

ACTIVITY PACK



Thank you for downloading our activity pack.
We hope you enjoy the different puzzles and learn more about asthma.



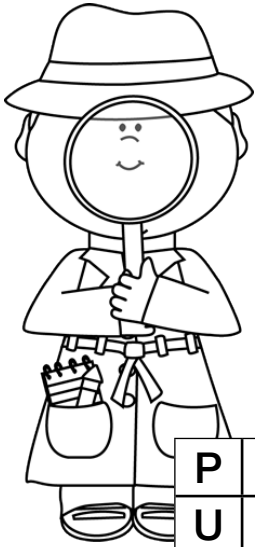
Can we help you?

If you or someone you know has asthma or chronic obstructive pulmonary disease (COPD), we can help.

Our team of experienced Respiratory Health Nurses and Educators can help with:

- understanding your asthma/COPD
- understanding how to take your medications
- identifying your triggers
- advice on how to reduce your risk of catching COVID-19 or the influenza virus
- asthma and COPD education for individuals and health professionals.

Visit our website (asthmawa.org.au) for more information or speak to our Respiratory Health Team 8.30am to 4.30pm Monday to Friday on (08) 9289 3600.



WORD SEARCH

P	E	M	E	R	G	E	N	C	Y	H	G	R	I	F
U	H	M	N	D	P	W	Z	N	Y	A	S	B	F	J
F	E	G	C	Z	D	R	U	N	N	I	N	G	U	O
F	I	J	O	C	F	S	Q	M	A	T	E	Z	F	K
E	W	Y	U	T	A	R	U	G	O	Z	K	X	S	P
R	H	A	R	O	Q	S	I	P	G	N	R	Z	C	H
G	E	W	A	G	P	I	T	E	P	W	F	I	H	V
P	L	B	G	E	B	N	A	H	N	O	S	R	O	M
L	P	F	E	T	D	H	M	S	M	D	R	Z	O	H
A	E	P	K	H	V	A	E	Q	S	A	S	T	L	C
Y	Y	S	K	E	W	L	Z	G	S	P	A	C	E	R
J	H	H	D	R	H	E	A	R	D	J	Y	K	P	L
N	S	P	O	R	T	R	L	G	E	R	P	N	Y	M
A	C	T	I	V	E	S	B	R	E	A	T	H	E	K
I	X	X	Y	E	M	V	J	U	M	P	I	N	G	B

Find the following words in the puzzle above.

