

# ASTHMA AWARENESS WEEK

#HelpMeBreathe

# ACTIVITY BOOK



# KNOW THE 5 STEP RULE

Can you arrange the steps of the 5 Step Rule into the correct order below?

Number the steps 1 to 5.



**Take 1 puff of your reliever inhaler (usually blue) every minute. Use a spacer if available.**



**Take slow, steady breaths.**



**Repeat step 3 if an ambulance has not arrived within 10 minutes.**

**Call 112 or 999 if your symptoms do not improve after 10 minutes.**



**Stay calm and sit up straight, don't lie down.**

# ASTHMA FUN FACTS FOR CHILDREN



**Asthma is a health problem that makes it hard to breathe. This happens because asthma causes the airways in the lungs to swell with what we call “mucus”.**

**Nobody knows why we get asthma but asthma can run in families.**

**Some common asthma triggers are colds and flus, pollen, cigarette smoke, perfume and exercise such as dancing, soccer, and basketball.**

**Having asthma does not mean that it is hard to breathe all the time.**

**The test that a doctor usually uses to help diagnose asthma is a spirometry test. It measures how well your lungs are working.**

**Common signs that you may be having an asthma attack include coughing, wheezing and chest tightness.**

**There are different types of medication used to treat asthma.**

**Reliever inhalers are also known as rescue medications. Reliever inhalers work quickly by opening up the airways to help with breathing.**

**Your doctor can help you fill in an Asthma Action Plan; this should include all the information that you need to keep your asthma controlled.**

**Controller inhalers or long term medication are taken every day and they help to prevent asthma attacks.**

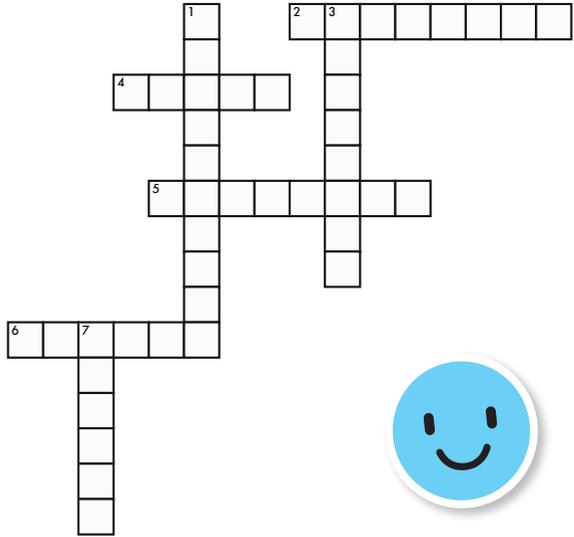
# ASTHMA FACTS

## ACROSS

2. An asthma medication that acts fast to rescue someone having asthma symptoms or an asthma attack. (8 letters)
4. The airways in this part of your body swell when you have asthma. (5 letters)
5. A common symptom of asthma, you may also experience this when you have the flu. (8 letters)
6. A device that can be joined on to your inhaler and makes using your inhaler easier. (6 letters)

## DOWN

1. A daily asthma medication that can help prevent asthma attacks. (9 letters)
3. A possible asthma trigger, also another word for body movement. (8 letters)
7. A health problem that can make breathing difficult. (6 letters)



# ASTHMA BASICS

1. How does asthma effect your breathing?
2. Can you name some common asthma attack symptoms?
3. What test can a doctor do that helps show if someone has asthma?
4. What steps should someone with asthma take to look after their asthma?
5. What does a controller inhaler do?
6. What does a reliever inhaler do?
7. What does an Asthma Action Plan do?

# CIRCLE OF ASTHMA SUPPORT

In the circles below, write the names of the people who help you with your asthma.  
*If you have a friend who has asthma talk to them and fill in the circles with them.*

The form consists of five large, empty circles arranged in a cluster. Two circles have a thick blue outline, and three have a thick black outline. The circles are slightly overlapping and have a soft grey drop shadow. At the bottom of the page, there is a decorative wavy dashed line.

