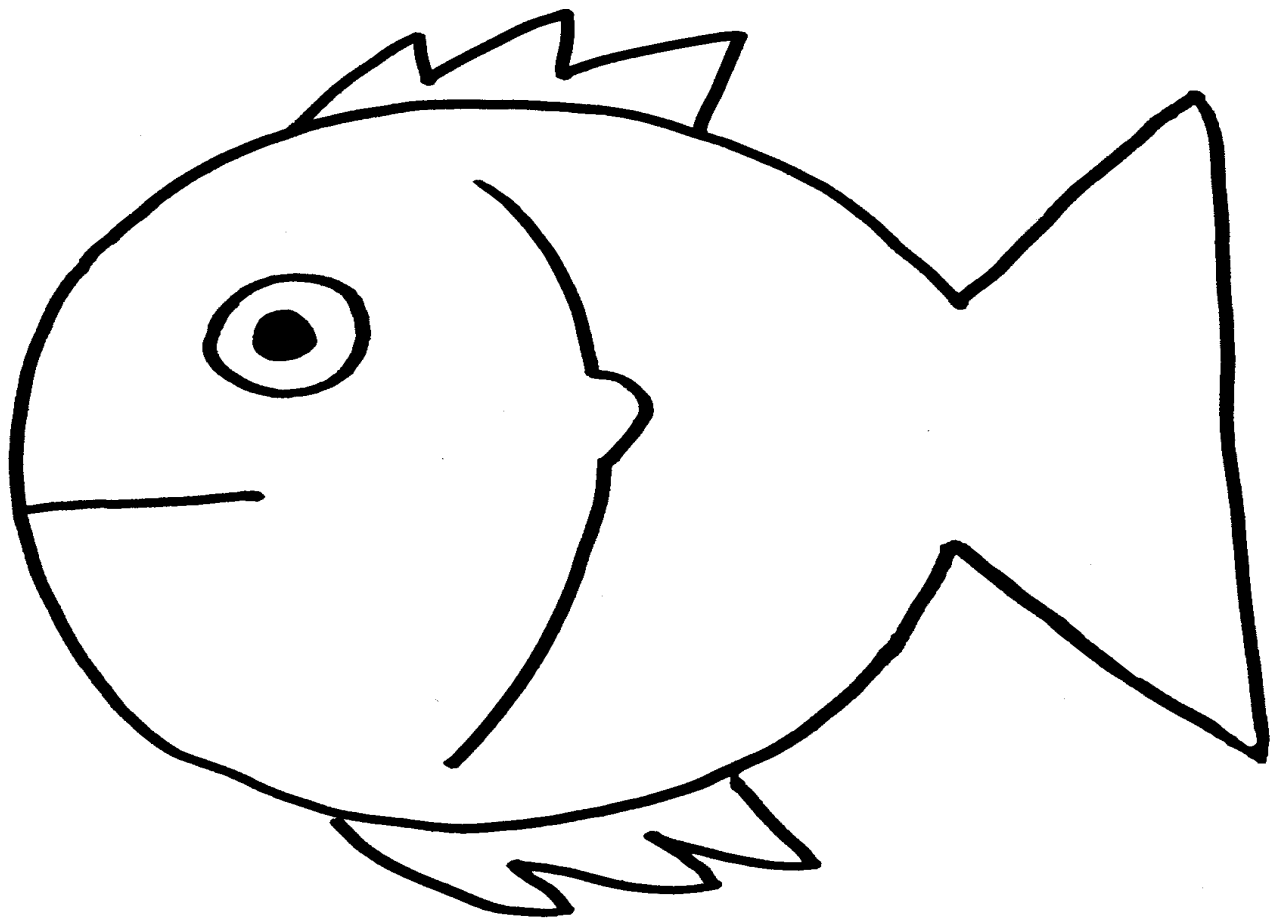
Instructions:

