Rings of Prevention

Ages 8-12

Activity Objective:
The interlocking circles demonstrate the connection of the “before” and “after” and how certain asthma management techniques can be helpful.

Instructions:
● Group members will draw 2 large interlocking circles on paper (see illustration).
● Group members draw what usually happens just before their asthma worsens in the first circle, and what happens after this episode in the second circle.
● The area where the circles overlap depicts what could have been done differently in terms of better management of their asthma.
● The drawings are discussed and feedback is offered on the various management techniques that are described.

Materials Needed:
- Paper
- Pencils
- Markers

I didn’t wash my hands after I played with my grandma’s new kitty.
I should wash my hands after I play with the kitty.
I got sick and had to lay down.
My grandma wouldn’t let me play with the kitty anymore.