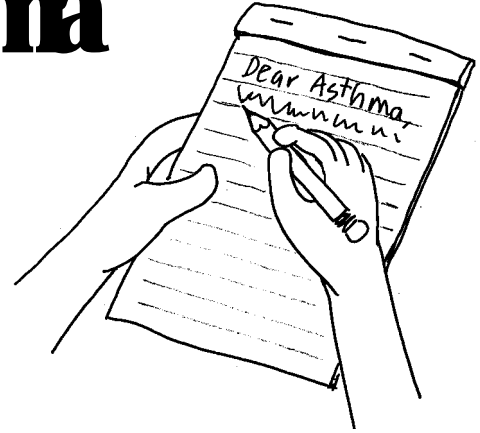


Letter To My Asthma

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