

Drugs Wise

Year 2, 3 or 4
Asthma lesson



A large, dark purple speech bubble containing the text 'Drug Wise' in white, bold, sans-serif font.

**Drug
Wise**

Year 2, 3 or 4 About asthma

This lesson has been developed in association with Speak Up for Asthma – medical students from University College London (UCL) and Asthma/Allergy Clinical Nurse Specialists, Whittington Hospital, with help from Asthma UK

For further information on this and other lesson plans from

A small, dark purple speech bubble containing the text 'Drug Wise' in white, bold, sans-serif font.

**Drug
Wise**

Drug, Alcohol and Tobacco Education

for primary schools please contact:

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Asthma lesson - About asthma

Learning intention

Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

Learning outcomes

Pupils

- know what asthma is and how it can affect people
- can recognise the symptoms of an asthma attack
- understand how people with asthma can look after themselves – treating asthma as a condition and treating an asthma attack

Materials and preparation

- **Asthma PowerPoint presentation** – on interactive whiteboard
- **Asthma quiz leaflet** – enlarged version for demonstration and a copy for each pupil
- **How to make the quiz leaflet – instructions** – a copy for each pupil
- Scissors
- Sentence starter displayed on a flipchart or interactive whiteboard:
 - **Poppy has been diagnosed with asthma. What will she need to remember?**

Optional

You might like to invite representatives from Speak Up for Asthma (Asthma UK) (contact jonathan.coppel.10@ucl.ac.uk) or the school nurse to visit the class for the introductory activity.

Asthma lesson - About asthma

Ground rules

- Remind the pupils of the ground rules for PSHE lessons. Ensure that they are understood and followed.

Remember



- Pupils in the class or someone they know well may have asthma (or some other medical condition) and may need to take medicines on a long-term basis.
- Some pupils may be caring for a member of their family who has asthma and may live in a home where there are asthma triggers.
- Some pupils may therefore have experienced or witnessed an asthma attack.

Asthma lesson - About asthma

Hook activity

- Organise the pupils into small groups of three or four.
- Give each group a piece of flipchart paper and marker pen.
- Ask the groups of pupils to create a word-storm or graffiti board, jotting down any words they know that relate to asthma.

Introductory activity

- If you have invited a school health advisor or representative from Speak Up for Asthma to join the lesson on asthma attacks, they can give a short presentation about asthma.
- Alternatively use the [Asthma PowerPoint presentation](#).
Discuss:
 - What asthma is and how it affects the body
 - How prevalent asthma is in the UK
 - How asthma is diagnosed and treated
 - What an asthma attack is
 - What an asthma attack looks like
 - What can trigger an asthma attack
 - What to do if someone experiences an asthma attack
 - Who to contact for help, support and advice

Asthma lesson - About asthma

Main activity

- Give each pupil a copy of the **Asthma quiz leaflet**.
- Help the pupils to make the asthma leaflet, using the **How to make the quiz leaflet – instructions**.
- Ask the pupils to think about the presentation they have seen and to use the **Asthma quiz leaflet** as a writing frame to help remember the facts.

More able pupils could design and write their own leaflet without using the quiz leaflet writing frame.

Closing activity

- Bring the class back together.
- Write the following question on the interactive whiteboard or flipchart.
 - **Poppy has been diagnosed with asthma. What will she need to remember?**
- Discuss with the pupils what someone with asthma needs to remember (including where their inhalers are kept).

leaflet by



Asthma information

One fact about the brown asthma inhaler...

One fact about the blue asthma inhaler...

For help, support or advice, contact:

- school health advisor
- family doctor
- www.asthma.org.uk

One fact about asthma...

Two things that can trigger asthma...

Two signs that someone might be having an asthma attack...

Two actions to take if someone is having an asthma attack...

How to make the quiz leaflet – instructions



Step 1:
Place the paper with the short side towards you. Fold it in half away from you.



Step 2:
Then fold it away from you again.



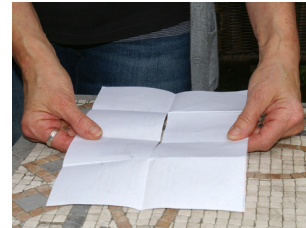
Step 3:
Turn the folded paper so the tall side faces you. Fold it in half again.



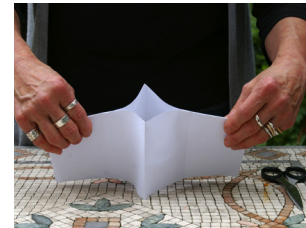
Step 4:
Unfold the paper twice. Make sure the longer folded end is pointing towards you. You should see four equal rectangles.



Step 5:
Use scissors to cut the middle line to the centre of the paper.



Step 6:
Completely unfold the paper. There should be a horizontal slit in the middle of the paper. Bring the top half of the paper towards you. Hold the sides with both hands and push them together.



Step 7:
Continue pushing the sides together until you see the pages coming together.



Step 8:
Lay the book on the table and flatten the pages.



Step 9:
There you have the mini-quiz leaflet!