

# PEDIATRIC ASTHMA Activity Book



# THIS IS YOUR ASTHMA ACTIVITY BOOK.

Each page will have a description of an activity to create something...anything you can imagine.

**This is yours, and only yours.  
Nobody else will have one like yours.**

You might find it helpful to share it with your family, asthma educator, child life specialist, respiratory therapist, nurse, or doctor.

*Jump in and see what you can create!*



Younger children may need some help,  
but working together as a family can be fun!



Having asthma can feel like being a fish out of water, not able to get enough air to breathe.

1. Draw your fish and imagine it is out of the water.

How does the fish feel?

How does the fish feel now?

2. Now add water around it and the air bubbles it is breathing.

What can you do to help NOT feel like a fish out of water?

Colds and viruses can make you sick and make your asthma flare up. Remember to follow your asthma action plan to stay well and take your daily controller medicine if you have one. **Another way to protect yourself is to wash your hands for 20 seconds with soap and water.**



1. Trace your hand or hands and draw all the germs you pick up.

2. Then draw some soap bubbles and water to help clean them off.

Where do you pick up germs?

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What else can you do to prevent the spread of germs?

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Draw your cough, wheezing, or chest tightness.

What color is it?



Is it  
BIG or SMALL,  
bumpy or sharp,  
round or square?

Draw some things that  
can help your cough,  
wheezing, or chest  
tightness to improve and  
change its shape.

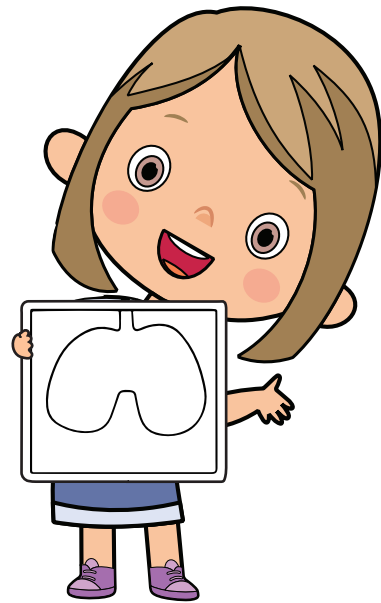


Draw the new  
shape when you  
have less or no  
cough, wheezing, or  
chest tightness.

Draw your lungs when...

...you are feeling well.

...your asthma has flared up.



What can you do to help keep your lungs feeling well?

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# Draw yourself as an animal.

You can take parts from many animals to make your own special animal self.

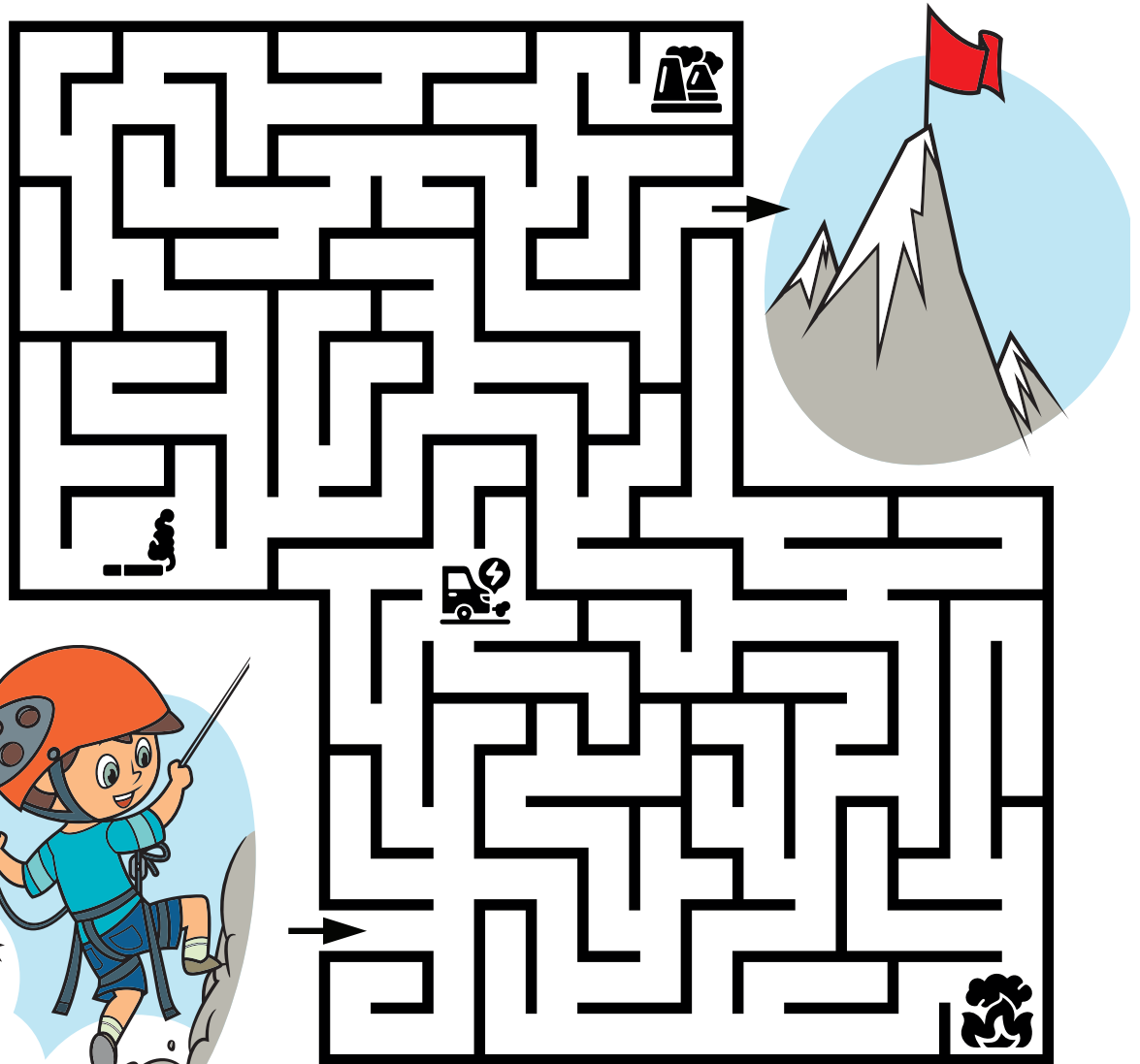
What is special  
about the animal?

Is it so BIG it is always in charge,  
is it so SMALL it stays safe from others,  
or is it so wild that it makes people  
smile when they see it?