ACTIVE

FRIENDS

PLAY

SPORT

ASTHMA

HELP

PUFFER

SUPPORT

BREATHE

INHALER

RUNNING

TOGETHER

EMERGENCY

JUMPING

SCHOOL

ENCOURAGE

MATE

SPACER

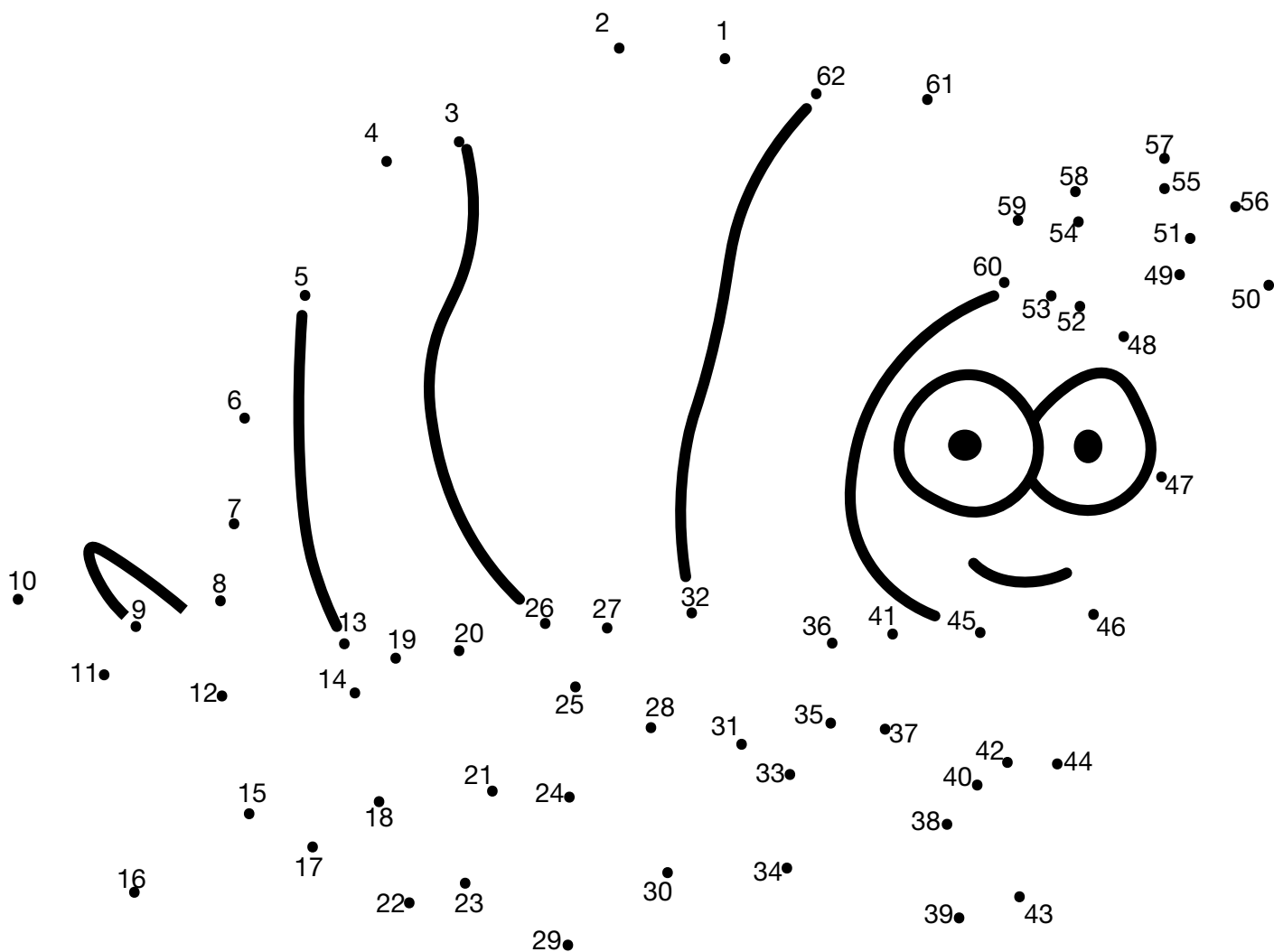
CIRCLE OF ASTHMA SUPPORT

In the circles below, write the names of people who help you with your asthma. If you have a friend who has asthma talk to them and fill in the circles with them.

The form consists of five large, empty circles arranged in a cluster. The circles are arranged in two rows: the top row has two circles, and the bottom row has three circles. The circles in the bottom row overlap with the circles in the top row. Each circle is intended for the student to write the name of a person who provides asthma support.

JOIN THE DOTS

Connect the dots to form a critter who is microscopic and troublesome, particularly if they are a trigger for someone's asthma.



What is it?



