Coping Weave

Ages 8-12

Activity Objective:
This activity illustrates the importance of using many coping strategies to successfully manage one’s asthma. The act of weaving the strategies together symbolizes the strength created when a variety of coping techniques are utilized.

Instructions:
● Group members are asked to cut 2 pieces of construction paper in 1” strips, leaving them attached 1” from the edge. One paper is cut horizontally while the other one is cut vertically.
● Group members then write or draw various coping techniques they use on the paper strips.
● Coping strategies examples:
  — Check peak flows
  — Have an asthma-action plan
  — Warm up before exercise
  — Drink liquids
  — Take medication according to schedule
  — Stay away from triggers
  — Remember asthma medication when traveling
  — Use pillow case encasing, etc.
● The strips are woven together (see illustration below).
● The loose edges are taped to secure.
● Each group member has the opportunity to discuss his or her weaving creation.

Materials Needed:

- Construction paper
- Scissors
- Tape
- Pens