Healthy habits include avoiding being around tobacco smoke, known as **second hand smoke**, and **third hand smoke**. Third hand smoke is the residue left behind when someone smokes. It can be found on clothing, furniture, in a car, and on your carpet.

Complete the maze and make sure to stay away from the smoke!



ANSWER KEY ON PAGE 22.

How can you avoid all types of smoke?

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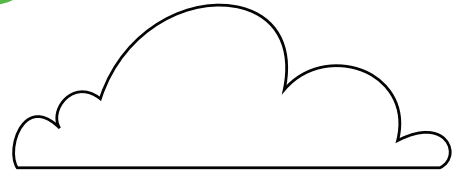
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What can other people do to help you avoid it?

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Draw the weather changes that affect your asthma.



What else can you do on days when the weather outside can make your asthma flare up? Draw those ideas.



Have you ever tried to write a song, learn the alphabet backwards, or make shadow puppets?

# Asthma Triggers Word Scramble

1	2	3	4	5	6

			G	G			
7	8	9	10	11	12		

1. ATC

		1

2. OGD

		G
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3. ERPUMEF

		10			5	

4. MKSOE

				5

5. USDT IMETS

			12				7	

6. XCIEREES

			8			2	

7. CCKRAEOOSHC

				8		6			10	

8. LLOENP

					10

9. LOMD

			5

10. LCDO RIA

						1

11. YHIUTMID

			4			7

12. TROSNGLASNEER

					7					1	

13. THEAWERHNAGCES

											G	
											6	

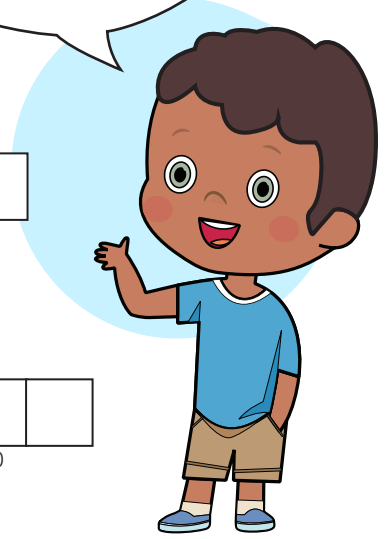
14. DOCSL

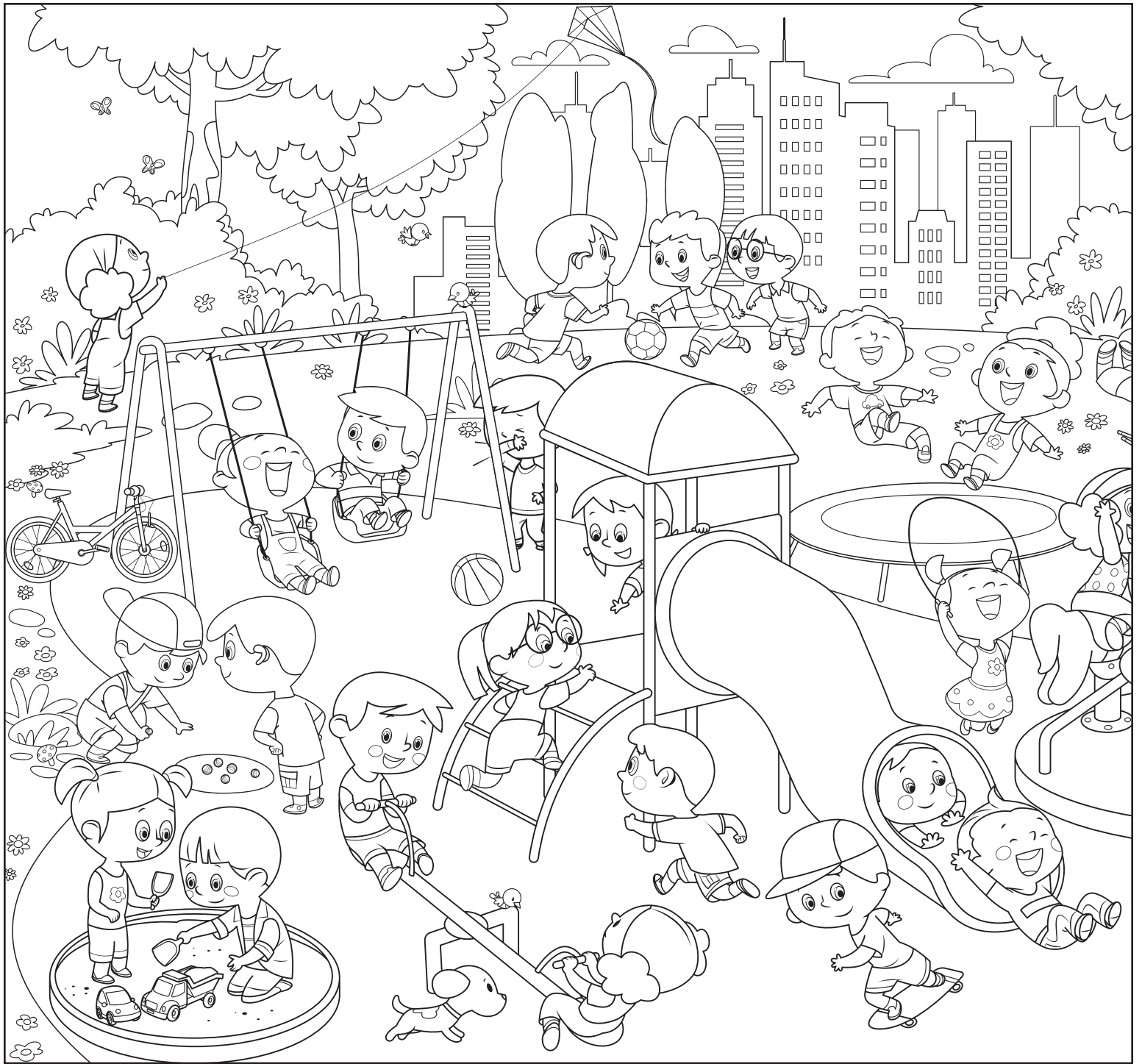
				2

15. VUIESSR

					9	10

Unscramble these letters to see what my asthma triggers are!





ANSWER KEY ON PAGE 22.

