

ANCHORS

5-8 YEAR OLDS

ACTIVITY PACK

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COMMON TRIGGERS



Colds and flu



Exercise



Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



Emotions eg, stress



Some chemical fumes

GET UP AND GO

Get Up and Go is an exciting new initiative by The Boys' Brigade and three partner charities, including Asthma UK. Activity packs have been developed for all age groups to raise understanding and awareness of issues around asthma and encourage members to get involved and make a difference.



KICK ASTHMA HEROES CHALLENGE

Asthma UK is working with The Boys' Brigade to raise awareness of asthma and vital funds through the Kick Asthma Heroes Challenge.

There are over a million children in the UK with asthma and every 17 minutes a child is admitted to hospital due to their asthma. It is the most common long-term medical condition affecting children, so the chances are there is at least one person with asthma in every Boys' Brigade group. The Kick Asthma Heroes Challenge has been designed by Asthma UK to help young people gain a greater understanding about asthma, its triggers and treatments through taking part in the fun activities within this pack. Its aim is that knowledge about asthma will be passed on to future generations of The Boys' Brigade to improve the health and well-being of young people with asthma.

We really need your support so we hope that as many Boys' Brigade groups as possible will get involved in fundraising for Asthma UK. As a charity we rely on donations from the public for over 90% of our income. Within this pack you will find a variety of fundraising activities to help you on your way to organising a successful fundraising challenge. All of the money you raise will help us to continue our vital and potentially lifesaving work.

HOW CAN YOU TAKE PART

Taking part is simple.

- 1) Tell The Boys' Brigade that you are taking part through their website boys-brigade.org.uk/getupandgo or by calling 01442 231 681.
- 2) As a group, decide which activities you'd like to do from the four sections in this pack – Mind, Creativity, Body and Community.
- 3) Have fun learning about asthma and how you can help people affected by asthma.

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LEADER NOTES - ASTHMA AND INHALERS

WHAT IS ASTHMA?

No one knows what causes asthma. It's a condition that affects the airways – the small tubes that carry air in and out of the lungs. People with asthma have airways that are almost always red and sensitive (inflamed). Sometimes sticky mucus or phlegm builds up which can further narrow the airways, and they can also react badly when someone has a cold or other viral infection, or when they come into contact with an asthma trigger.

ASTHMA TREATMENTS

Although there is no cure for asthma, there are medicines that help to control asthma so that it doesn't interfere too much with daily life. The most typical medicine is taken through an inhaler. It is important to take asthma medicines properly and to ensure that a doctor or asthma nurse has explained how to use inhalers correctly so that every dose taken gives the most benefit.

There are two types of inhaler:

Reliever inhaler – these are usually blue. Reliever inhalers are needed when someone is experiencing asthma symptoms or having an asthma attack. The reliever inhalers are fast acting and work to relax the muscles around the airways, allowing the airways to widen and air to travel through them more easily.

Preventer inhaler – these are usually coloured brown or orange. Preventer inhalers help reduce the build up of mucus in the airways and are usually prescribed to be taken daily.

WHAT ARE ASTHMA TRIGGERS?

A trigger is anything that irritates the airways and causes the symptoms of asthma. Everyone's asthma is different and everyone will have different triggers, most have several. It is important that people with asthma get to know their own triggers and try to stay away from them or take precautions.

Common triggers include viral infections (colds and flu), house-dust mites, pollen, cigarette smoke, furry and feathery animals, exercise, outdoor air pollution, perfume and hairspray, laughter, excitement and stress.

ADVICE FOR AVOIDING TRIGGERS

Animals – If your family pet triggers your asthma and you are unable to re-home it, try to ensure it stays out of your bedroom and living room and is regularly bathed. Ask your vet for advice on how to do this if necessary.

Air pollution – If you find pollution triggers your asthma, keep well informed about air quality and try to avoid being in situations which are particularly smoky or where there are high levels of traffic pollution.

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LEADER NOTES - WHAT TO DO IN AN ASTHMA ATTACK

Ozone – can be a problem for some people. Levels are likely to be higher on hot summer days. If you think ozone might be a trigger for you, avoid exercising outdoors on these days, especially in the afternoon.

