

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