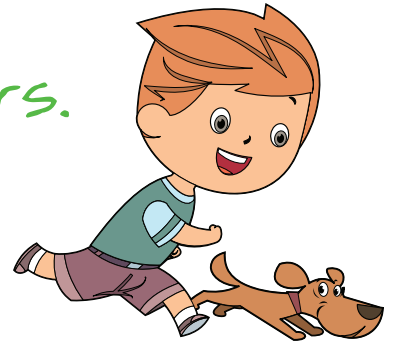
Find and color-in the asthma triggers  
you see in the park.

(Hint: There are at least six different types of triggers.  
Look at the previous page if you need ideas.)

Are any of these things triggers for you?

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Draw all your asthma triggers.



What are some ways you can avoid them?

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How can other people help you avoid them?

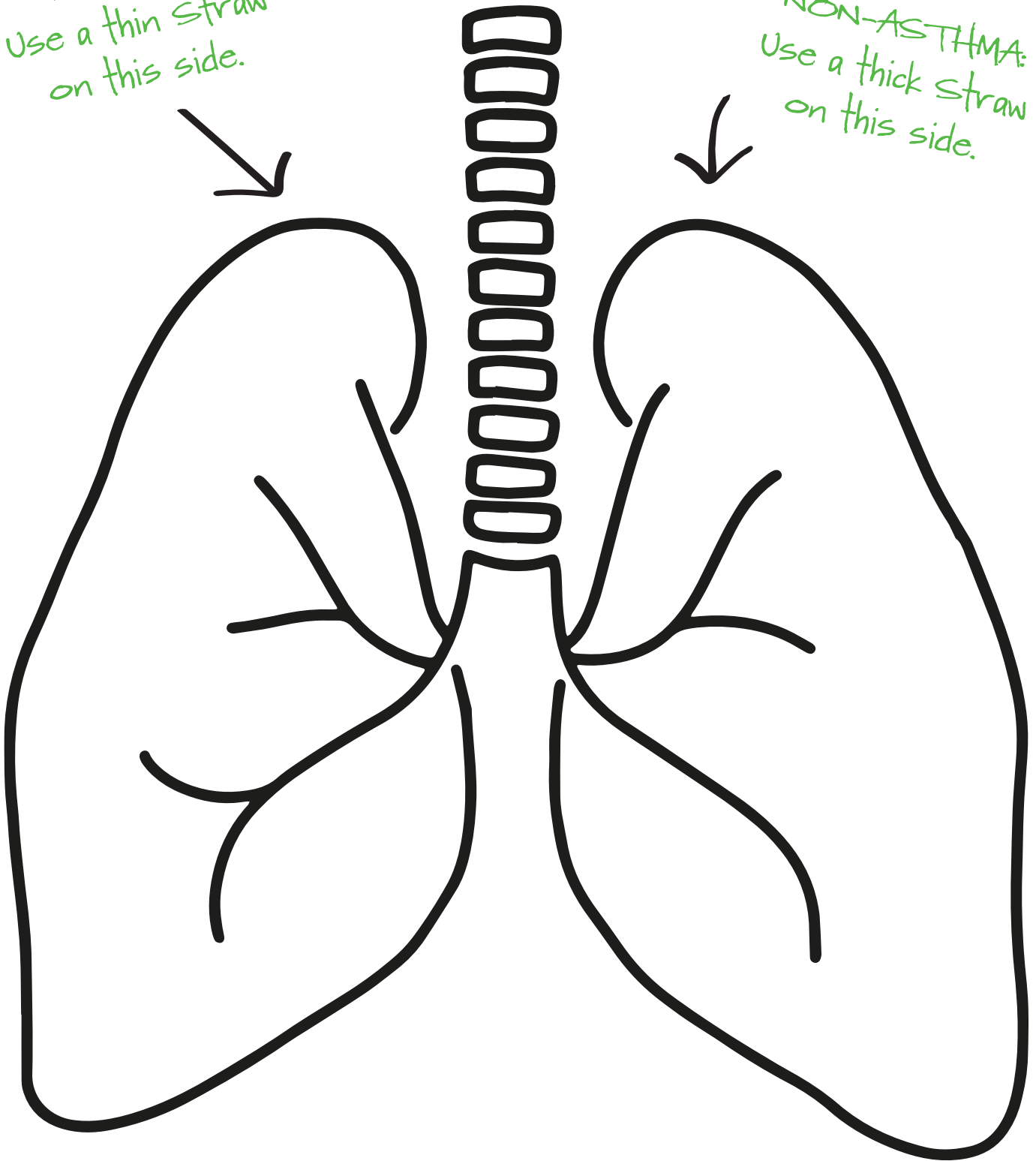
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Using different size straws for each lung (a thin straw for asthma and a thick smoothie straw for non-asthma), **blow paint or pom poms on each to show how different it is when lungs are not working their best.**

*ASTHMA:  
Use a thin straw  
on this side.*

*NON-ASTHMA:  
Use a thick straw  
on this side.*



Observe how much more difficult it is to breathe through the lung with asthma and how much easier it is when our lungs are healthier.

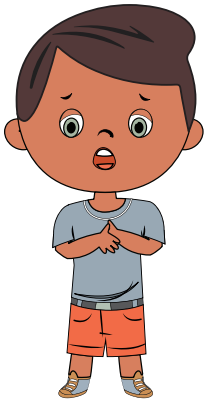
## ASTHMA ACTION PLAN

# TRAFFIC LIGHT



### **GREEN IS GO.**

Asthma is doing well, take any **daily controller medicine** as ordered.



### **YELLOW IS CAUTION.**

Asthma is starting to flare up (coughing, wheezing, shortness of breath, chest tightness) Use your **quick relief rescue medicine**.