Exercise – you wouldn't guess, but David Beckham, Paula Radcliffe and Frank Lampard all have asthma, so exercise isn't bad for people with asthma, provided you have your asthma under control.

- Let the people you are exercising with know you have asthma.
- Increase your fitness gradually
- Always have your reliever inhaler with you when you exercise and if exercise triggers your asthma use your reliever inhaler immediately before you warm up
- If you have symptoms when you exercise, stop, take your reliever inhaler and wait until you feel better before starting again

House-dust mites

- Use complete barrier covering systems on your mattress, duvet and pillow
- Vacuum all areas frequently
- Ask someone else to vacuum while you stay out of the room
- Damp dust all surfaces
- Remove all soft toys from beds. Put soft toys into a bag in the freezer for a minimum of six hours every one to two weeks to kill the mites
- Wash sheets, duvet covers and pillowcases on a hot wash once a week
- Use a dehumidifier to dry the air as this makes it more difficult for the house-dust mites to survive

Pollen

- Look out for pollen counts, if high counts are forecast try to spend less time outside
- Do not stop children from playing outside, but be aware that a high pollen count could cause problems

Smoke

- If you smoke (or breathe in other people's smoke) you increase the risk of an asthma attack
- If you smoke as a teenager you increase the risk of your asthma persisting
- Don't be afraid to ask people to stop smoking around you

Thunderstorms – thunderstorms often release large amounts of pollen into the air so the best advice is to stay indoors during a storm.

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LEADER NOTES - TRIGGERS

WHAT HAPPENS WHEN SOMEONE HAS AN ASTHMA ATTACK?

When a person with asthma comes into contact with an asthma trigger that irritates their airways, the muscles around the airway walls tighten so the airways become narrower and breathing becomes more difficult. When having an asthma attack people cough, wheeze, experience tightness in the chest and shortness of breath.

WHAT TO DO IN AN ASTHMA ATTACK

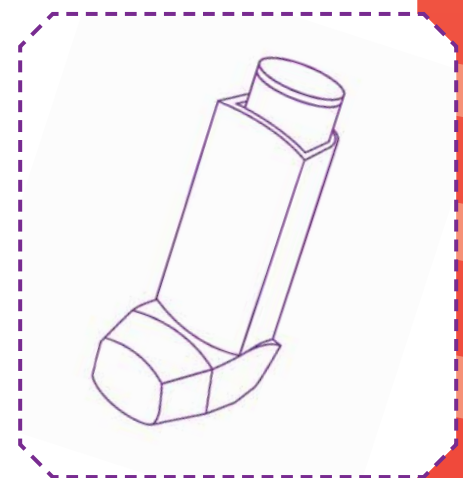
Having an asthma attack can be a very scary experience both for the person having the attack and the people around them. To reduce the danger to the person involved and the stress for everyone involved it is important to know what to do during an attack. If all 62,000 members of The Boys' Brigade knew what to do during an asthma attack, we're confident fewer children would need to go to hospital.

What you need to do during an asthma attack:

- 1) Make sure the person takes one to two puffs of their reliever inhaler (usually blue) immediately.
- 2) Get them to sit down and try to take slow steady breaths.
- 3) If they do not start to feel better make sure they continue to take two puffs of their reliever inhaler every two minutes. They can take up to ten puffs.
- 4) If they do not feel better after taking their inhaler as detailed in step 3, or if you are worried at any time, call 999.
- 5) If an ambulance does not arrive within 15 minutes repeat step 3 while you wait with them.

If the symptoms improve and you do not need to call 999, you should still make sure they see a doctor or asthma nurse within 24 hours.

Please note this asthma attack information is not designed for people using a Symbicort inhaler on the Symbicort SMART regime. If they are on the Symbicort SMART regime please make sure they speak to their doctor or asthma nurse about this.