- Participants cut out 3 fish shapes from poster board and write 3 fears they have about their asthma on the fish. (or use fish shapes are on page 80.)
Possible Fears:
 - Losing my medication
 - Dying
 - Going to the hospital
 - Going to the doctor
 - Getting sick
 - Missing school
 - Not playing outside
 - Not being able to do what my friends do
- The fish shapes are made catchable by attaching magnets.
- Poles are made from sticks or construction paper, string and a corresponding magnet. If participants are young or time is limited, the above can be prepared by the group leader.
- Participants then try to catch a fish using their poles.
- If a fish is caught that describes a fear the child does not have, it is thrown back.
- A variation to this activity could include wishes the group members have concerning their asthma. They then fish for what they wish.

Materials Needed:

- Poster board
- Scissors
- Markers
- Pen
- String
- Sticks
- Magnets





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:

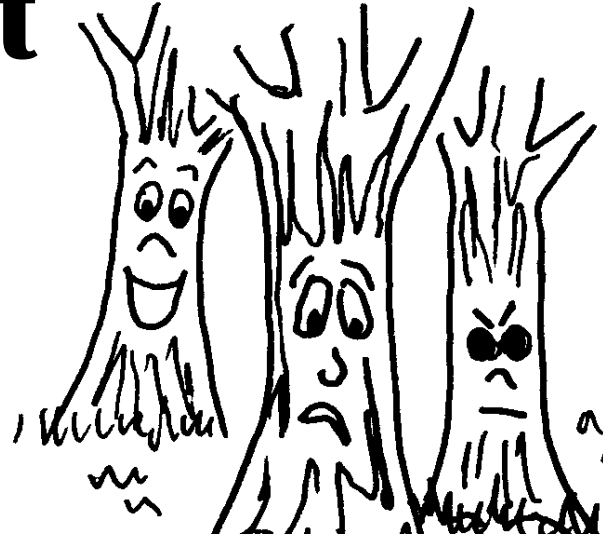
- Paper
- Pen

The Feeling Forest

Ages 8-12

Activity Objective:

This activity helps to convey the message that there are numerous feelings that people may have and all feelings are equally important.



Instructions:

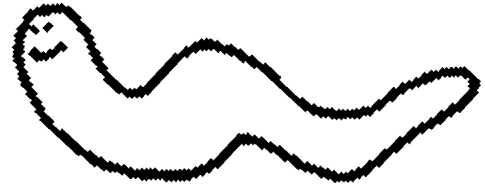
- Group leader begins by describing a forest where artists have carved faces in all the trees. The trees have feelings and are able to express them.
- Participants will then draw their perceptions of a feeling forest. This would include various feelings they are experiencing in relation to their asthma. The trunks of the trees could include written explanations describing why they have these feelings and the top of the tree could include the feelings. Group members can share about their forest. Pictures can be displayed together to create a forest effect.
- *Optional:* Go to an area in camp that has a lot of trees. The participants can pick out a tree and describe how they think it feels and how it relates to their asthma and why.

Materials Needed:

- Paper
- Markers

Asthma Bugs

Ages 6-11



Activity Objective:

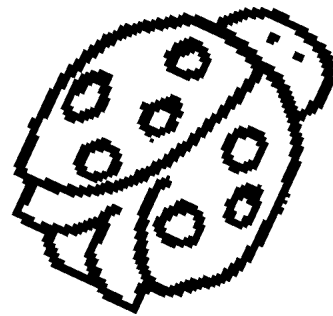
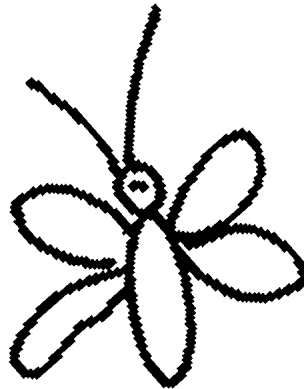
In this activity group members are allowed to express their feelings about their medications using art media.