### **RED IS STOP!**

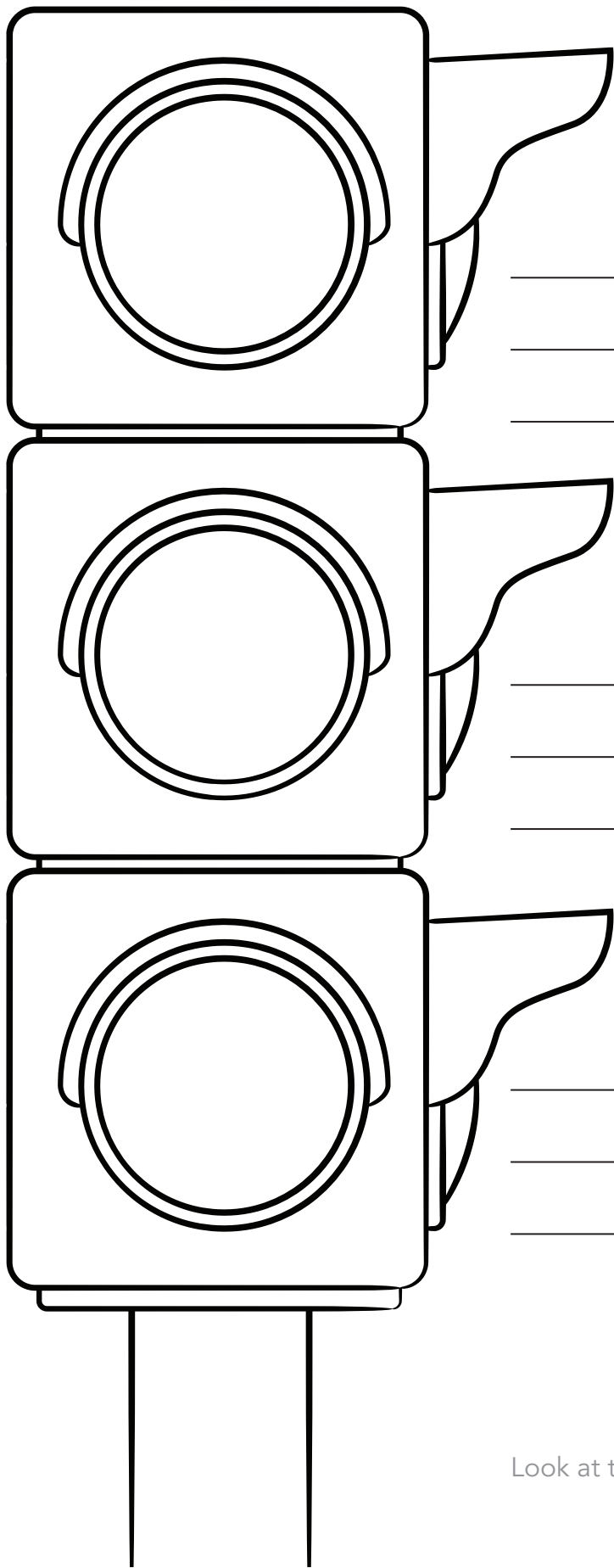
Asthma is really bad. You may have trouble talking in a complete sentence or you are breathing hard and fast.

Go to the **HOSPITAL!**

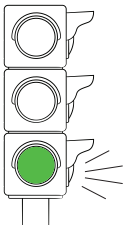
Always follow your daily **asthma action plan** to keep your asthma in control and know when to call the doctor.

# Color the traffic light.

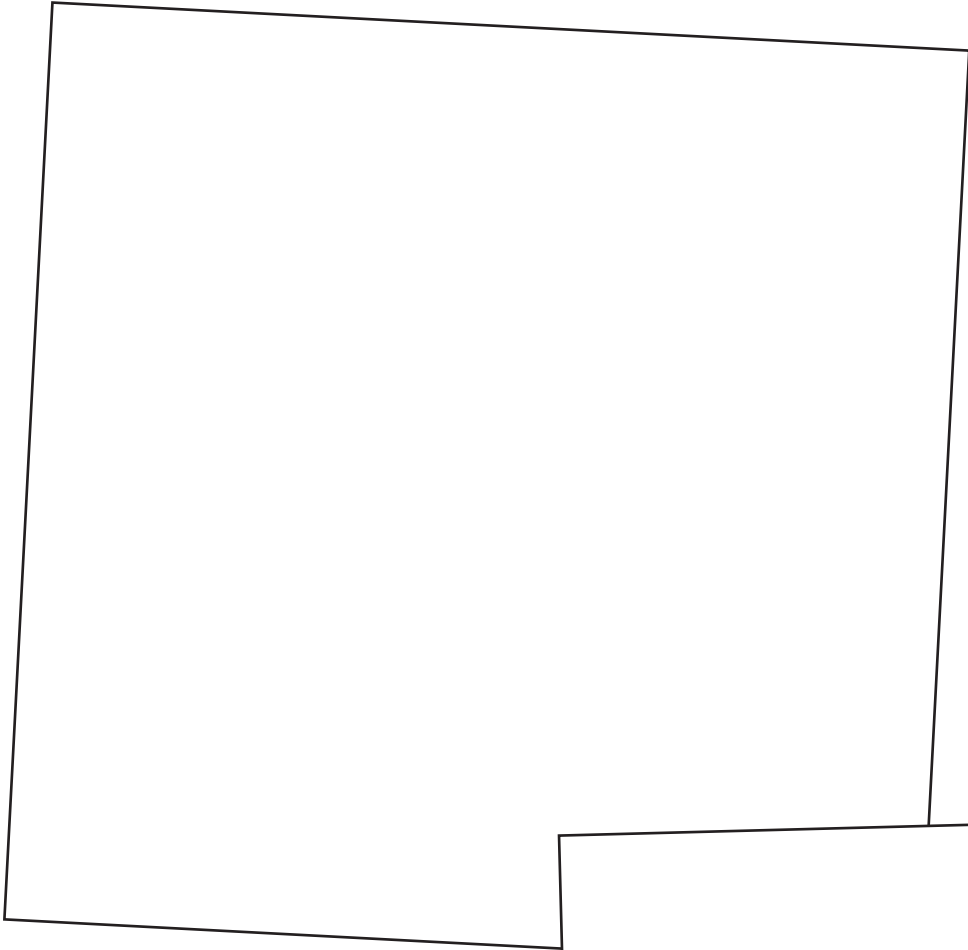
Write what to do  
when you are in  
Green, Yellow, and Red.