# TRUE OR FALSE

1. **Asthma is a common condition in Ireland.**

TRUE  FALSE

2. **Coughing and shortness of breath are symptoms of asthma.**

TRUE  FALSE

3. **In Ireland about 40% of people do not have their asthma controlled.**

TRUE  FALSE

4. **Relievers work to reduce your symptoms when they are happening.**

TRUE  FALSE

5. **A spirometry test measures your blood pressure.**

TRUE  FALSE

6. **It is important to use a spacer.**

TRUE  FALSE

7. **Controller inhalers are usually brown.**

TRUE  FALSE

8. **You should be using your reliever inhaler more than two times a week.**

TRUE  FALSE

# MY FRIEND HAS ASTHMA

If you have a friend with asthma, work together to fill in the boxes below. 😊

**My friend's asthma symptoms are:**

**My friend's asthma triggers are:**

**My friend's asthma feelings are:**

**What my friend thinks I can do to help:**

**What I think I can do to help my friend:**

# SMILE WITH ASTHMA MANAGEMENT

G W N  
 L I S G U N S G B  
 V J Y M C E O I P O Q T R  
 R F A M X P K X A M G Y Z A X D D  
 C N X T H 5 S T E P R U L E N E P W L  
 R U C Z S B J L B R X J U M R A X J D H V  
 X B H H Q B P K W C C Q P W W U A O D Y X  
 N L A K S N U I M G N S K G V P W  
 A Q N V M Z F S X N J T H L H L F  
 T R B A A W V O H Y A E L U N B S D H Q Z J H V Q  
 V V T I Q Q I L Z W Y B A F L T I M M X W J S A S  
 G H A C T I O N P L A N Y X B C L Q A T P U Z L N  
 J S O D R F N C B F G L F O T A Y D G B J A P Y D Q E  
 S N E B U L I S E R A L A F U W V B L U A O T Z F F D  
 G G G I T Y K R E L I E V E R S X H D D Y N C T P X T  
 H V E G Z B T G I H I U T Q O J D D B Z T T D  
 N F E D S I X T O E C K T G C T Y V I Y O  
 U A L L A X C T J Z X L D T J L I E V N I  
 V R C A C G S M R O  
 U U J J Z I B H J I B R  
 N H Y O K T Q L W B S L G I P E R E F V T  
 K X G S F Q U S N C D E E K R Y Z J T R Q  
 Y X D C O N T R O L L E R S P A C E R  
 Z X P U K R R G Z U Z G N T P Q J  
 S S N W M M P M S Q K E Z  
 M M B N K N E X R  
 Z N U

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RELIEVERS      ACTION PLAN      SPACER  
 CONTROLLERS      NEBULISER      EXERCISE  
 5 STEP RULE      ASTHMA BUDDY



# MATCH THE MISSING PARTS

Draw a line between the start of the sentence on the left and the correct ending to the sentence on the right to complete the sentence.

Relievers inhalers are

People should not be using their reliever inhaler

"Sit up and stay calm"

