



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Taking a breath may seem easy and natural, but for kids with asthma, breathing can sometimes be a challenge. These activities will help your students learn how asthma affects the airways and how kids with asthma deal with triggers and flare-ups.

## Related KidsHealth Links

### Articles for Kids:

#### Asthma minisite

[KidsHealth.org/en/kids/center/asthma-center.html](http://KidsHealth.org/en/kids/center/asthma-center.html)

#### Asthma

[KidsHealth.org/en/kids/asthma.html](http://KidsHealth.org/en/kids/asthma.html)

#### Asthma: Alexis' Story (Video)

[KidsHealth.org/en/kids/alexis-vd.html](http://KidsHealth.org/en/kids/alexis-vd.html)

#### Kat's Asthma Story

[KidsHealth.org/en/kids/kat-story.html](http://KidsHealth.org/en/kids/kat-story.html)

#### What's an Asthma Flare-Up?

[KidsHealth.org/kid/asthma\\_basics/what/flare-up.html](http://KidsHealth.org/kid/asthma_basics/what/flare-up.html)

#### Dealing With Asthma Triggers

[KidsHealth.org/en/kids/asthma-triggers.html](http://KidsHealth.org/en/kids/asthma-triggers.html)

#### How Do Asthma Medicines Work?

[KidsHealth.org/en/kids/asthma-medicines.html](http://KidsHealth.org/en/kids/asthma-medicines.html)

#### Can Kids With Asthma Play Sports?

[KidsHealth.org/en/kids/asthma-sports.html](http://KidsHealth.org/en/kids/asthma-sports.html)

#### School and Asthma

[KidsHealth.org/en/kids/school-asthma.html](http://KidsHealth.org/en/kids/school-asthma.html)

### Resources for Teachers:

#### Asthma Special Needs Factsheet

[KidsHealth.org/en/parents/asthma-factsheet.html](http://KidsHealth.org/en/parents/asthma-factsheet.html)

#### Asthma and Sports Special Needs Factsheet

[KidsHealth.org/en/parents/asthma-sports-factsheet.html](http://KidsHealth.org/en/parents/asthma-sports-factsheet.html)

#### Asthma: Exercise-Induced Asthma Special Needs Factsheet

[KidsHealth.org/en/parents/asthma-sports-factsheet.html](http://KidsHealth.org/en/parents/asthma-sports-factsheet.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What parts of the body help you breathe?
2. Have you ever had trouble breathing, or catching your breath? What were you doing? What did it feel like?
3. Do you know anyone who has asthma? How does he or she handle it?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Asthma Awareness

#### Objectives:

Students will:

- Identify and describe asthma triggers
- Explain what happens during an asthma flare-up and how to manage it

#### Materials:

- Computer with Internet access
- "Asthma Pamphlet" handout, pen or pencil

#### Class Time:

1 hour

#### Activity:

We're going to create pamphlets to help the school nurse teach students about asthma. First, read the KidsHealth.org articles to learn more about asthma, including how to deal with asthma triggers, what to do if an asthma flare-up happens, and how different kinds of asthma medicines work. Include some answers to questions kids might have about asthma (like "Can some kinds of weather make asthma worse?" or "Can kids with asthma have pets?" or "Can kids with asthma play sports?").

#### Extensions:

1. What happens during an asthma flare-up? Create two diagrams, one of the respiratory system working as it should and the other of the respiratory system during an asthma flare-up. Explain how asthma affects the respiratory system and why breathing becomes difficult.
2. Discuss where air pollution comes from and how it causes problems for people with asthma.



## Asthma Vocab

### Objectives:

Students will:

- Learn the terms associated with asthma

### Materials:

- Computer with Internet access
- "Asthma Vocab" handout, pencil, pen, and/or highlighter marker

### Class Time:

45 minutes

### Activity:

To get more familiar with words related to asthma, we'll complete the "Asthma Vocab" word search. On the back of the handout, we'll write the definition of each term using KidsHealth.org as a reference.

