

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)