

# Rings of Prevention

Ages 8-12

## Activity Objective:

The interlocking circles demonstrate the connection of the “before” and “after” and how certain asthma management techniques can be helpful.

## Instructions:

- Group members will draw 2 large interlocking circles on paper (see illustration).
- Group members draw what usually happens just before their asthma worsens in the first circle, and what happens after this episode in the second circle.
- The area where the circles overlap depicts what could have been done differently in terms of better management of their asthma.
- The drawings are discussed and feedback is offered on the various management techniques that are described.

### Materials Needed:

- Paper
- Pencils
- Markers

