



**A Smarties Book™**

## Asthma Lesson Plan

### Preschool

#### Objectives:

Students will learn that asthma makes breathing hard for children with asthma.

Share ideas about asthma

Learn what triggers asthma

Learn you cannot catch asthma from someone else.

**Vocabulary:** Asthma-A condition that affects the airways and makes it hard to breathe.

#### Procedures:

1. Begin by telling students to take a deep breath and letting it out. Have them raise their hand if they thought it was easy. Have them put their hand down if it was hard.
2. Tell them most of the time breathing is easy—when we finish this lesson you will learn about something called asthma, which can make it hard to breathe. You will also learn about things that can make asthma worse.

#### Classroom activity:

1. Say the word asthma. Have the students repeat it. Have them put their hand over their mouth. Tell them to breathe in and out through their mouth. Now have them raise their hand if they thought it was as easy to breathe. Tell them that asthma makes it hard for children who have asthma to breathe.
2. Ask: Does anyone here have asthma? Give them time to respond.

3. Tell them we're going to read a story about a girl who has asthma. Read *Wheezing Winona Weatherbee*, by Tolya Thompson.
4. Discuss what new information the students learned. Give them time to respond to the book.
5. Discuss asthma triggers.

Second Day:

1. Review book. Teacher guided- make up a poem or song about asthma.

Third Day:

1. Have students walk around the classroom and identify 3 things that make asthma worse, (dust, paint fumes, stuffed animals, animal fur).
2. Take students outside and have them point out 3 things that make asthma worse, (cold air, running, pollen,)

Fourth Day:

1. Discuss things at home that may make asthma worse. (Cigarette smoke, pets, bedding, carpet)
2. Tell them that we do not catch asthma from other people.

Fifth Day:

1. Tell them we are going to talk about some things we can do for people with asthma. (Responses: Play with them, sit by them, say kind things to them, do not tease them, include them in games.)

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