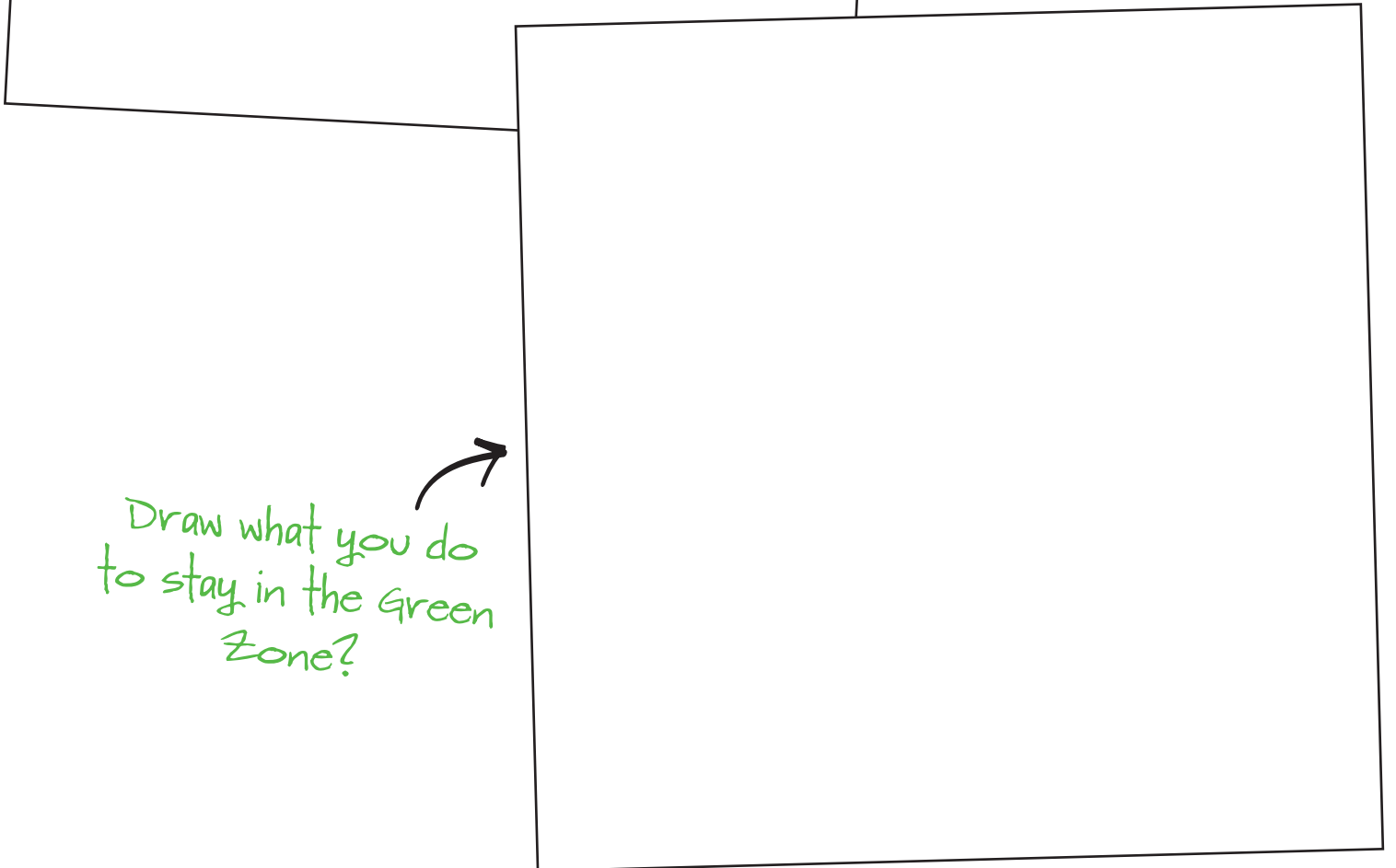
Look at the previous page if you need help.



# GREEN ZONE

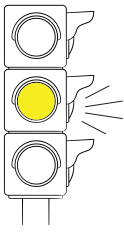


Draw how you feel  
in the Green Zone.



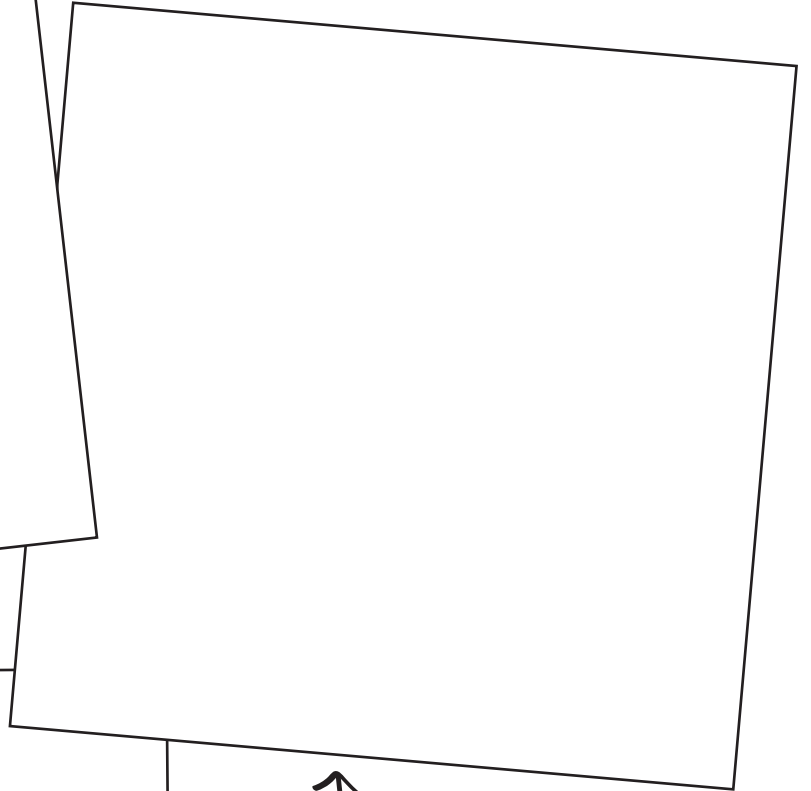
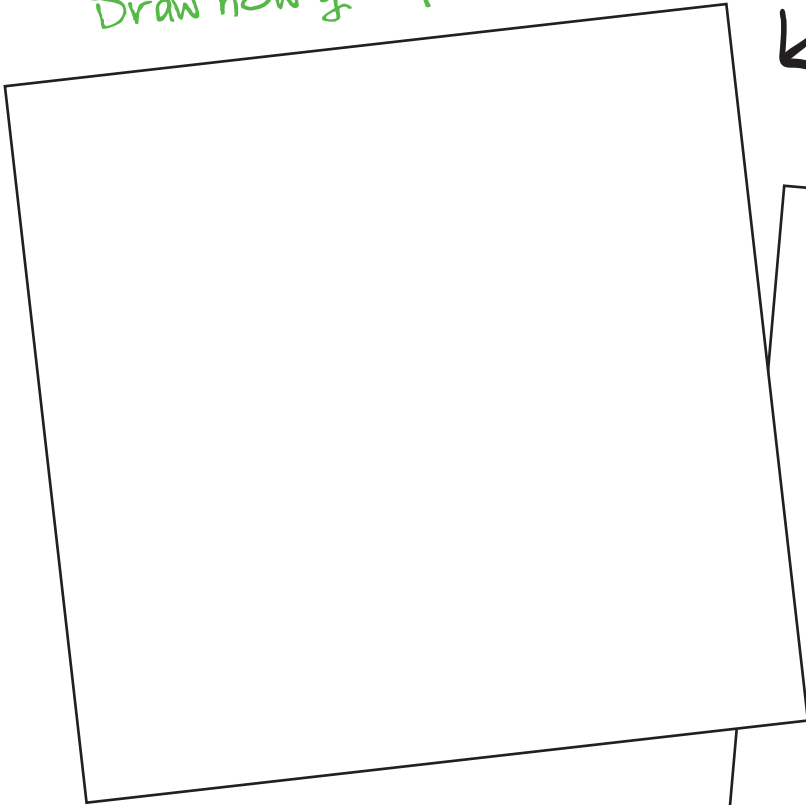
Draw what you do  
to stay in the Green  
Zone?