WORD SCRAMBLE

1. EEMRPETRTUA

2. EKOSM

3. ORTPRIERYSA

4. IREERVEL

5. RRTNEVPEE

6. NXYEOG

7. NLUSG

8. NFMLNAOIIAMT

9. VRFEAYHE

10. REXSCEEI

11. UNOCIAETD

12. USDT

13. TLAICEM

14. ELIONHRBCOS

15. ETNIBGHAR

16. THSAAM

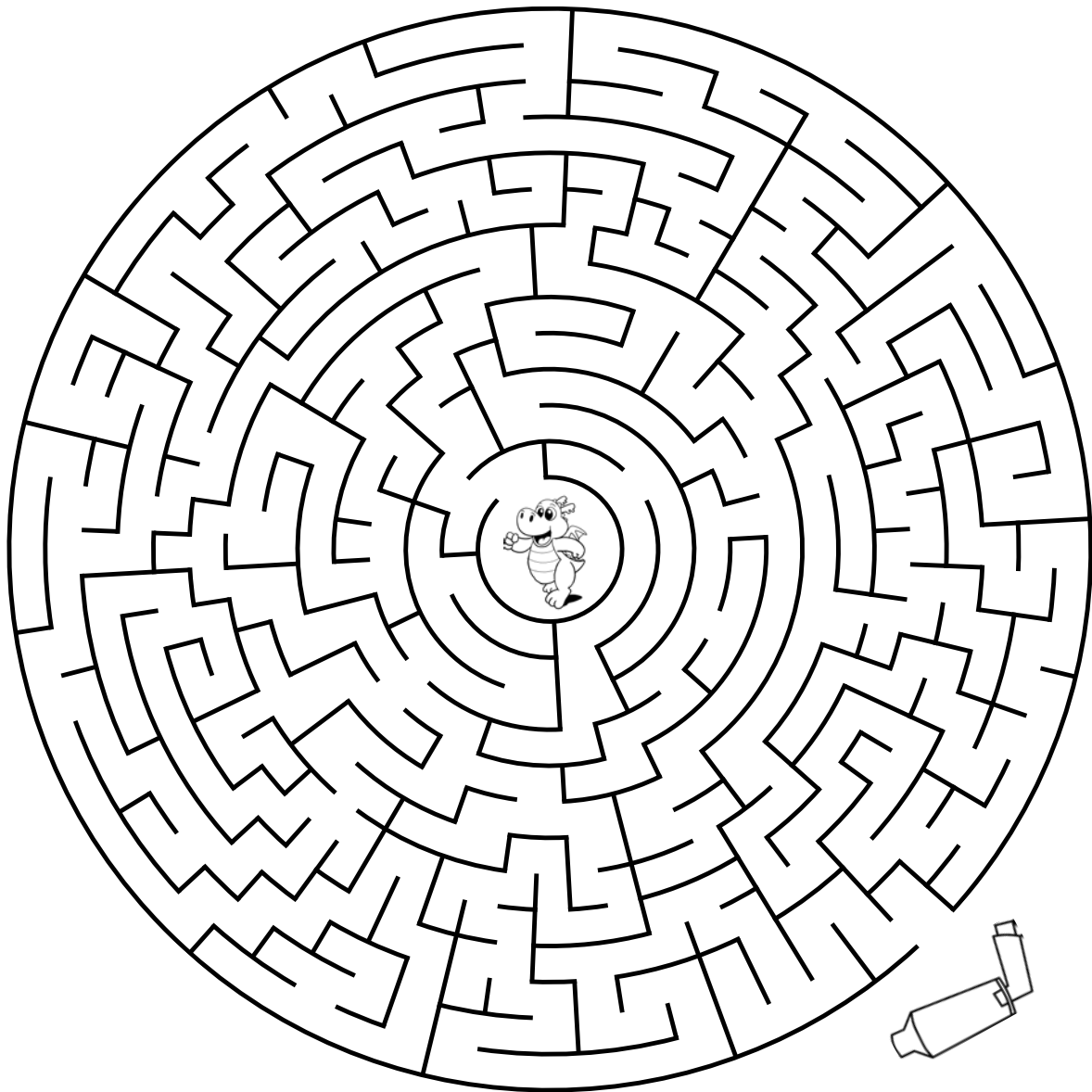
17. SALAMIN

18. RENSEALGL

19. YRSIAWA

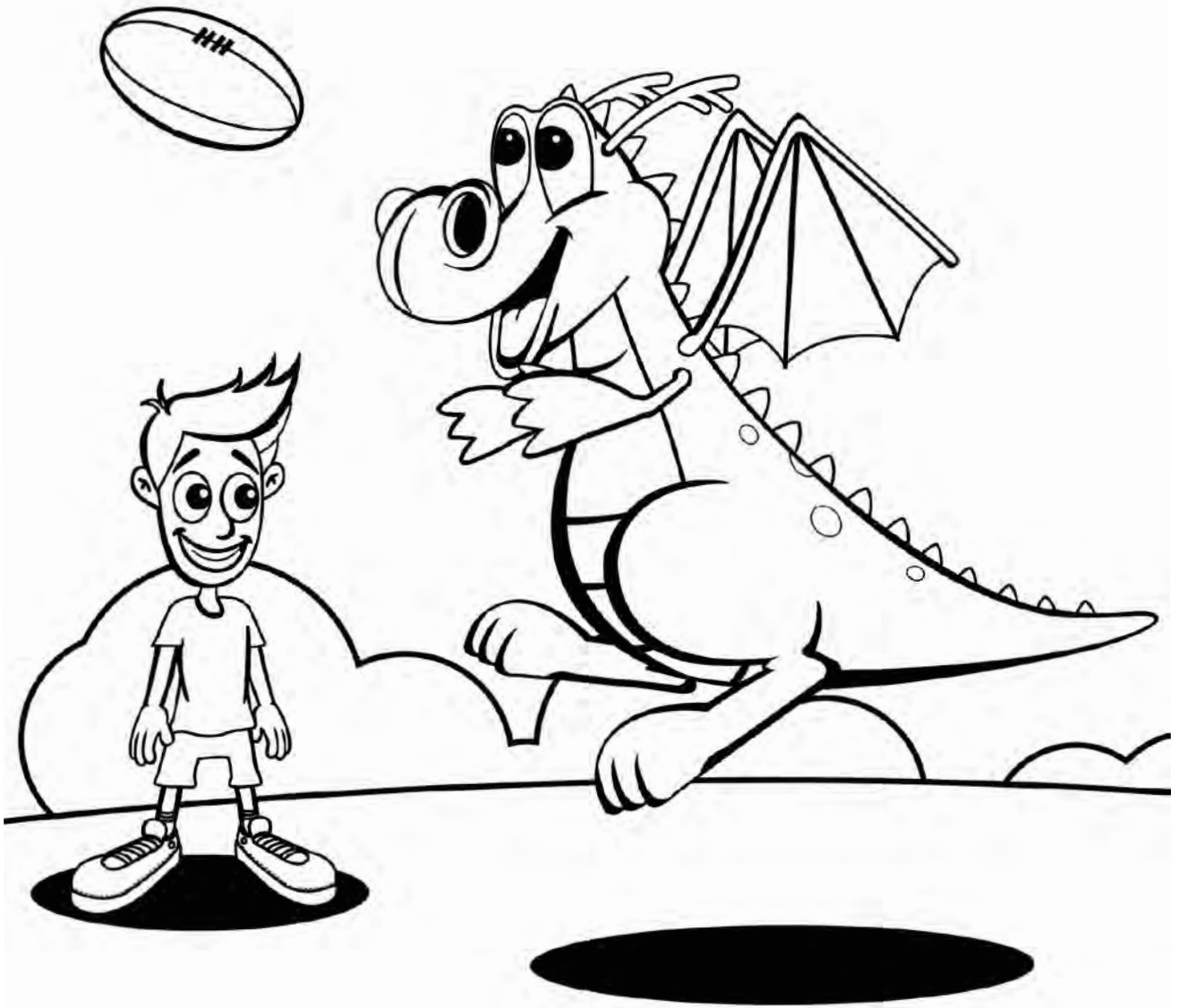
ESCAPE THE MAZE

Oh no! It looks like Puff is a little stuck!
Can you help him escape the maze and get to his
reliever and spacer??