Wheezing

Cats, dogs and dust

Asthma causes

A key to controlling asthma is

Kids and adults should use

spacers if they are suitable for their device

is an asthma symptom

most often blue in colour

airways to swell

using the controller inhaler everyday

more than two times a week

can be asthma triggers

is step 1 of the 5 Step Rule



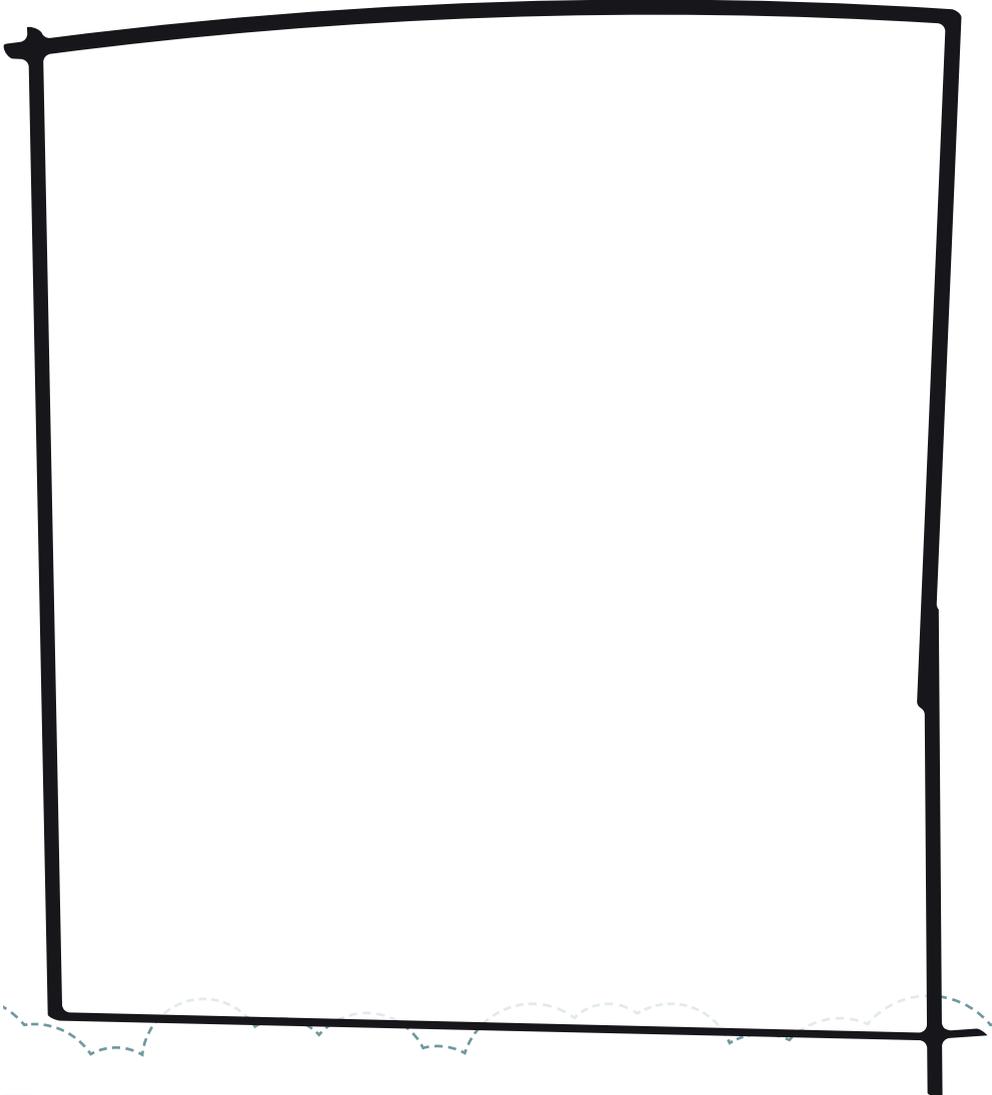
COLOUR ME IN



# CREATIVE IMAGINATION

In the box provided below, draw what you think asthma would look like if it were a person, or a creature. Be as creative as possible.

*Suggestions: Use colour and speech bubbles to really make your asthma character come to life!*



# ASTHMA QUIZ

Choose the correct words in blue below to fill in the blanks.  
At the end, see what your asthma quiz score is.

**Breathe   The 5 Step Rule   Attack   Coughing**  
**Controller   Mucus   Lungs   Reliever**

1. If my friend has asthma, this means that sometimes it can be hard for them to \_\_\_\_\_ .
2. Asthma causes the airways in the \_\_\_\_\_ to swell up.
3. Asthma can cause \_\_\_\_\_ in the airways.
4. A symptom of asthma is \_\_\_\_\_ .
5. When asthma affects someone's airways more than usual and their symptoms are worsening, this is called an asthma \_\_\_\_\_ .
6. A \_\_\_\_\_ acts quickly; they are a rescue medication for a person who is having asthma symptoms.
7. A \_\_\_\_\_ is a long term medication for people with asthma, they are taken every day to help prevent asthma symptoms.
8. If you are having an asthma attack, you should follow a rule called \_\_\_\_\_ .