Instructions:

- Group leader explains that this activity is to help with the expression of feelings.
- Group members are instructed to create a bug and draw or write inside the bug what “bugs” them about their medicines or their asthma.
- A variation could include participants collecting bugs from outside.
- Each bug can be displayed or you can create a group asthma bug book by binding all the drawings together.
- Bug mobiles can also be made to hang around camp or in the camper’s cabin.

Materials Needed:

- Markers
- Paper
- Pens
- String
- Staples
- Tape and/or glue



Worry Dolls

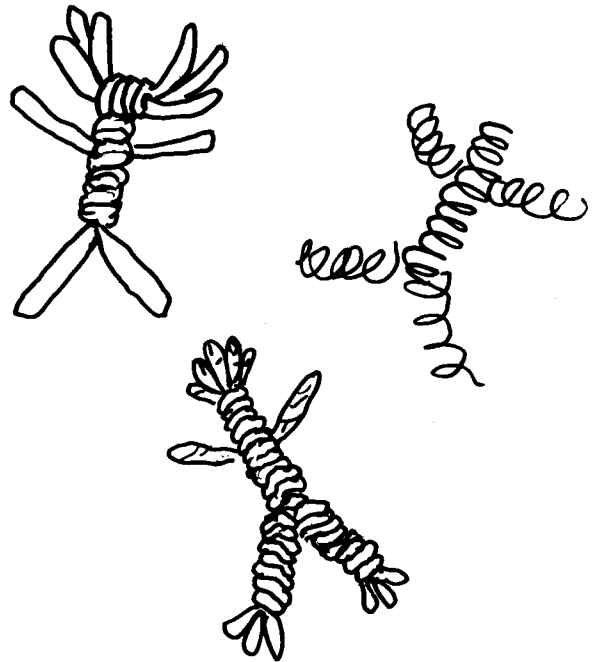
Ages 5-10

Activity Objective:

This activity focuses on assisting children with their worries and encourages them to share their worries. A message to be conveyed is when worries are shared they seem less fearsome.

Instructions:

- Discuss the purpose and importance of getting worries out and sharing them with others.
- Have the children create worry dolls from pipe cleaners and yarn.
- For younger children have the worry dolls already created.
- Each group member should participate in naming their worry doll and giving it at least 2 worries.
- Each night before they go to sleep they can use their worry doll by giving one of their own worries to the doll.



Materials Needed:

- Pipe cleaners
- Yarn
- Scissors

Fly Your Fears Away

Ages 5-11

Activity Objective:

Group members create paper airplanes to fly to illustrate the message that fears don't seem so burdensome and frightening once they are identified, shared and out in the open.



Instructions:

- Group leader instructs the participants on the construction of paper airplanes.
- On the inside of the airplanes, the participants will write or draw their fears about their asthma.
- The airplanes are flown and may be targeted towards a container or a picture of a lung (away from others with respect to safety).
- This is followed by a group discussion about the importance of sharing one's fears in order to reduce them. Once they are expressed they seem less frightening.
- *Variation:* Kites could be made in addition to paper airplanes.

Materials Needed:

- Paper
- Pen
- Target (optional)
- Blown non-latex balloons (optional)

Angry Sponge

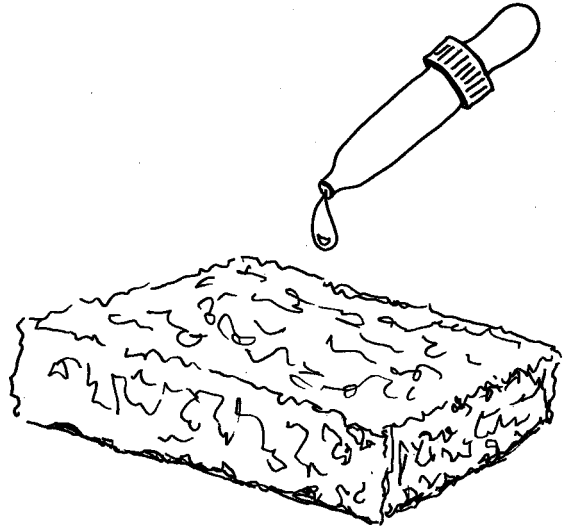
Ages 5-9

Activity Objective:

This activity illustrates the effect of stored-up anger and encourages group members to let anger out in a safe manner.