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LEADER NOTES - ALL ABOUT ASTHMA UK

WHO WE ARE

Asthma UK is the charity dedicated to improving the health and well-being of over five million people in the UK who have asthma. We work with people with asthma, their carers and families; with schools, healthcare professionals and researchers. We fund research to help find a cure and improve treatments and support people with asthma by sharing expertise to reduce the impact of asthma on their lives.

Nearly all of Asthma UK's income comes from voluntary donations and we are always very grateful for support, whether it's those that campaign and volunteer for us or those who raise the money essential to our work.

Here are some of the services we provide:

ASTHMA UK ADVICELINE

We provide confidential advice and support through the Asthma UK Adviceline staffed by asthma nurse specialists who can answer your concerns and questions about asthma, 0800 121 62 44.

ASTHMA.ORG.UK

Our website is the most comprehensive source of independent information on asthma. We also have the kickasthma.org.uk website, specially created for children with asthma to understand more about their condition.

ASTHMA INFORMATION

We have a wide range of independent and up-to-date information about asthma for people with asthma and their families, healthcare professionals and other organisations with an interest in asthma. Resources are also available for schools and groups online at asthma.org.uk/publications or contact our Supporter Care Team on 0800 121 62 55.

RESEARCH

We fund research into all aspects of asthma, from scientific studies into the biology of our lungs through to the creation of new treatments and investigating its causes.

This is done through funding the work of two Asthma UK Professors, a number of studentships, a research fellow and around 40–50 separate research projects led by scientists across the UK.

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MR WOLF

YOU WILL NEED

- The Mr Wolf story, please see overleaf

ACTIVITY TIME

- 15–20 minutes

WHAT TO DO

- Read the Mr Wolf story to the Anchors.
- After reading the story discuss asthma, asking whether anyone has asthma or if anyone in their family does. Does anyone have an inhaler they could show to the group? You can explain that lots of people in the UK have asthma.
- Make sure they understand from the story that if people with asthma take all their medicines and avoid their triggers, then they should usually be able to join in with anything they want to do, and be anything they want to be when they grow up.
- As a fun ending to this session, why not play the traditional children's game of 'What's the time Mr Wolf?'.



LEARNING POINTS

- This activity introduces the topic of asthma and covers a lot of the basic information about the condition.

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ACTIVITY SHEET - 1

One evening at Anchors, Tom and all his friends were playing 'Traffic lights'. It was Tom's favourite game. He raced around the hall as fast as he could.

'OK Anchors,' called the leader. 'That's the end of the game. Come and sit down in a circle now.'

Tom flopped down on the floor next to Mohammed. Like the rest of the Anchors, they were puffing and panting. Tom loved to play running-around games, but now he felt really tired!

'Look at all of you,' said the Leader. 'You are all puffing like steam trains!'

'While you get your breath back,' said the Leader, 'Would you like to hear a story about someone else who ran out of puff?'

'Yes please!' cried the Anchors.

'All right,' said the Leader. 'The story is called Mr Wolf'.

Once upon a time there lived Mr Wolf.

Mr Wolf wanted to play with the three little pigs next door, but they were afraid of him, because his daddy had blown down two of their houses and tried to eat them all up. Mr Wolf wasn't like that at all; he was very kind and friendly.

Whenever they saw Mr Wolf, the three little pigs ran away. Mr Wolf tried to run after them, to tell them that he was a friendly wolf, but the little pigs were much too fast and he got out of breath trying to catch them. He could never even blow down a straw house. He had asthma, and it made him out of breath all the time.

One day Mr Wolf was looking sadly out of his window when the woodcutter came past. The woodcutter knew that Mr Wolf was much nicer than his daddy. He rather liked him, so he stopped for a chat.

'Hello, Mr Wolf!' he said. 'It's a lovely sunny day. Aren't you going out to play?'

'I can't,' said Mr Wolf. 'I can't breathe when I run. I've got asthma.'

'So have I,' said the woodcutter, 'But I went to see Nurse Neil, and he gave me some special medicine to help me breathe – these are called inhalers. Now I can do all the things that I want to do. Why don't you go and see him too?'

