

Magic Wands

Ages 5-8

Activity Objective:

This activity allows each group member the chance to share in regards to their asthma while realizing which wishes are attainable.



Instructions:

- Group leader provides construction paper and various mixed media: streamers, glitter, stars, tissue paper, glue and tape.
 - Each participant creates an asthma magic wand with the above materials (younger children may use pre-made wands).
 - The wands are then used to make asthma wishes.
- Have each participant create a list of their asthma wishes. Possible wishes might include:
 - Not having to take medication anymore
 - Being able to play sports
 - Being able to have a pet
 - Not wheezing anymore
 - Kids wouldn't make fun of me
 - My parents would stop smoking
 - Nobody would remind me to take my medicine
 - Discuss their wishes in terms of which ones are attainable and methods for achieving them.

Materials Needed:

- Construction paper
- Glue
- Tape
- Streamers
- Tissue paper
- Glitter
- Scissors
- Paper
- Pen
- Paper towel rolls