COLOUR ME IN

**Puff says: Use
your preventer
every day!**



FINISH THE SENTENCES

Draw a line between the start of the sentence on the left and the correct ending to the sentence on the right to complete the sentence.

START

Relievers Inhalers are

Using a reliever inhaler more than two times a week

“Sit up and stay calm”

Wheezing

Cats, dogs and dust

Asthma causes

A key to controlling asthma is

Kids and adults should use

END

spacers if they are suitable for their device

is an asthma symptom

most often blue in colour

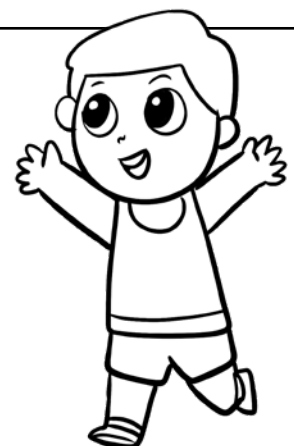
airways to swell

to use medication as prescribed and follow an Asthma Action Plan

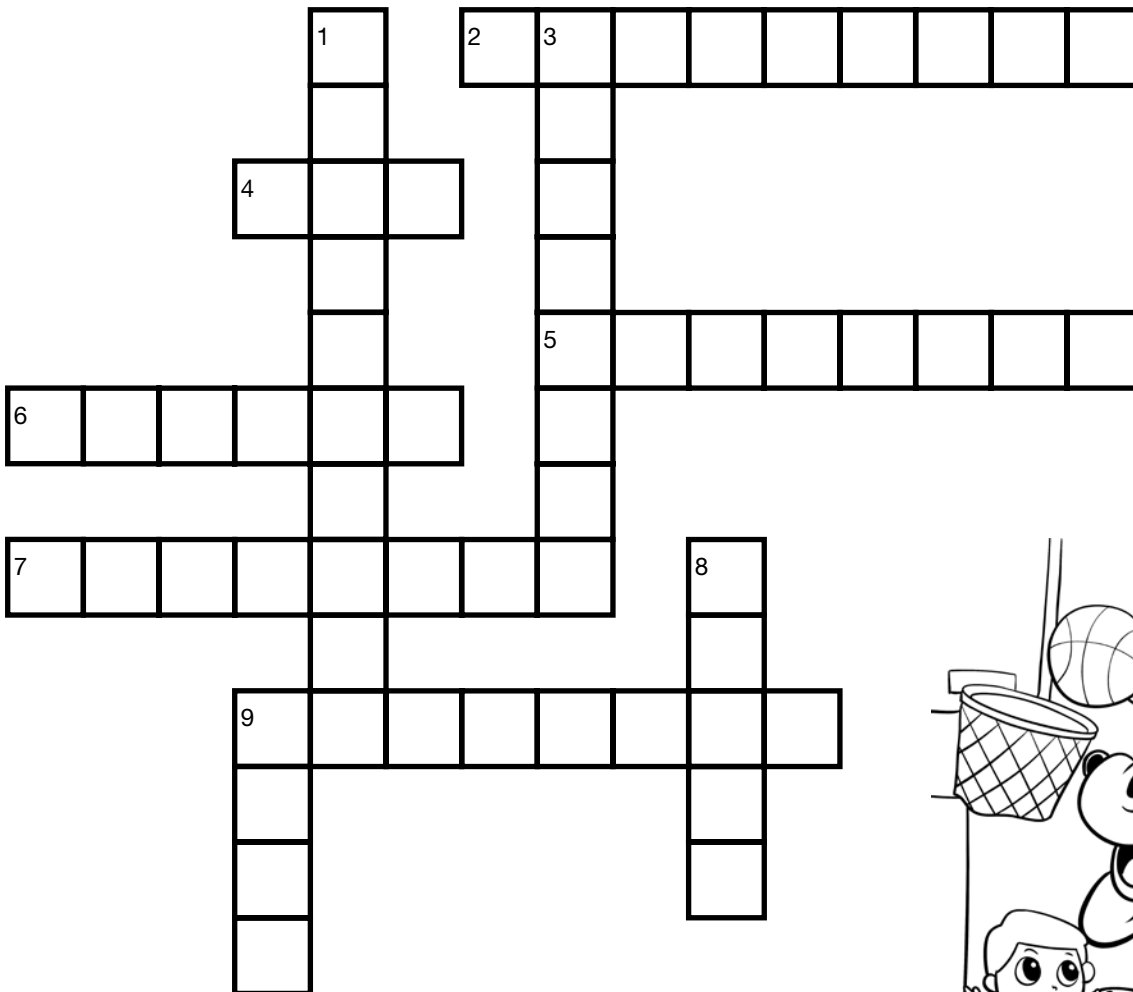
is a sign that someone's asthma is not well controlled

