

# Asthma

Grades 6-12

## What Everyone Should Know

**Lesson Summary :** *Students participate in learning activities related to asthma as they explore the questions, “How does asthma affect individuals and communities?” and “What steps can people take to clear the air for everyone and dramatically improve the health of those with asthma?”*

**Length:**

- 50 minutes

**Preparation Difficulty: Moderate**

The teacher will need to collect materials for demonstrations and make copies of worksheets.

**Specific Objectives:**

- Describe what is occurring in a person’s body during an asthma episode
- Define “trigger” and provide several examples of asthma triggers
- Describe the benefits of a tobacco and drug-free environment. (HE.08.AT.01)
- Name at least one thing that people can do to help keep the air clean for people with asthma (and everyone else!)
- Respond appropriately (i.e.: stay calm, get help) if/when witness to an asthma episode

**LESSON OVERVIEW**

*(post for students)*

Due: *(teacher discretion)*

Essential Question: “How does asthma affect individuals and communities?” and “What steps can people take to clear the air for everyone and dramatically improve the health of those with asthma?”

Vocabulary Words: asthma, trigger

Agenda

- Opening
- Introduction to Asthma
  - Asthma Simulation
  - Lung Demonstration
- Asthma Pictionary
- “Asthma First Aid” Skit
- Review

Homework: *(teacher discretion)*

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