



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.
- 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

These activities will help your students understand what asthma is, how it affects kids, and how kids deal with asthma triggers and flare-ups.

Related KidsHealth Links

Articles for Kids:

Asthma minisite

KidsHealth.org/en/kids/center/asthma-center.html

Asthma

KidsHealth.org/en/kids/asthma.html

Asthma: Alexis' Story (Video)

KidsHealth.org/en/kids/alexis-vd.html

Kat's Asthma Story

KidsHealth.org/en/kids/kat-story.html

What's an Asthma Flare-Up?

KidsHealth.org/kid/asthma_basics/what/flare-up.html

Dealing With Asthma Triggers

KidsHealth.org/en/kids/asthma-triggers.html

Can Kids With Asthma Play Sports?

KidsHealth.org/en/kids/asthma-sports.html

Resources for Teachers:

Asthma Special Needs Factsheet

KidsHealth.org/en/parents/asthma-factsheet.html

Asthma and Sports Special Needs Factsheet

KidsHealth.org/en/parents/asthma-sports-factsheet.html

Asthma: Exercise-Induced Asthma Special Needs Factsheet

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. Why is breathing important for your body? What parts of your body work together to help you breathe?
2. What do you know about asthma? Do you know anyone who has asthma? How does he or she deal with it?



Activities for Students

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

Breathing In and Out

Objectives:

Students will:

- Identify basic parts of the respiratory system

Materials:

- "Breathing In and Out" handout
- Colored pencils or crayons

Class Time:

15 minutes

Activity:

Which parts of your body help you breathe? On the "Breathing In and Out" handout, trace the path that air takes from the moment you take a breath, or inhale. With a different colored pencil or crayon, show what happens when you exhale, or let a breath out.

People who have asthma sometimes have trouble breathing. Asthma affects a person's airways, or bronchial tubes. During an asthma flare-up, a person's airways get narrower, making it harder for air to get to and from the lungs. It's like having to breathe through a straw. During an asthma flare-up, a person may cough or wheeze.

Extension:

Make your own word find puzzle using these words related to breathing and asthma: lungs, nose, mouth, bronchioles, trachea, inhale, and exhale. Challenge a friend to solve your puzzle.



Asthma Triggers

Objective:

Students will:

- Identify triggers of asthma flare-ups

Materials:

- "Asthma Triggers" handout

Class Time:

30 minutes

Activity:

An asthma trigger is something that can lead to an asthma flare-up. Asthma triggers include pollen (powder made by plants to help them make more plants), smoke (from cars and cigarettes), and even animal dander (skin flakes from animals, including cats and dogs). People react to these triggers differently. What might lead to a flare-up for one person might be OK for another person with asthma.

Look at the pictures on the "Asthma Triggers" handout. Circle everything you find that could trigger an asthma flare-up.

Extension:

For some people, pollen in the air can trigger asthma flare-ups. With the help of your teacher, use the Internet or your local newspaper to keep track of pollen levels each week for 1 month. Are they (a) very high, (b) high, (c) medium, or (d) low? Make a bar graph to show the data you collected each week.

Reproducible Materials

Handout: "Breathing In and Out"

