

MANAGE YOUR ASTHMA



1 DRAW AROUND
YOUR HAND



2 INSIDE THE HAND,
WRITE WHAT YOU DO
TO HELP YOURSELF
MANAGE YOUR ASTHMA



3 OUTSIDE THE HAND,
WRITE WHAT YOU
THINK OTHERS DO TO
HELP YOU MANAGE
YOUR ASTHMA

Asthma Adviceline
1800 44 54 64

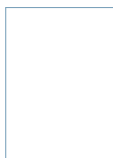
YOUR ASTHMA WISHES



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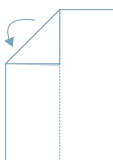
YOUR ASTHMA FEARS



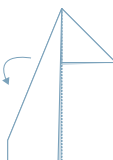
- 1 WRITE YOUR ASTHMA FEARS ON THIS SHEET



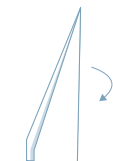
- 2 FOLD IT IN HALF TO MARK THE CENTRE LINE



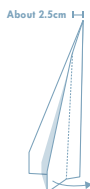
- 3 FOLD THE TOP CORNERS DOWN TO THE CENTRE LINE



- 4 FOLD EACH SIDE AGAIN TO MEET THE CENTRE LINE

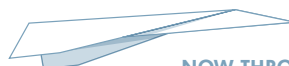


- 5 FOLD IN HALF ALONG THE CENTRE LINE



- 6 FOLD BACK THE WINGS LEAVING A BIT FOR THE BODY...

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...NOW THROW YOUR FEARS AS FAR AS THEY CAN FLY!

**DEAR
ASTHMA...**



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