Dear Family

Ages 8-12

Activity Objective:
Participants are encouraged to ask for what they need from their family in an effort to help them better manage their asthma.

Instructions:

- Group members will write a letter to their family and ask for what they need in terms of helping them to better manage their asthma. For example:
  - Be calm when my asthma worsens.
  - Let me try normal activities.
  - Don’t remind me to take my medicines.
  - Don’t bug me about staying away from pets.

- Encourage participants to write about their feelings, specific examples and how they want things to be different.

- Group members decide whether or not they want to read them to the group and if they are going to share them with their family.

Materials Needed:
- Paper
- Pencil and/or pen

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