

Helping Hands

Ages 6-12

Activity Objective:

This exercise illustrates the abilities one has to help oneself as well as others. By putting his or her actions into words and images the actions are identified and reinforced.

Instructions:

- Group members trace their hand outline on paper with markers.
- Inside the hand outline the participant writes the positive things they do to help themselves with their asthma.
- Outside the hand they write or draw the helpful things they do for others who have asthma.
- Drawings are shared and discussed by the group.
- *Variation:* After each member makes their hand outline and signs the drawing, the papers are passed to the person on the left. That person then writes one way he or she has noticed the owner taking care of his or her asthma (on the inside of the hand). The drawings continue to be passed until each member makes a contribution and the drawing arrives back to its original owner.

Materials Needed:

- Paper
- Pens
- Pencils
- Markers