## Reproducible Materials

### Handout: Asthma Pamphlet

[KidsHealth.org/classroom/3to5/problems/conditions/asthma\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/asthma_handout1.pdf)

### Handout: Asthma Vocab

[KidsHealth.org/classroom/3to5/problems/conditions/asthma\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/asthma_handout2.pdf)

### Handout for Teachers: Asthma Vocab Answers

[KidsHealth.org/classroom/3to5/problems/conditions/asthma\\_handout3.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/asthma_handout3.pdf)

### Quiz: Asthma

[KidsHealth.org/classroom/3to5/problems/conditions/asthma\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/asthma_quiz.pdf)

### Answer Key: Asthma

[KidsHealth.org/classroom/3to5/problems/conditions/asthma\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/asthma_quiz_answers.pdf)



Health Problems Series  
**Asthma**

Name:

Date:

## Asthma Pamphlet

Instructions: Cut out your pamphlet and fold it in the middle. Use all four pages: Write basic facts about asthma and flare-ups on page 1; avoiding triggers on page 2; asthma medicines on page 3; and questions and answers on page 4.

A large rectangular area with a dashed border, divided into two equal halves by a solid vertical line down the center, intended for writing the pamphlet content.



Name:

Date:

## Asthma Vocab

Instructions: Circle the asthma vocabulary words from the word bank. They could be arranged vertically, horizontally, diagonally, or backwards. Then use KidsHealth.org to write the definitions of the words on the back of this paper.

### Word bank

airways

alveoli

asthma

bronchoconstriction

bronchodilator

histamine

inhaler

lungs

mucus

nebulizer

spacer

trachea

triggers

E R N A L J I L X X S D X C W P V P N  
 S K O U S L U U I H S Y A W R I A O R  
 D Y N T O T R Q I F P Q Q C L R I B E  
 P G B E A E H S T H R P G T P T G I L  
 S Q V B C L T M Y B D R C B C A K R A  
 F L I A R A I O A N P E K I D Y A I H  
 A C P A M F U D E O I Q R P G I Q Z N  
 S S H I N D I B O Y B T J K P M G R I  
 U G N R Q B U Y G H S T R I G G E R S  
 C E F P R L Z F A N C N R Z M U Y A Z  
 U V U C I L Q V O S Q N D G W Y H V Y  
 M K Y Z B A G C K T D P O P V E C N F  
 T G E Q I J O T V V I Z K R J D N H K  
 E R B R J H Z R W B Y H Y V B A H Q D  
 D E S C C Y S A K G D R B Y M P Q M E  
 T V F N I M E C U Y R N Z X P T L G U  
 T W O W L O M H G V V N R E P I H M E  
 G R A C H F C E X T I K I Y T N F W T  
 B O C H H V X A H M A K W O K N Z B O





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

1. Anything that causes an asthma flare-up is called a:
  - a) allergen
  - b) dander
  - c) trigger
  - d) obstruction
2. Asthma medicine is often taken through an \_\_\_\_\_.
3. If a person with asthma has a \_\_\_\_\_, he or she needs to take quick-relief medicines (also called rescue or fast-acting medicines) as soon as possible.
4. True or false: It can be hard to breathe during an asthma flare-up because the airways get swollen and narrower, and the airways can get clogged with mucus.
5. True or false: Kids with asthma can't play sports.



## Quiz Answer Key

1. Anything that causes an asthma flare-up is called a:
  - a) allergen
  - b) dander
  - c) trigger
  - d) obstruction
2. Asthma medicine is often taken through an inhaler.
3. If a person with asthma has a flare-up, he or she needs to take quick-relief medicines (also called rescue or fast-acting medicines) as soon as possible.
4. True or false: It can be hard to breathe during an asthma flare-up because the airways get swollen and narrower, and the airways can get clogged with mucus.
5. True or false: Kids with asthma can't play sports.