can be asthma triggers

is the first step in Asthma First Aid



ASTHMA FACTS CROSSWORD



Across:

- 2. A daily medication that can help control asthma symptoms
- 4. How often you should check your spacer
- 5. A trigger for asthma that should be managed but not avoided
- 6. A device that can be joined onto your inhaler that makes it easier to use and more effective
- 7. 80% of people with asthma also have this
- 9. A common symptom of asthma

Down:

- 1. The number you call in Australia for a medical emergency (6-4)
- 3. You must always carry this with you in case your asthma flares up
- 8. The airways in this part of the body swell when you have asthma
- 9. A common trigger for asthma in winter

ASTHMA ACTION PLAN

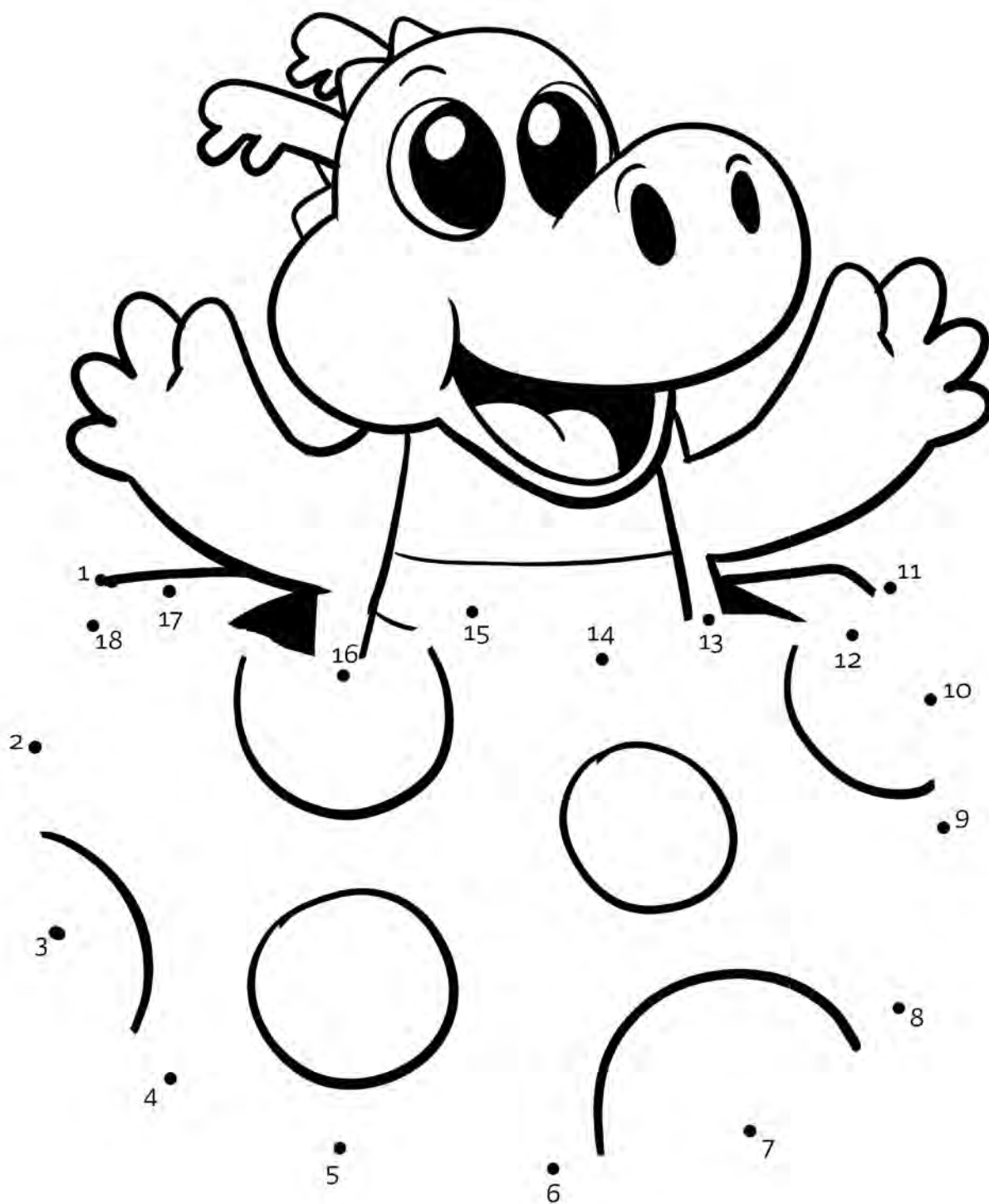
Work with your doctor
to create an
ASTHMA ACTION PLAN
that works for you!

