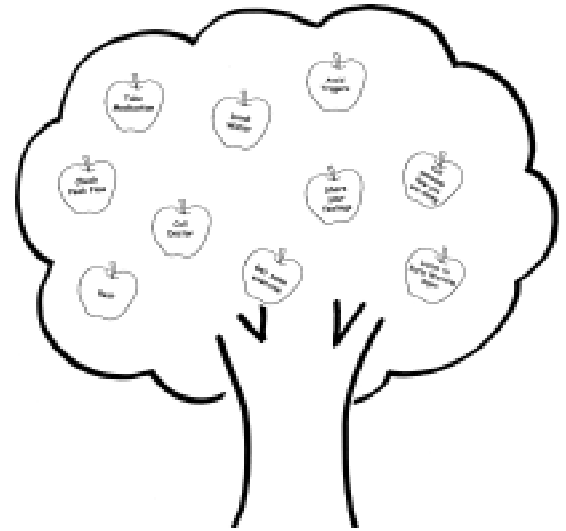


Apple Action Pick

Ages 6-12

Activity Objective:

The act of picking or harvesting can relate to being in control and having a variety of asthma management skills available. By choosing an individualized plan, participants tend to be more adherent, as they have identified what works best for their asthma self-management.



Instructions:

- Group leader draws a large tree on the blackboard or mural paper. Various coping methods and plans of action for managing one's asthma are written on apple-shaped, red construction paper cut outs. (see Apple Template on page 116).
 - Older participants can create the apple shapes and write possible coping methods.
 - Group leader prepares duplicate apples to replace on the tree.
 - Participants are given paper lunch sacks, which they can decorate.
 - Each participant takes a turn to pick from the tree the apple plans that work best for them. (Once an apple is taken, replace it.)
 - Participants discuss the choices they made and how they work successfully and how they will begin to implement the plans.
- Sample action plan items include:*
- Take medication
 - Check peak flow
 - Rest
 - Call doctor
 - Drink water
 - Listen to early warning signs
 - Avoid trigger
 - Tell someone how you are doing
 - Share your feelings
 - Get some exercise, etc.

Materials Needed:

- Mural paper
- Construction paper
- Apple shapes with coping strategies written on them
- Paper lunch sacks
- Crayons and/or markers