## HOW DID YOU DO?

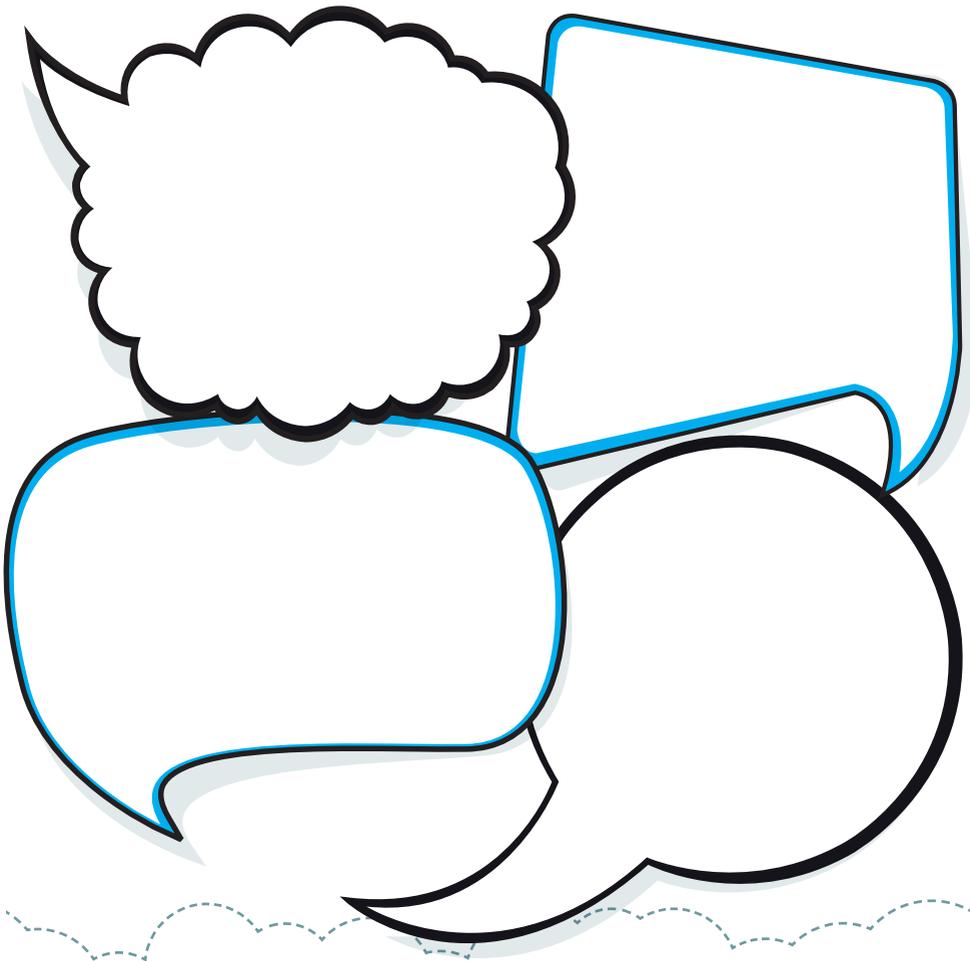
- (4 OR LESS) Keep reading more about asthma and your score will improve.  
(4-7) You have learned quite a bit of asthma information so far.  
(7-8) Asthma Superstar! Excellent score!  
You are certainly on way to becoming a super asthma friend. 😊

## HAPPY WORDS 😊

What are some things that people have said to you to make you feel better about asthma?

What are some nice things you would say to help a friend with asthma?