KidsHealth.org/classroom/prekto2/problems/conditions/asthma_handout1.pdf

Handout: Asthma Triggers

KidsHealth.org/classroom/prekto2/problems/conditions/asthma_handout2.pdf

Quiz: Asthma

KidsHealth.org/classroom/prekto2/problems/conditions/asthma_quiz.pdf

Quiz Answer Key: Asthma

KidsHealth.org/classroom/prekto2/problems/conditions/asthma_quiz_answers.pdf

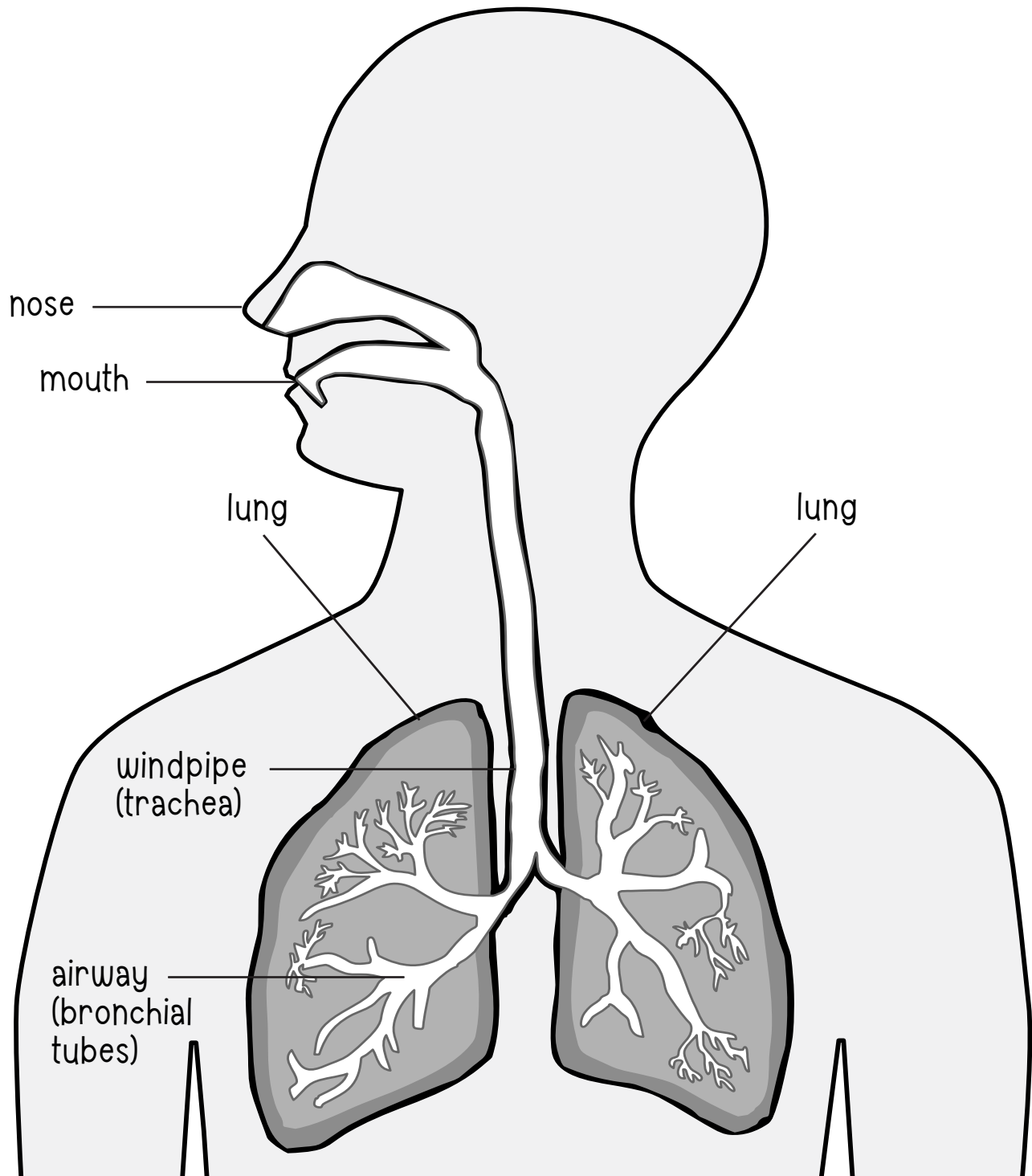


Name: _____

Date: _____

"Breathing In and Out"

Instructions: Trace the path of air from the moment you breathe in, or inhale. With a different colored pencil, show what happens when you breathe out, or exhale.