After the woodcutter had gone on his way, Mr Wolf had a big, big think. He really wanted to be able to run around like the three little pigs. He phoned the doctor's surgery and made an appointment to see Nurse Neil.

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Next day, Mr Wolf went to the surgery. Nurse Neil had a little office all to himself, with brightly coloured pictures on the wall. He was very friendly and smiled a lot. Mr Wolf told him all about his asthma, and that he couldn't do the things he wanted to do. Nurse Neil listened patiently.

'I'm glad you came to see me, Mr Wolf,' he said. 'I think I can help you to breathe more easily, and be able to run around with your friends. First of all, we need to see how much puff you have.'

Nurse Neil took out a funny tube with a windmill on the side, and a button that slid up and down.

'This is a peak flow meter, and will tell me how much puff you have. I want you to huff and puff and blow as hard as you can to make the windmill go round and round.'

Mr Wolf huffed, and he puffed, and he huffed and he puffed, and he huffed and puffed again, and blew into the tube, but still couldn't spin the windmill.

'Oh dear,' said Nurse Neil. 'You have lost your puff!'

Then Nurse Neil gave Mr Wolf two inhalers, and a big plastic tube called a spacer. He told Mr Wolf to use the brown inhaler twice every morning and twice every evening, just before he cleaned his big white teeth. He had to puff the inhaler into the spacer and take five breaths in and out into the spacer, then shake the inhaler and do the same thing all over again. He said that this brown inhaler would help Mr Wolf get back his puff if he took it every single day, even when he felt well. It would take a few days to start working, then it must be taken every day to keep it working.

Nurse Neil also gave Mr Wolf a big blue inhaler, and said that he should take it every time he ran out of puff.

'You must always keep your blue inhaler with you, Mr Wolf,' he said. 'It is very important. If you lose your puff, you must take your blue inhaler and rest until you feel better. Once your brown inhaler starts working, you won't lose your puff as much, but you must always keep the blue one with you all the time, just in case.'

You must make sure that when you go to school your teacher knows you have asthma, and that they have a spare blue inhaler, in case you forget it – but you're not going to do that, are you?'

Mr Wolf shook his head – getting his puff back would be so good!

A few days later, Mr Wolf noticed that his breathing was much better. He could go outside and run around, and play with his football. He was very happy. Soon it would be his birthday, and he would be able to play games at his party!

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The three little pigs came trotting past. Mr Wolf ran out to invite them to his birthday party, but the pigs ran away, laughing and singing ‘Who’s afraid of Mr Wolf?’. They were a bit cheeky sometimes. Mr Wolf kept running after them. The little pigs were amazed – Mr Wolf had never been able to chase them before! They dashed into their house and shut the door. Mr Wolf knocked on the door.

‘Little pigs, little pigs, please let me in!’ he cried. ‘Not by the hair on my chinny chin chin!’ said the biggest pig.

‘That’s got him!’ said the middle pig.

‘He hasn’t got any puff!’ laughed the smallest pig.

This made Mr Wolf very hurt and angry. So he huffed, and he puffed, and he huffed and he puffed – just like he did at the surgery – and...

He blew the door down! Not even his daddy had been able to do that.

The little pigs huddled in the corner, very, very scared. Mr Wolf was feeling slightly puffed by now, so he took two puffs of his blue inhaler like Nurse Neil had told him, and stepped through the doorway.

‘Sorry about the door,’ he said, embarrassed. He was a kind wolf and didn’t like to break things. ‘I’ll ask the woodcutter to fix it for you.’

‘Aren’t you going to eat us all up?’ wailed the three little pigs.

‘Of course not!’ said Mr Wolf. ‘I just wanted to invite you to my birthday party next week. You’re my friends. Anyway, I don’t like bacon. My dad got all the fur burned off his tail by some little pigs when he tried to get a bacon sandwich!’

How the little pigs laughed. Then off they all went to play football outside, the best of friends.

The leader put down the story book. Tom’s hand shot straight up.

‘Yes Tom?’ smiled the Leader.

‘My dad has got asthma and he has to take inhalers just like Mr Wolf!’ said Tom.