*Write your answers in the speech bubbles below:*





# ALL ABOARD THE TRIGGER TRAIN

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

FLU

FOOTBALL

CHEMICALS

DUST

POLLEN

PERFUME

SMOKE

CATS

CIGARETTES

DANCING

DOGS

WEATHER

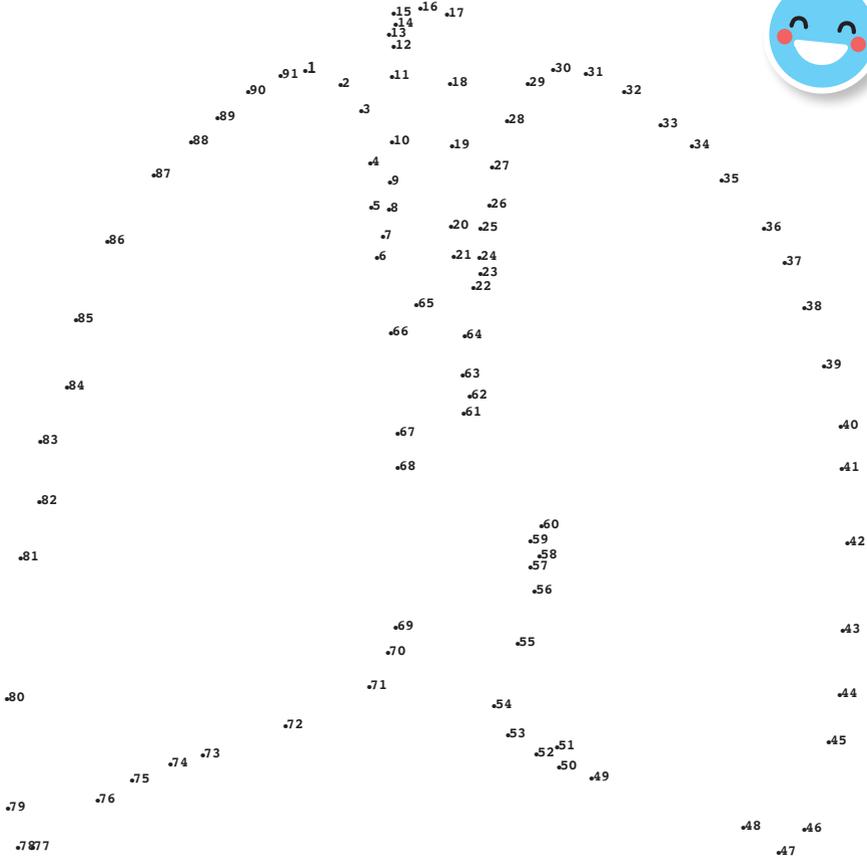
AIR POLLUTION

CHALK

EXERCISE

# JOIN THE DOTS

Connect the dots to form a picture of a very important part of the body.



WHAT IS IT?

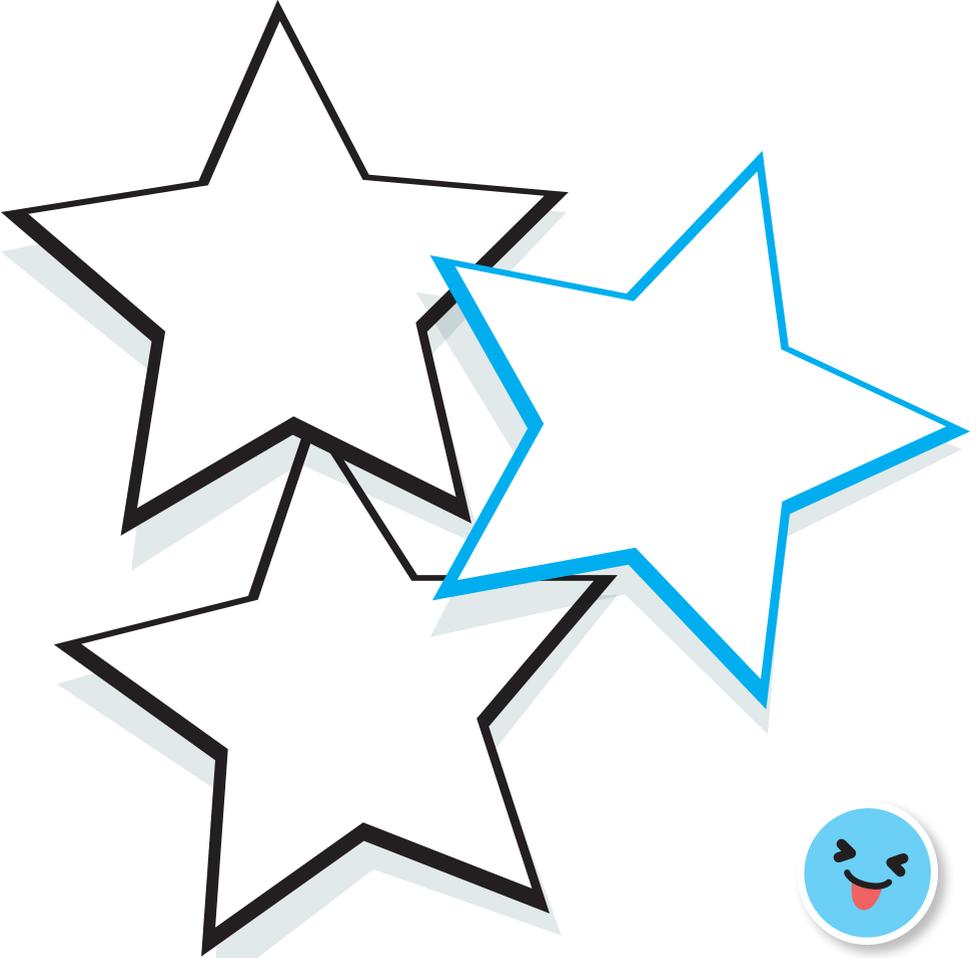
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# WHEN YOU WISH UPON A STAR...

