

Dear Family

Ages 8-12

Activity Objective:

Participants are encouraged to ask for what they need from their family in an effort to help them better manage their asthma.



Instructions:

- Group members will write a letter to their family and ask for what they need in terms of helping them to better manage their asthma. For example:
 - Be calm when my asthma worsens.
 - Let me try normal activities.
 - Don't remind me to take my medicines.
 - Don't bug me about staying away from pets.
- Encourage participants to write about their feelings, specific examples and how they want things to be different.
- Group members decide whether or not they want to read them to the group and if they are going to share them with their family.

Materials Needed:

- Paper
- Pencil and/or pen