Instructions:

- Group leader uses a dry sponge and an eyedropper of water to illustrate the concept of keeping our anger inside and letting it accumulate until we are saturated with anger.
- Each participant receives an eyedropper and a dry sponge. With each drop they need to say something they are angry about that they have stored or kept inside.
- The sponge is then wrung out to illustrate getting all the anger out, but in a way that no one or anything is hurt by.
- Have a discussion about the importance of expressing anger in a safe way and how it feels once the anger is gone.



Materials Needed:

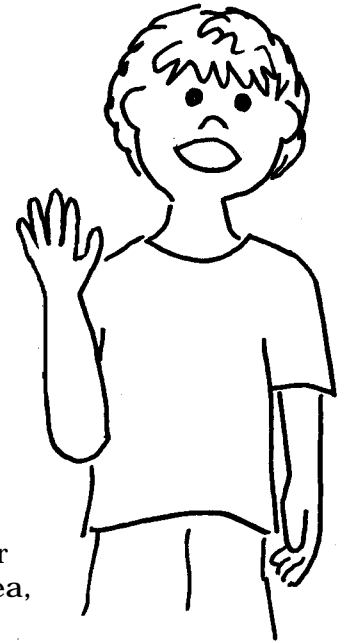
- Dry sponges
- Eyedroppers
- Water
- Containers

Anger Oath

Ages 5-9

Activity Objective:

After identifying sources for their anger group members create and practice safe and acceptable ways to let their anger out.



Instructions:

- Each group member creates a top ten angry list of the things that make them the angriest about their asthma.
- The group creates a list of safe ways to express angry feelings, ie, stomping feet, running outside, punching a pillow, yelling into a pillow, riding a bike and telling someone.
- As the group leader announces each idea, the participants simulate acting them out.
- The group members raise their right hand and repeat after the group leader.
- The oath could also be in the form of a written contract that each group member signs and takes with them.

The Anger Oath:

I promise to remember that all my feelings are OK, especially the anger.

*I promise to remember to get my anger out in a safe way
so that it doesn't hurt anybody, anything or myself.*

I promise!

Materials Needed:

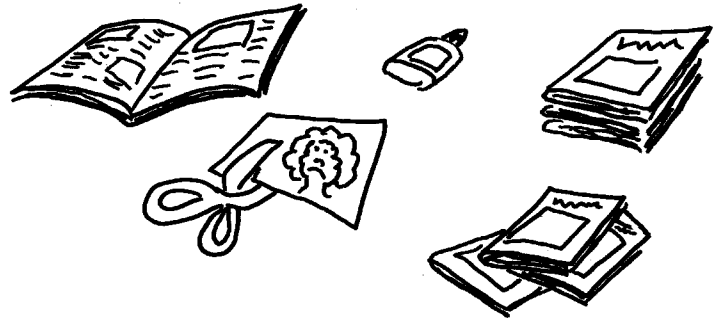
- Pen
- Chalk board/dry erase board
- Paper (optional)

Feeling Collage

Ages 6-14

Activity Objective:

This activity allows children to express the numerous feelings they have about having asthma in collage format.



Instructions:

- Group members are given magazines, large drawing paper or poster board, scissors and glue.
- Group members are instructed to cut out pictures that describe how they feel about having asthma.
- Pictures are glued onto their poster board in order to create a collage.
- The final collage is shared with the group.

Materials Needed:

- Large drawing paper or poster board
- Scissors
- Magazines
- Pens
- Glue