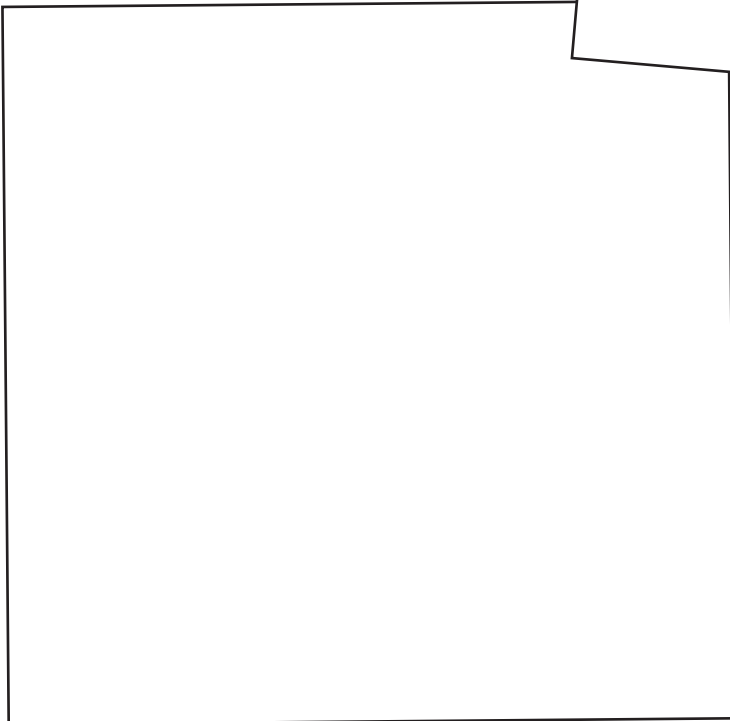


# YELLOW ZONE

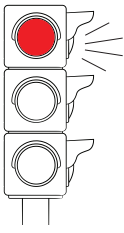
Draw how you feel in the yellow zone.



Draw what you do to get back to the Green Zone.



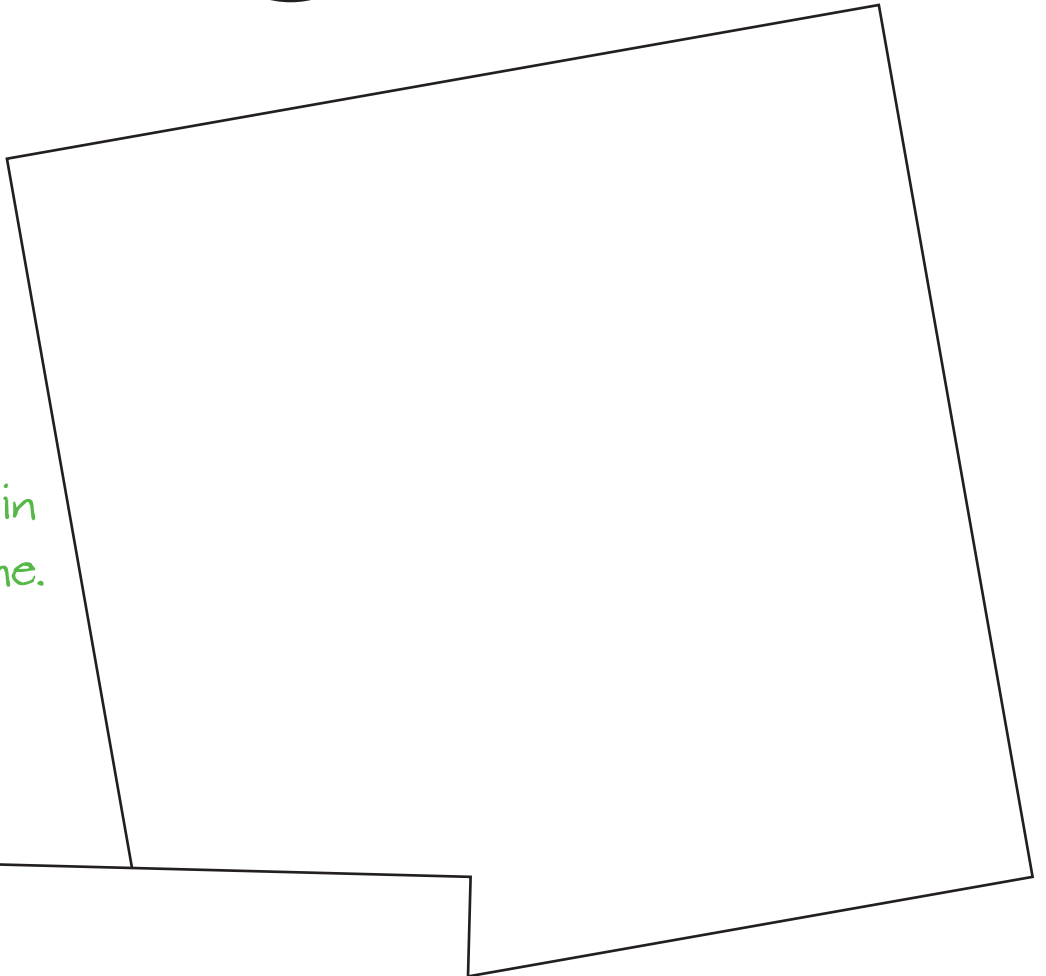
Draw what you do if you don't feel better.