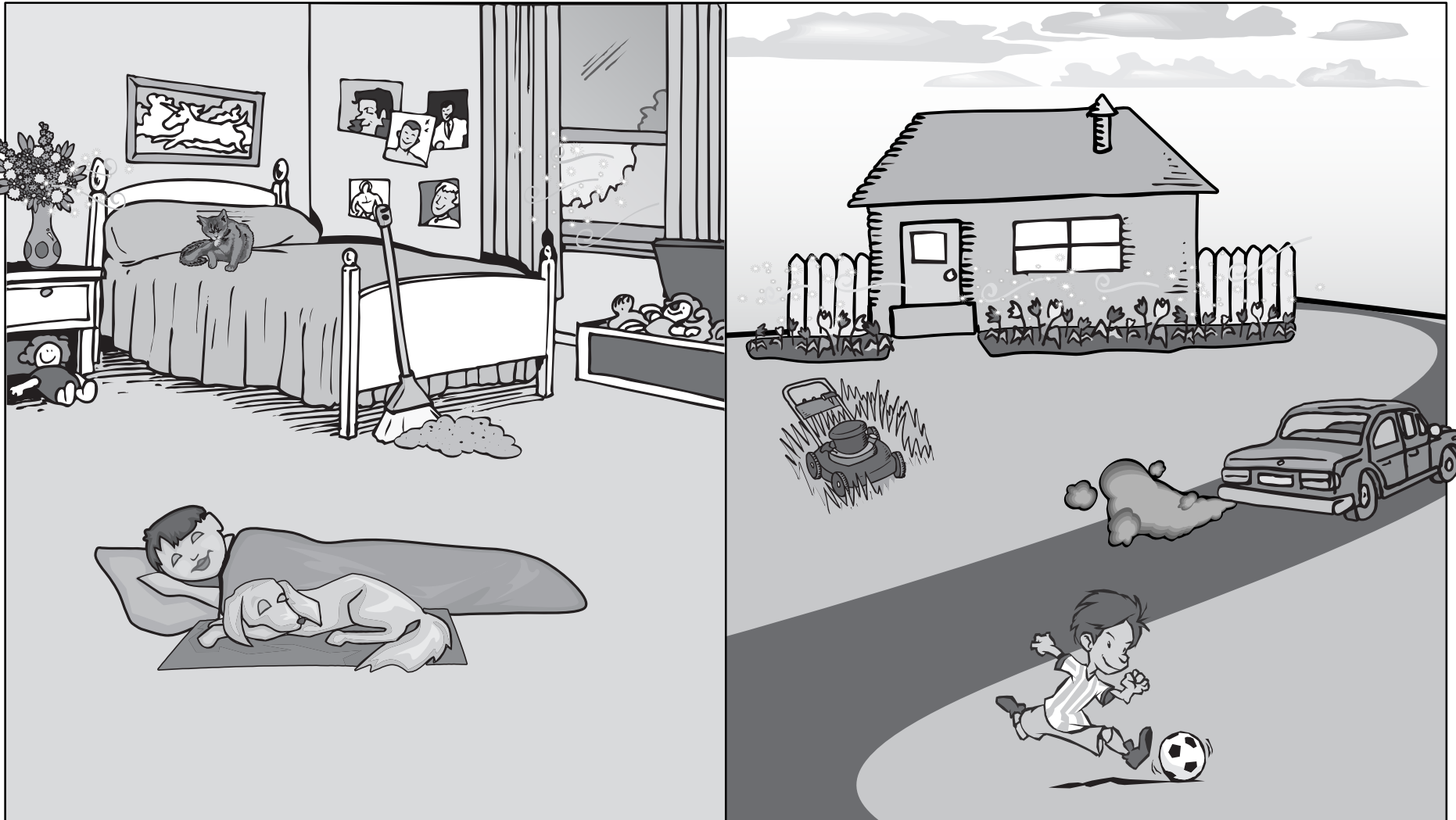


Name:

Date:

Asthma Triggers

Instructions: Circle all of the possible asthma triggers you can find in these two scenes.





Name: _____

Date: _____

Quiz

1. Asthma can make it hard for a person to:
 - a) smell
 - b) eat
 - c) breathe
2. True or false: An asthma trigger is anything that causes an asthma flare-up.
3. True or false: Kids who have asthma can't play sports.
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: If a person with asthma has a flare-up, he or she needs to take asthma medicine as soon as possible.



Quiz Answer Key

1. Asthma can make it hard for a person to:
 - a) smell
 - b) eat
 - c) breathe
2. True or false: An asthma trigger is anything that causes an asthma flare-up.
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