



Better Asthma Control for Kids

1:1 BACK Being Active with Asthma Lesson Plan

Topic: Being Active with Asthma

Objectives: At the end of the session, the student will be able to explain the importance of exercise and how to manage asthma while exercising and being physically active.

Teaching aids: Health Benefits of Exercise Handout (older students), Sesame Street A is for Active (younger students), Tackle Asthma Playbook (all ages)

Time: 15 minutes

Grade level: Can tailor language to fit any grade level. Higher grade level questions indicated as such below.

Suggestions for use: Any time of the year – when having trouble being active, before summer vacation, field day, or times asthma student may be struggling with physical activity and their asthma.

Structure and Activities:

1. Start by asking the student what they do for fun. Probe to see if they do any physical activity/exercise/sports. If none, explore reasons for not.
2. Importance of exercise
 - a. Ask student for reasons they think being active is important; discuss any answers they might give.
 - b. Explain and supplement the positive impacts of being physically active.
 - c. Give student the appropriate age handout (Health Benefits of Exercise handout or younger student handout) and go over the different points.
 - i. Overall health benefits, heart and lung health, bone health, brain health, and healthy weight and muscles.
 - ii. Clarify any points if student has questions.
3. Start to work asthma and physical activity into the conversation: Explain that everyone needs to be physically active -even those with asthma. Exercise is especially good for kids with asthma as it makes their heart and lungs stronger which means they can handle your asthma better so they have less symptoms
4. Explain that exercise is one of the most common triggers of asthma.
 - a. Ask student if they think it is one of their triggers. How can they tell?



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- c. Scenario 3: Sick with a cold- You have a cold going on so have a stuffy/runny nose and coughing a bit more. You know that in PE class today that you are playing basketball and are going to be running. What do you do?
- d. Answer: Think about having more trouble with asthma during the activity, talking to the PE teacher, talking to the school nurse about using your inhaler before gym class or going to the office to use the reliever inhaler if have trouble with breathing or asthma