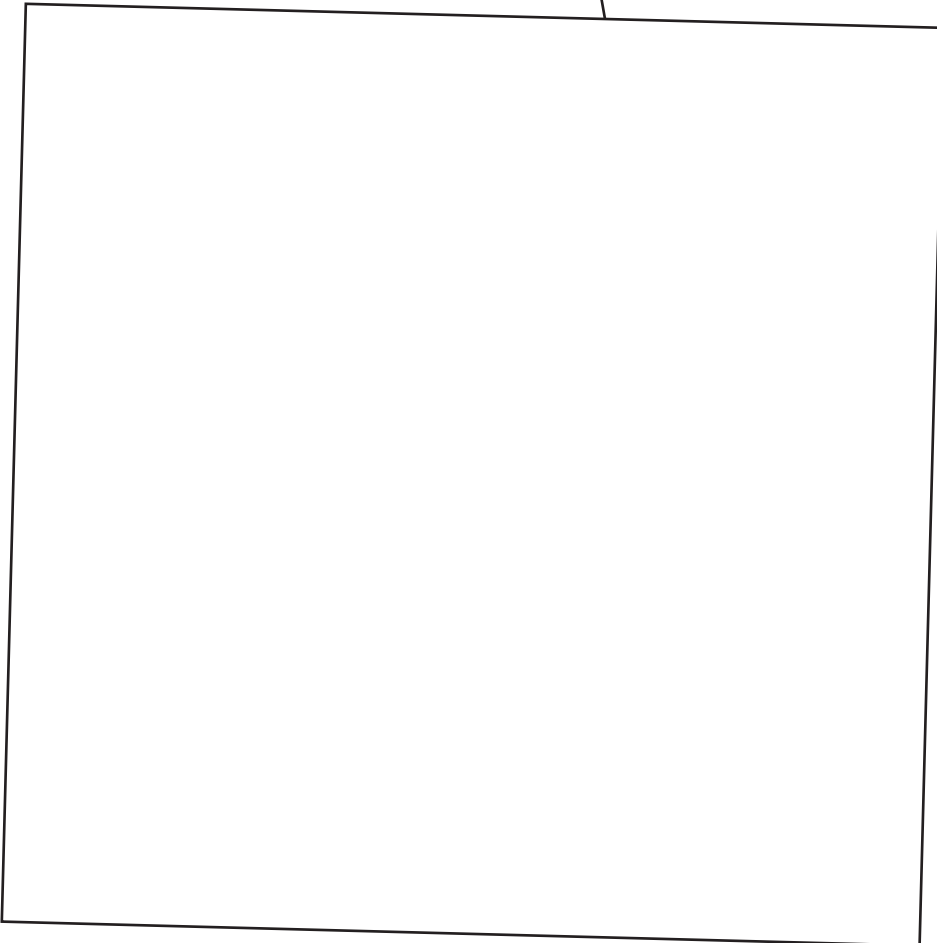
# RED ZONE



Draw how you feel in  
the Red Zone.



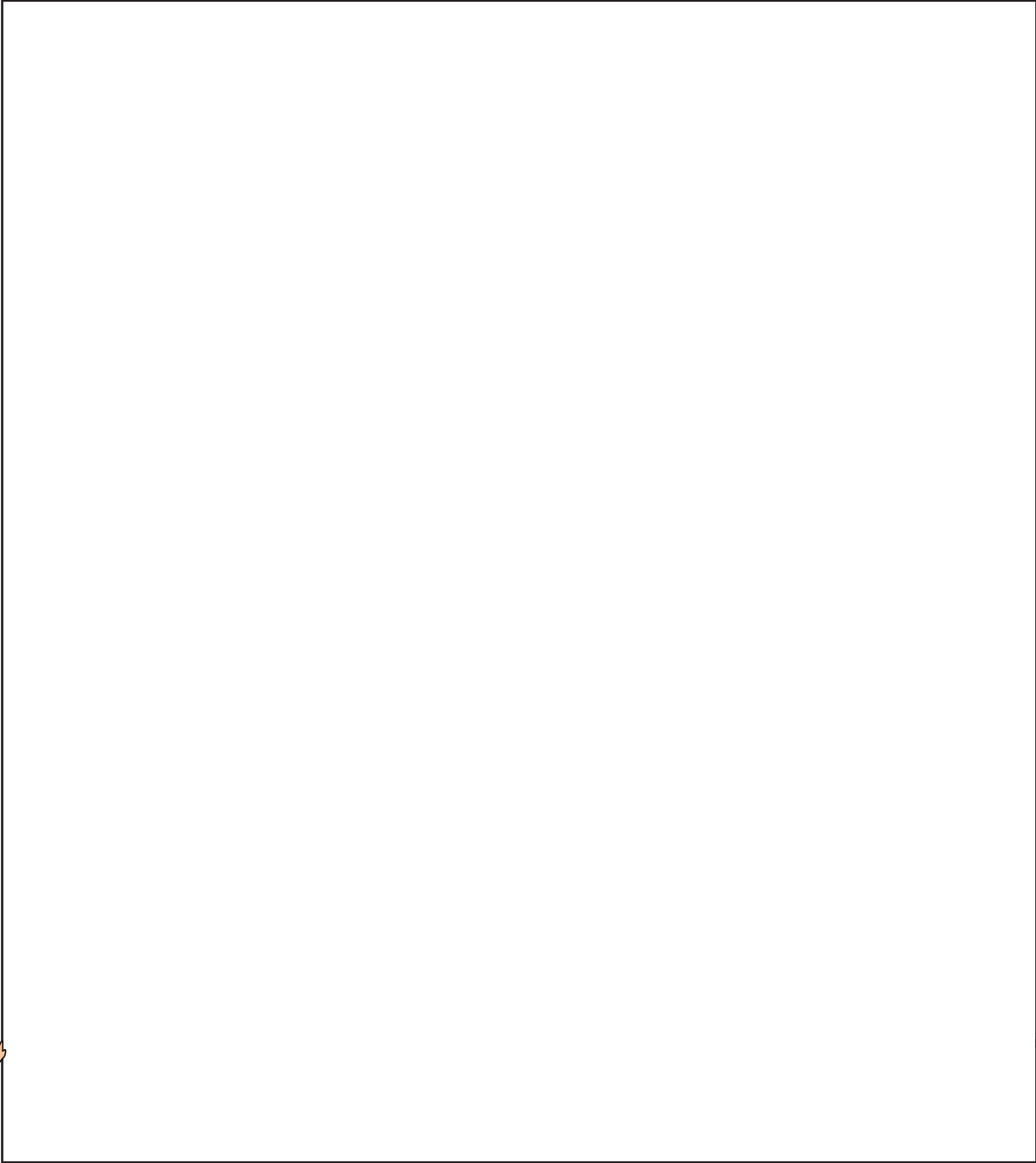
Draw what you do  
when you get to the  
Red Zone.