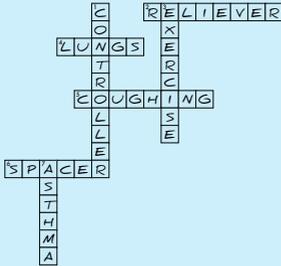
In the stars below, write three of the top asthma goals you want to achieve. For example: Avoiding the triggers which have caused you before to have an asthma attack or join in in PE class.

*If you do not have asthma, then use this section to make some wishes for your friend who has asthma.*



# ANSWERS

## Page 4 – Asthma Facts



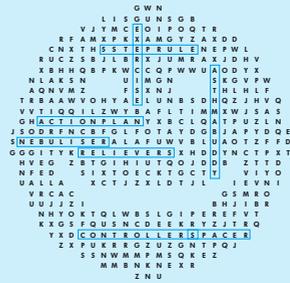
## Page 4 – Asthma Basics

1. Asthma makes it hard to breathe.
2. Coughing, Wheezing, Chest tightness.
3. Spirometry test.
4. Take The medicine as your doctor says and use an asthma action plan.
5. A controller is medicine that someone with asthma takes every day to stop an asthma attack from happening.
6. A reliever inhaler works very quickly to open airways to help someone with asthma breathe.
7. An asthma action plan is a written plan that you can make with your doctor to help control your asthma.

## Page 6 – True or False

1. True - Asthma is a common condition in Ireland.
2. True - coughing and shortness of breath are symptoms of asthma.
3. False - It is actually 60% of people in Ireland who do not have their asthma controlled.
4. True - Relievers work to reduce your symptoms when they are happening
5. False - A spirometry test measures how well your lungs work.
6. True - A spacer is important to use.
7. True - Controller inhalers are usually brown
8. False - If you are using your reliever inhaler more than 2 times a week then you should see your doctor as this is a sign that your asthma is not being controlled.

## Page 8



## Page 9 – Match the missing parts

1. Reliever inhalers are most often blue in colour.
2. People should not be using their inhaler more than 2 times a week.
3. “Sit up and stay calm” is step 1 of the 5 step rule.
4. Wheezing is an asthma symptom.
5. Cats, dogs and dust can be asthma triggers.
6. Asthma causes airways to swell.
7. A key to controlling asthma is using the controller inhaler every day.
8. Kids and adults should use Spacers if they are suitable for their device.

## Page 13 – Fill in the blanks

- |                |                |              |
|----------------|----------------|--------------|
| 1. Breathe     | 2. Lungs       | 3. Mucus     |
| 4. Coughing    | 5. Attack      | 6. Relievers |
| 7. Controllers | 8. 5 Step Rule |              |

## Page 15



## Page 16



## Page 17 – Join the dots Answer: LUNGS

For most people, asthma is a very controllable disease when managed correctly. Asthma management will allow most people with asthma to live happier and healthier lives. However, if people with asthma do not manage their condition, they are at high risk of an asthma attack.

An estimated 20 percent of children in Ireland have asthma. Asthma management saves lives.

The key to asthma management is having and using an Asthma Action Plan. These plans, which are reviewed at every available opportunity with a healthcare professional, will detail asthma medicines, symptoms, triggers, how to know if you are having an asthma emergency and what to do in the event of one.

This Asthma Awareness Week, we are calling on all people with asthma to have an Asthma Action Plan. These plans can be ordered for FREE from our office (1800 44 54 64) or you can download one from [asthma.ie](http://asthma.ie).

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