



**A Smarties Book™**

Lesson Plans  
Grades 2- 4  
Asthma Awareness  
for  
*Wheezing Winona Weatherbee*  
By Tolya L. Thompson

Objectives:

1. Define asthma as a condition that causes difficulty with breathing.
2. Explain that asthma can be controlled to allow children to be active and healthy.
3. Inform children about appropriate actions that can help people with asthma.
4. Provide resources to share with parents and other family members.
5. Lesson includes suggestions for health, language arts, art and math activities.
6. Introduce the book, *Wheezing Winona Weatherbee*.

Background information provided by U.S. Department of Health and Human Services.

Asthma is the most common chronic childhood condition and a leading cause of school absences. More than 3 million American children (6.1%) have asthma. This means that in a classroom of 30 children, two are likely to have asthma. Recent scientific advances have led to changes in our understanding and treatment of asthma. While asthma cannot be cured, it can be controlled so that children can be active and healthy.

## Instruction

1. Tell students that today we are going to read a book about asthma. Tell them that people with asthma can stay healthy most of the time if they do these things: stay away from things such as furry pets or cigarette smoke that make their asthma worse; go to the doctor and take medicine.

Tell them a cold or flu can also make asthma worse. One of the best ways to avoid a cold or flu is to wash hands regularly.

This is a good idea for all children, not just those with asthma.

Playing hard can make asthma worse, but since children need to play and exercise for healthy bones, some children with asthma take medicine before they play hard.

Many children with asthma take medicine every day.

2. Tell them that after we read the story we will do an activity to see what it is like to breathe when you have asthma.
3. Read the story.

## Activity

After reading the story pass out 2 straws, one unwrapped and one wrapped to each student. “Let’s see how it might feel to have difficulty breathing. Put your lips around the wrapped straw and try to breathe through it. Put your hands up if you think it is easy. Put your hands down if you think it is hard. Now put your lips around the unwrapped straw and breathe through it. It is much easier to breathe because the straw is open and air can pass through. The first straw is how the lungs of a child with asthma have difficulty letting air through. Breathing in and out becomes very hard for them. The straws are like airways in our lungs. Most of the time, children with asthma can breathe easily because their airways are open. Sometimes the child with asthma has difficulty moving air in and out of their lungs.

Conclusion: Today we learned what asthma is and that asthma makes breathing difficult.

Follow up activities:

Language Arts Daily Journal Assignments

1. List similarities and difference between Winona and yourself.
2. What would you like to say to Winona?
3. Draw a gift you would like to give to Winona and explain why you would give it to her.
4. If you were in Winona's situation how would you feel?
5. Draw how you think Winona's bedroom would appear. Describe it.
6. Write and perform a play based on the story.

Simplified Crossword Puzzle (This activity provides spelling practice, builds vocabulary, and gives writing practice.)

1. Have students take out a piece of binder paper and a pencil.
2. The teacher writes these two words on the board with one letter beneath the other, and each is numbered. The students copy the words on their paper. A box is drawn around the words. The students write a word that begins with each of the letters in the original words.

1. A -----
2. S -----
3. T -----
4. H -----
5. M -----
6. A -----

1. I -----
2. N -----
3. H -----
4. A -----
5. L -----
6. E -----
7. R -----

Have students share their answers. Use other words from the story and repeat the exercise.

### Language Arts Extension:

1. Book Display: Put together a display of the other books the author has written. Tell about them.
2. Pantomime your favorite part of Winona.

### Total Group Activity: Compound Words

1. Recall the story. Ask them what kind of word Weatherbee is? Proper Noun and also a compound word. Review compound words (two words put together to make a new word).
2. Have them take out a piece of paper and a pencil and make as many compound words as they can from each word you write on the board.

(Taken from story)

play (mate, ground, thing, pen, house, room)

sun (shine, light, glasses, rise, set, up, down, burn, bathe,  
flower, beam, bonnet, day, dial, spot, burst)

sky (lark, cap, light, scraper, writing)

out (side, doors, field, run, line, come, standing, law,  
house, distance, put, wit, break, do, going, last,  
board, burst, cry)

house (wife, work, top, coat, fly, boat, broken, keeper,  
hold)

day (break, dream, time, light)

3. Say, “ We are going to play a game. I am going to give you a few minutes to write several compound words of your own. Stress that they must be true compound words, that is, two words forming a single word with no hyphens or spaces between the words. You may use your dictionaries to settle questions.”
4. Call on a student to read half of one of his or her compound words. The other students try to guess the word by adding another word either

before or after the word that was named. For example: side could become outside or sidewalk

The person who guesses the word becomes the leader for the next game and calls on volunteers to guess his or her compound word.

## Math

Word Problems to accompany story

1. Have students take out paper and pencil. Dictate:  
Winona went out to play at 1:00 P.M. She played for one hour and a half. What time did she come back inside? (2:30)
2. Winona went to the doctor at 10 A. M. She returned 3 and  $\frac{1}{2}$  hours later. What time did she come back home? (1:30)
- 3 Write the word Asthma on the board. Ask who can tell me How many children were at the P.J. party? (3) Multiply that number by the number of letters in the word asthma. What is the product? (18)
3. Have students make up 2 addition story problems about Winona. Tell them to use 2 or 3 digit numbers. (Solve, illustrate)
4. Have them make up 2 subtraction story problems. (Solve, illustrate)