



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- 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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

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

Related KidsHealth Links

Articles for Kids:

Asthma

KidsHealth.org/kid/asthma_basics/what/asthma.html

Kat's Asthma Story

KidsHealth.org/kid/health_problems/allergy/kat_story.html

Dealing With Asthma Triggers

KidsHealth.org/kid/health_problems/allergy/asthma_triggers.html

Your House: How to Make It Asthma-Safe

KidsHealth.org/kid/health_problems/allergy/house_asthma.html

What's an Asthma Flare-Up?

KidsHealth.org/kid/asthma_basics/what/flare_up.html

Handling an Asthma Flare-Up

KidsHealth.org/kid/managing_asthma/charge/asthma_flare_up.html

What's a Peak Flow Meter?

KidsHealth.org/kid/health_problems/allergy/peak_flow_meter.html

How Do Asthma Medicines Work?

KidsHealth.org/kid/health_problems/allergy/asthma_medicines.html

Ozone, Air Quality, and Asthma

KidsHealth.org/kid/health_problems/allergy/ozone_asthma.html

Discussion Questions

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

1. Have you ever had trouble breathing, or catching your breath? What were you doing? What did it feel like? What parts of the body are involved in breathing?
2. What do you know about asthma? Do you know anyone who has asthma? How does he or she handle it?
3. Is having asthma different from having a cold? How? What's an allergy? How are allergies and asthma related?



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 (available at: KidsHealth.org/classroom/3to5/problems/conditions/asthma_handout1.pdf)
- Art supplies (markers, crayons, colored pencils)

Class Time:

1 hour

Activity:

A local doctor's office is trying to raise awareness about asthma and has asked you to create a pamphlet about asthma. First, do some research. Check out the articles on KidsHealth to learn more about asthma, including how to deal with asthma triggers and what to do if an asthma flare-up happens. Be sure your pamphlet includes how to deal with or avoid asthma triggers and how the different kinds of asthma medicines work. Use illustrations to show what you are describing. Be sure to think of common questions kids might have about asthma ("Can some kinds of weather make asthma worse?" or "Can kids with asthma have pets?") and answer them in your pamphlet.

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 system during an asthma flare-up. Explain how asthma affects the respiratory system and why breathing becomes difficult.
2. What do kids in your school know about asthma? Create a survey with questions, including "What is asthma?" and "What causes asthma?" (Some questions could be really specific: "Does playing a sport cause asthma?") See what the kids you survey say. Are there any misconceptions that need to be cleared up?



In the Inventor's Zone

Objectives:

Students will:

- Describe different asthma triggers
- Explain how different asthma medicines work
- Demonstrate an understanding of how people with asthma can manage their condition

Materials:

- Computer with Internet access
- Plain, unlined paper
- Art supplies (colored pencils, markers, crayons)

Class Time:

90 minutes

Activity:

Put on your inventor's cap! You've just been asked to develop a prototype for Asthma Control, "the machine that will take care of your asthma so you have time for you." This machine will be able to manage all aspects of asthma - from detecting environmental triggers to handling an asthma flare-up. Of course, part of this invention includes things that people already use, like a peak flow meter, controller medicines, and rescue medicines. Check out the articles on KidsHealth to learn about asthma, what people with asthma need to be aware of, how they deal with asthma triggers, and how they handle flare-ups. Then brainstorm and make a list of what your Asthma Control machine will do. Be very specific - after all, the marketing department will need to know exactly what they can advertise. Create a drawing of what this machine will look like. Is it something to wear? To hold? Is it like a piece of furniture in a room? How many different parts does it have? Does it have attachments? On your drawing, label the parts and describe how they help to manage asthma.

Extensions:

1. Draw a picture of a room, home, or outdoor environment with several asthma triggers mixed in with the rest of the drawing. Challenge a friend to find all the possible asthma triggers.
2. Discuss how air pollution cause problems for people with asthma.

Reproducible Materials

Handout: Asthma Pamphlet

KidsHealth.org/classroom/3to5/problems/conditions/asthma_handout1.pdf



Health Problems Series
Asthma

Name:

Date:

Asthma Pamphlet

Instructions: Cut out your pamphlet and fold it in the middle. Using all 4 pages, write about asthma, triggers, and medicines and use illustrations to show what you're describing.

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