



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

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

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

How Do Asthma Medicines Work?

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

Can Kids With Asthma Play Sports?

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

School and Asthma

KidsHealth.org/en/kids/school-asthma.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. 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

Handout: Asthma Vocab

KidsHealth.org/classroom/3to5/problems/conditions/asthma_handout2.pdf

Handout for Teachers: Asthma Vocab Answers

KidsHealth.org/classroom/3to5/problems/conditions/asthma_handout3.pdf

Quiz: Asthma

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

Answer Key: Asthma

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 vertical sections by a solid vertical line down the center. This area is intended for students to write their answers and questions as part of the asthma pamphlet activity.



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



Asthma Vocab Answers

1. **airways:** tubes in lungs through which air travels; also called bronchial tubes or bronchi.
2. **alveoli:** tiny air sacs in the lungs.
3. **asthma:** a condition that causes trouble breathing because of problems with the airways.
4. **bronchoconstriction:** when the muscles surrounding the airways tighten.
5. **bronchodilator:** a medication that dilates (opens) the airways, or bronchial tubes.
6. **histamine:** substance in the body that's released during an allergic reaction; when histamine affects the lungs, a person with asthma may have breathing problems.
7. **inhaler:** a device that can get asthma medicine directly into a person's lungs.
8. **lungs:** work with your respiratory system to allow you to take in fresh air, get rid of stale air, and even talk.
9. **mucus:** sticky stuff that protects and lubricates mucous membranes in your mouth, nose, lungs, stomach, and intestines.
10. **nebulizer:** a machine that turns liquid medicine into a mist that can be breathed in.
11. **spacer:** attaches to an inhaler on one end and to a mouthpiece or mask on the other end, making it easier to use an inhaler.
12. **trachea:** the windpipe - it carries air into and out of the lungs.
13. **triggers:** anything that brings on asthma symptoms.





Name: _____

Date: _____

Quiz

1. Anything that causes an asthma flare-up is called:
 - a) an allergen
 - b) dander
 - c) a trigger
 - d) an 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) an allergen
 - b) dander
 - c) a trigger
 - d) an 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.