Apple Action Pick

Ages 6-12

Activity Objective:
The act of picking or harvesting can relate to being in control and having a variety of asthma management skills available. By choosing an individualized plan, participants tend to be more adherent, as they have identified what works best for their asthma self-management.

Instructions:

- Group leader draws a large tree on the blackboard or mural paper. Various coping methods and plans of action for managing one’s asthma are written on apple-shaped, red construction paper cut outs. (see Apple Template on page 116).

  Sample action plan items include:
  - Take medication
  - Check peak flow
  - Rest
  - Call doctor
  - Drink water
  - Listen to early warning signs
  - Avoid trigger
  - Tell someone how you are doing
  - Share your feelings
  - Get some exercise, etc.

- Older participants can create the apple shapes and write possible coping methods.

- Group leader prepares duplicate apples to replace on the tree.

- Participants are given paper lunch sacks, which they can decorate.

- Each participant takes a turn to pick from the tree the apple plans that work best for them. (Once an apple is taken, replace it.)

- Participants discuss the choices they made and how they work successfully and how they will begin to implement the plans.

Materials Needed:
- Mural paper
- Construction paper
- Apple shapes with coping strategies written on them
- Paper lunch sacks
- Crayons and/or markers

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