Asthma Bugs

Ages 6-11

Activity Objective:
In this activity group members are allowed to express their feelings about their medications using art media.

Instructions:

- Group leader explains that this activity is to help with the expression of feelings.
- Group members are instructed to create a bug and draw or write inside the bug what “bugs” them about their medicines or their asthma.
- A variation could include participants collecting bugs from outside.
- Each bug can be displayed or you can create a group asthma bug book by binding all the drawings together.
- Bug mobiles can also be made to hang around camp or in the camper’s cabin.

Materials Needed:
- Markers
- Paper
- Pens
- String
- Staples
- Tape and/or glue

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