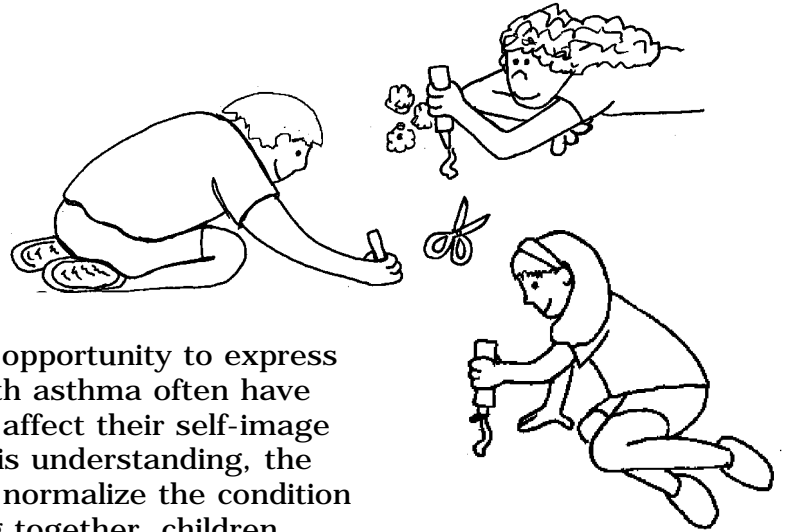


# My Asthma

Ages 5-12

## Activity Objective:

This activity provides participants with the opportunity to express their perception of their lungs. Children with asthma often have misconceptions about their lungs; this can affect their self-image and attitude about having asthma. With this understanding, the group leader can educate the children and normalize the condition of asthma. By using art media and working together, children incorporate their knowledge of the internal workings of the respiratory system.



## Instructions:

- Provide large paper and markers (crayons, paint or finger paints), glue, construction paper (tissue paper, glitter, pom poms, yarn or any other decorative materials). Participants could also go on a hunt outside for materials (leaves, rocks, sticks, pine cones, etc.).
- Ask the participants to create a collage of what they think their asthma looks like: color, shape, size, feelings. Encourage them to be creative. Older children could even write a short description of how they think their lungs work and attach it to their picture. The pictures could be created outside using only items from nature.
- *Optional:* Have the participants lie on the mural paper while a partner outlines their body with a marker. The participants can draw their respiratory parts inside the outline: the lungs, bronchial tubes, alveoli, diaphragm, trachea, muscle bands, etc. Hair and clothing outlines may also be added.
- Have participants share their drawings and perceptions.
- Provide appropriate education to correct any misconceptions.
- Create an asthma art gallery displaying all of the “works of art”.

### Material Needed:

- Large paper/mural paper
- Markers (crayons, paint or finger paints)
- Glue
- Construction paper
- Misc. (tissue paper, glitter, pom poms, yarn or any other decorative materials)
- Pens and lined paper (if needed)