Some days with asthma can be tough...

What are some words that can help  
when you are having a tough day?

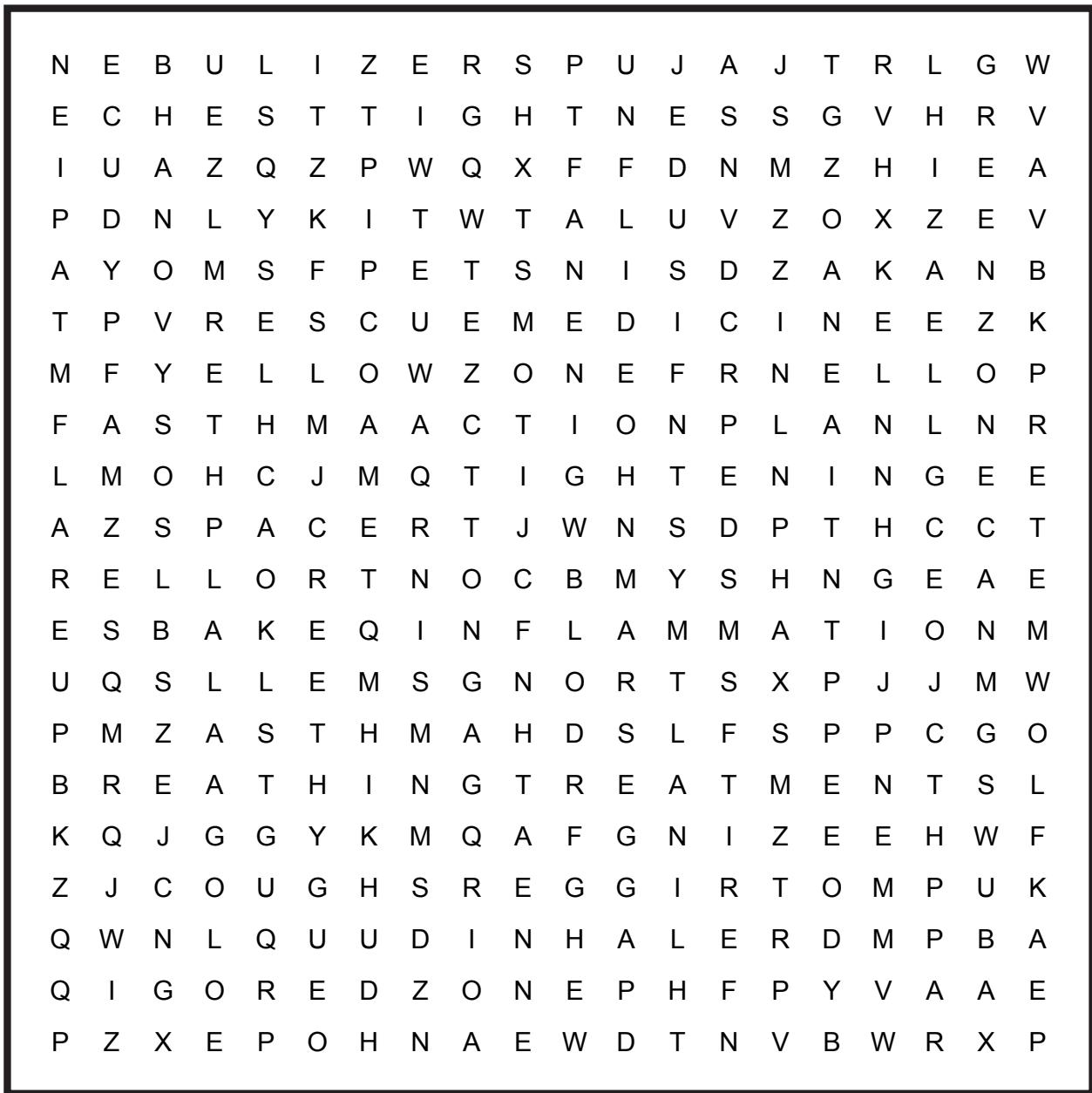
Add some colors, lines, and shapes to make these words come to life!



Where can you put this picture so you can  
see it when you are having a tough day?

# Asthma Word Search

Find the words listed below in the puzzle. Words are hidden ↑ ↓ → ← ↘



ANSWER KEY ON PAGE 22.

Asthma Action Plan

Asthma

Breathing Treatments

Chest Tightness

Controller

Cough

Flare Up

Green Zone

Inflammation

Inhaler

Nebulizer

Peak Flow Meter

Pets

Pollen

Red Zone

Rescue Medicine

Smoke

Spacer

Strong Smells

Tightening

Triggers

Wheezing

Yellow Zone

Think of a word that starts with each letter  
that describes your feelings about having asthma.

Add color and designs to bring these feelings to life.

**A** \_\_\_\_\_

**S** \_\_\_\_\_

**T** \_\_\_\_\_

**H** \_\_\_\_\_

**M** \_\_\_\_\_

**A** \_\_\_\_\_



# Additional Resources

## **American Academy of Allergy, Asthma, and Immunology**

*Games and Printable Activities*

[aaaai.org/conditions-and-treatments/just-for-kids](http://aaaai.org/conditions-and-treatments/just-for-kids)

## **Sesame Street**

*Printables and Videos*

[sesamestreet.org/toolkits/asthma](http://sesamestreet.org/toolkits/asthma)

## **PBS Kids – Buster Baxter Lung Defender**

*Games and Activities*

[pbskids.org/arthur/games/buster-baxter-lung-defender](http://pbskids.org/arthur/games/buster-baxter-lung-defender)

## **No Attacks**

*Videos and Printable Activities*

[noattacks.org/breathe-easies](http://noattacks.org/breathe-easies)

## **Air Now**

*Games and Activities for Children Ages 4 and Up*

[airnow.gov/education/students](http://airnow.gov/education/students)

## **American Lung Association**

*Game and Information*

[lung.org/lung-health-diseases/lung-disease-lookup/asthma/  
living-with-asthma/finding-support/lungtropolis-where-kids](http://lung.org/lung-health-diseases/lung-disease-lookup/asthma/living-with-asthma/finding-support/lungtropolis-where-kids)

