

Activity: Matching Asthma Triggers and Solutions



Overview

In this activity, participants will practice identifying asthma triggers and corresponding solutions.

Learning Objectives

By the end of the activity, participants will be able to:

- Identify common asthma triggers as well as solutions to reduce the occurrence of asthma.

Audience

6th grade to adult

Materials

- Asthma Triggers and Solutions matching image set and answer key (included with this lesson)

Duration

15 minutes

Activity Preparation

If working with a group of over 10 people, it may be preferable to split the larger group up into smaller groups. If this is the case, additional image sets will be needed.

Instructions

1. Ask participants what triggers and solutions for asthma they might encounter in their daily lives.
2. Distribute at least one card from the image set to each participant.
3. Ask participants to consider if their card is an asthma trigger or a solution.
4. Instruct participants to work together to find pairs (match a trigger with a solution). Matched pairs should be placed to the side.
5. After all cards have been matched, review the matches as a group.

Evaluation

- This activity is designed to reinforce content introduced during the slide presentation. Pre/post-workshop surveys should be administered at the beginning and end of the session to measure participants' knowledge gained. Questions #6 and #9 relates to this activity.