

Trigger Twister

By publisher

Created 06/18/2009 - 16:37

Purpose: An energetic activity to emphasize asthma triggers, colors and coordination.

Skills: Trigger identification, color recognition, flexibility.

What you need:

- The Twister Game (Milton Bradley)
- Pictures of asthma triggers

-OR-

Make your own Twister:

- Large plastic table cloth (about 4" X 6")
- Colored construction paper (4 colors)
- Scissors
- Masking tape or glue
- Index cards

What to do:

- If you do not have a Twister game board, cut 18 colored circles (10 inches diameter) and glue or tape them in 3 rows, 6 across.
- Tape pictures of triggers on the colored circles. Keep the colors consistent with the triggers. For example, if red is "furry animals", tape pictures of dogs, cats, hamsters etc., on the red circles.
- Write all the triggers on index cards (cigarette smoke, car exhaust, furry animals, cockroaches, stuffed animals, dust, perfumes and sprays).
- Now turn over a card in the stack and read the trigger that is written on the card.
- Each child takes a turn by finding that trigger on the twister board. The child then places a foot, hand, toe or any other body part on the appropriate colored circle on the twister board.
- As the game continues, the kids will overlap with limbs and laugh a lot!

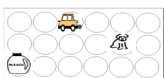
RED GROUP: Animals

BLUE GROUP: Pillows, rags

GREEN GROUP: Sprays

YELLOW GROUP: Smoke, cigarettes, pipes

REFERENCE: Triggers outlined in Chapter 5 of this handbook.



Triggers

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Source URL: <http://www.asthmabasics.org/handbook/stay-connected/trigger-twister>