Magic Wands

Ages 5-8

Activity Objective:
This activity allows each group member the chance to share in regards to their asthma while realizing which wishes are attainable.

Instructions:
- Group leader provides construction paper and various mixed media: streamers, glitter, stars, tissue paper, glue and tape.
- Each participant creates an asthma magic wand with the above materials (younger children may use pre-made wands).
- The wands are then used to make asthma wishes.

Materials Needed:
- Construction paper
- Glue
- Tape
- Streamers
- Tissue paper
- Glitter
- Scissors
- Paper
- Pen
- Paper towel rolls

- Have each participant create a list of their asthma wishes. Possible wishes might include:
  - Not having to take medication anymore
  - Being able to play sports
  - Being able to have a pet
  - Not wheezing anymore
  - Kids wouldn’t make fun of me
  - My parents would stop smoking
  - Nobody would remind me to take my medicine

- Discuss their wishes in terms of which ones are attainable and methods for achieving them.