

Asthma

Grades K-6

What Everyone Should Know

Lesson Summary : *Students participate in learning activities related to asthma as they explore the questions, “How does asthma affect people?” and “How can I help a person having an asthma episode?”*

Length:

- 45 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
- Respond appropriately (i.e.: stay calm, get help) if/when witness to an asthma episode
- Analyze influences on health and well-being (e.g., culture, family, media, technology, peers, body image, emotions, and physical environment). (HE.05.HS.03)

LESSON OVERVIEW

Essential Questions: “How does asthma affect people?” and “How can I help a person having an asthma episode?”

Vocabulary Words: asthma, trigger

Agenda

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

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