- Know and avoid triggers
- Take medications as directed
- Know what to do during an asthma flare-up
- Keep emergency phone numbers handy



JOIN THE DOTS

Join the dots and find out what baby Puff is sitting in!



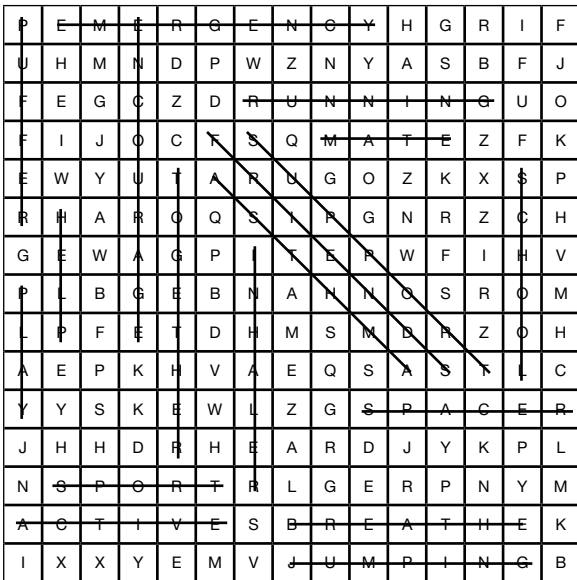
SPOT THE DIFFERENCE

Puff loves to dance. Can you spot the 12 differences?

