

OUTLINE

Lesson 1: Basic Information and Feelings about Asthma

Activities	Materials	Time (30 Minutes)
Introduction and Ice Breaker	Child Handout 1: Pre-program questionnaire COVID-19 Messaging	5 Minutes
Discussion: What is Asthma?	Poster 1: Normal Lungs Poster 2: Lungs before and during asthma episode	10 Minutes
Sharing Feelings About Asthma Symptoms	Pencils or crayons and paper	5 Minutes
Belly Breathing and Relaxation Exercise	Child handout 2: Belly Breathing for Relaxation Exercise **Photo on slide includes a link to belly breathing video**	5 Minutes
Closing & Take-Home Assignments	Assignment: Teach someone they know about belly breathing Parent Letter 1 Next Lesson Topic	5 Minutes

Lesson 2: Recognizing and Managing Asthma Symptoms

Activities	Materials	Time (35-40 Minutes)
Review	Success stories of take-home assignment (teach someone to belly breathe)	5 Minutes

Discussion—Warning Signs of Asthma	Poster 3: Traffic Light	5 minutes
Peak Flow Meters	Video : How to Use a Peak Flow Meter	5 Minutes <i>Optional</i>
Discussion—Moving Through the Management Steps	Poster 4: Recognize Your Warning Signs Child Handout 3: My Asthma Warning Signs Poster 5: Tell an Adult Poster 6: Take Your Asthma Medicine Poster 7: Rest and Relax Child Handout 4: Four Steps to Managing Asthma Symptoms Empty or placebo medicine containers and devices	20 Minutes
Closing & Take-Home Assignments	Parent Letter 2A: Tools for Managing Asthma Next Lesson Topic	5 Minutes

Lesson 3: Practice Management Steps

Activities	Materials	Time (35 Minutes)
Review	Lesson 2: Management Steps	10 Minutes
Practice Management Steps (Activity D from Lesson 2)	Role Play activity	10 minutes
Asthma Action Plan	Child Handout 5: Asthma Action Plan	5 Minutes
Five Emergency Signs	Poster 9: Traffic Lights	5 Minutes
Closing & Take-Home Assignments	Parent Letter 2B: My Asthma Medicines Next Lesson Topic	5 minutes

Lesson 4: Solving Problems With Medicines & Assessing Symptoms

Activities	Materials	Time (35 Minutes)
Review	Review Five Emergency Signs	5 Minutes
Discussion: Solving Problems with Medicines	Empty or Placebo medicine containers and devices Video : How to Use a Metered Dose Inhaler with Valved Holding Chamber	15 minutes
Discussion: Deciding how bad symptoms are	Poster 8: Story of Sandra Child Handout 6: Story of Sandra	10 minutes
Closing & Take-Home Assignments	Parent Letter 3: Five Emergency Signs; After review, interview them and ask what to do in an asthma emergency Next Lesson Topic	5 Minutes

Lesson 5: Finding and Controlling Asthma Triggers

Activities	Materials	Time (35 Minutes)
Review	Asthma Medicines	5 Minutes
Discussion: Locating Triggers	Poster 10: Find Your Asthma Triggers at Home Child Handout 7: Find My Asthma Triggers at Home Poster 11: Find Your Asthma Triggers at School Child Handout 8: Find My Asthma Triggers at School	15 minutes
Discussion: Role play Talking to Parents and Others about Triggers and Solutions		10 minutes
Closing & Take-Home Assignments	Parent Letter 4: Common Asthma Triggers Talk about your triggers and solutions with family- use completed Child Handouts Next Lesson Topic	5 Minutes

Lesson 6: Getting Enough Exercise

Activities	Materials	Time (40 Minutes)
Review	Asthma Triggers Success stories of take-home assignment	5 Minutes
Discussion and Role-Play – Ways to Stay Active	Child Handout 9A: Story of George, Part 1 Child Handout 9B: Story of George, Part 2	15 minutes 10 Minutes
Post-program Questionnaire Share the link with students	Post-Program Questionnaire **Make sure to check in with your local American Lung Association contact regarding your evaluation protocol, as this may differ from region to region.**	5 minutes
Closing	Child Handout 10: Tensing and Relaxing Exercise Parent Letter 5A: Six Ways to Stay Active	5 Minutes