

Coping Weave

Ages 8-12

Activity Objective:

This activity illustrates the importance of using many coping strategies to successfully manage one's asthma. The act of weaving the strategies together symbolizes the strength created when a variety of coping techniques are utilized.

Instructions:

- Group members are asked to cut 2 pieces of construction paper in 1" strips, leaving them attached 1" from the edge. One paper is cut horizontally while the other one is cut vertically.
- Group members then write or draw various coping techniques they use on the paper strips.
- Coping strategies examples:
 - Check peak flows
 - Have an asthma-action plan
 - Warm up before exercise
 - Drink liquids
 - Take medication according to schedule
 - Stay away from triggers
 - Remember asthma medication when traveling
 - Use pillow case encasing, etc.
- The strips are woven together (see illustration below).
- The loose edges are taped to secure.
- Each group member has the opportunity to discuss his or her weaving creation.

Materials Needed:

- Construction paper
- Scissors
- Tape
- Pens

