Coping Chain

Ages 7-12

Activity Objective:
This activity symbolizes the feeling of strength and connectedness when one can utilize a variety of coping mechanisms. Contributions from each group member interlock to form one large coping chain.

Instructions:
- Participants are given 4 (or more) strips of construction paper (1” x 6”).
- Each participant writes the 4 best things they do to take care of their asthma on the strips of paper.
- Working as a group, the strips are joined together in a chain-like manner. Tape both ends together of a strip in a circular shape, place second strip threw the center of the first circle and tape ends, creating interlocking circles.
- The group members identify and share with the group their coping contribution.
- The chain can be displayed.

Materials Needed:
- Construction paper strips (1” x 6”)
- Glue and/or tape
- Pencils
- Pens
- Markers