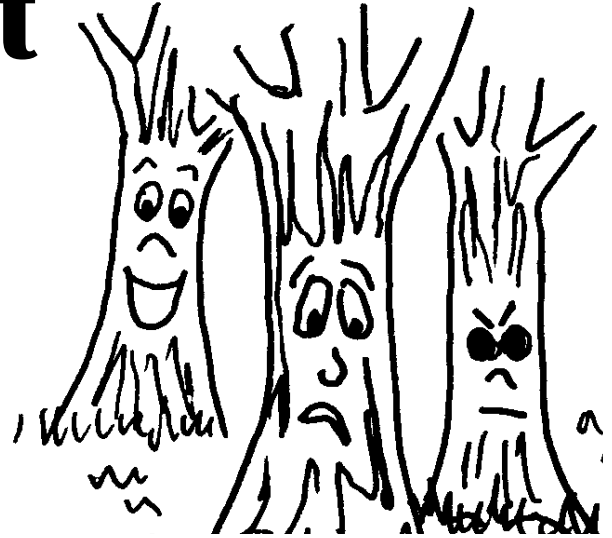


The Feeling Forest

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