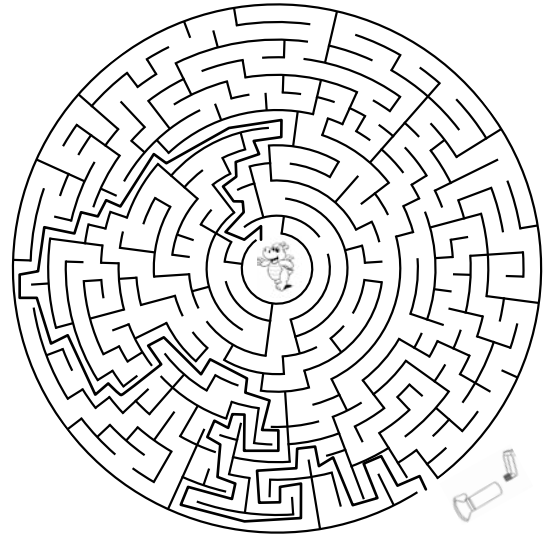


ANSWERS

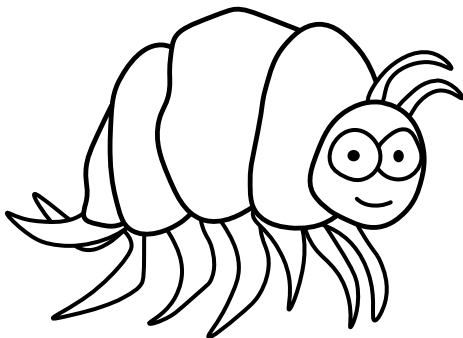
Word Search



Escape the maze



Join the dots



A dust mite

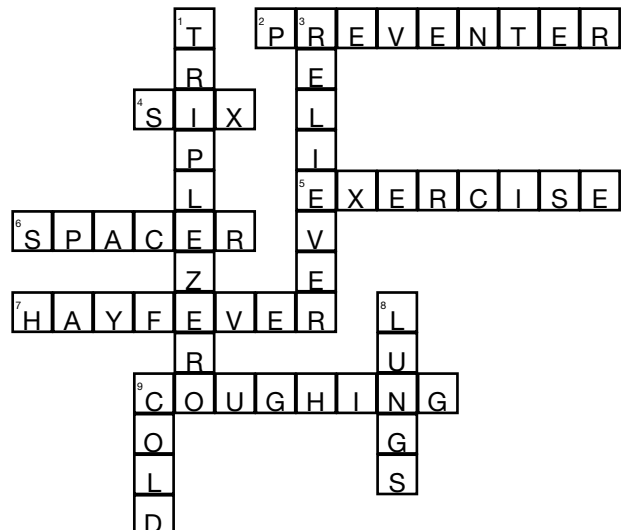
Finish the sentences

1. Reliever inhalers are most often blue in colour
2. Using a reliever inhaler more than two times a week is a sign that someone's asthma is not well controlled.
3. "Sit up and stay calm" is the first step in Asthma First Aid.
4. Wheezing is an asthma symptom.
5. Cat, dogs and dust can be asthma triggers.
6. Asthma causes airways to swell.
7. A key to controlling asthma is to use medication as prescribed and follow an Asthma Action Plan.
8. Kids and adults should use spacers if they are suitable for their device.

Word Scramble

- | | |
|-----------------|-----------------|
| 1. Temperature | 11. Education |
| 2. Smoke | 12. Dust |
| 3. Respiratory | 13. Climate |
| 4. Reliever | 14. Bronchioles |
| 5. Preventer | 15. Breathing |
| 6. Oxygen | 16. Asthma |
| 7. Lungs | 17. Animals |
| 8. Inflammation | 18. Allergens |
| 9. Hayfever | 19. Airways |
| 10. Exercise | |

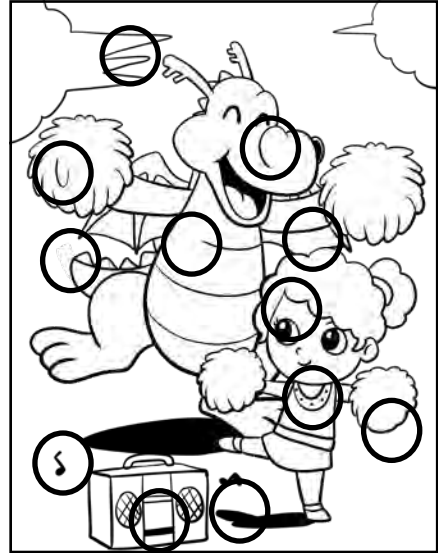
Asthma Facts Crossword



ANSWERS

Join the dots

Spot the difference



We hope you enjoyed these puzzles and activities.

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