‘Does he? Quite a lot of people have asthma, and often feel puffed out – like you all did after the game! Shall we find out some more about asthma?’

‘YES!’ shouted all the Anchors.

The Leader showed them a colourful activity pack all about asthma. As the Anchors gathered round, Tom felt sure they were about to have some fun!



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COMMON TRIGGERS



CATCH YOUR BREATH

YOU WILL NEED

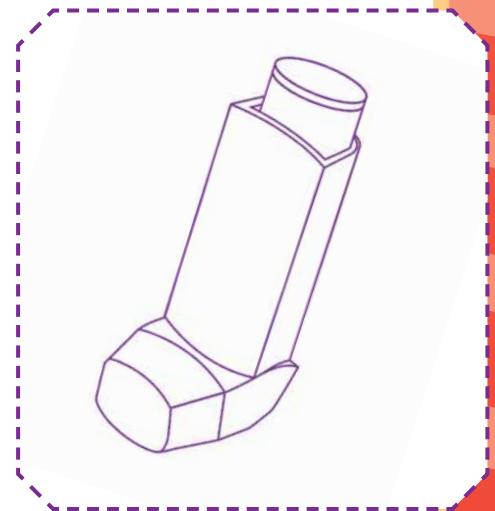
- A drinking straw for each Anchor.

WHAT TO DO

- Sit in a circle with a straw.
- Take in a few deep breaths – then discuss where the air goes when we breathe in.
- Now, bring the straw to your lips and breathe through it for one minute – trying not to talk!
- Concentrate on breathing in and out.
- At the end of the minute talk about how it felt to breathe like this.
- If some Anchors have found it easy then they should repeat for another minute, this time holding their nose so they are only breathing through the straw.
- Again, talk about how it felt. For most people, breathing feels difficult; this is because air is not easily getting into the lungs. This is similar to how it can feel if you are having a mild asthma attack.

LEARNING POINTS

- If you have an asthma attack you cannot get enough air into your lungs and it can feel like you are suffocating or as if there is an elephant sitting on your chest.
- If you are having an asthma attack it is important to stop, sit down and to immediately take your reliever inhaler which is usually blue.



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HOW TO HELP SOMEONE HAVING AN ASTHMA ATTACK

YOU WILL NEED

- Ideally a blue inhaler to show the Anchors – perhaps ask parents of any Anchors with asthma whether you can use their blue inhaler to show the group. If you can't get a blue inhaler, try to find a picture of one. Ensure you have read the leader notes about asthma and what to do in an asthma attack.

WHAT TO DO

- Ask if anyone knows how they would tell if someone is having an asthma attack – the common symptoms are breathlessness, coughing, wheezing and difficulty breathing.
- Explain that if someone is having an asthma attack, it is important that they know how to help.
- Show them the blue inhaler and remind them of the 'Let's make an airway' activity in the creativity section. Explain that the blue inhaler helps to widen the airways so that air can travel through and people can breathe more easily.
- Explain that if they think someone is having an asthma attack, firstly they should ask them if they have asthma – there can be other things that can make people breathless.
- If they do have asthma, always ask them where their inhaler is, and try to help them find it. Make sure the person having the attack takes one to two puffs of their reliever inhaler (usually blue) immediately.
- Get them to sit down and try to take slow steady breaths.
- If they do not start to feel better make sure they continue to take two puffs of their reliever inhaler every two minutes. They can take up to ten puffs.
- If they do not feel better after taking their inhaler as described above, or if you are worried at any time, call 999.
- If an ambulance does not arrive within 15 minutes get them to take two puffs of their reliever inhaler every two minutes (maximum of ten puffs) while you wait.
- If the symptoms improve and you do not need to call 999, you should still make sure they see a doctor or asthma nurse within 24 hours.
- You should then try to find an adult to help.

Please note this asthma attack information is not designed for people using a Symbicort inhaler on the Symbicort SMART regime. If they are on the Symbicort SMART regime please make sure they speak to their doctor or asthma nurse about this.

- Consider whether the group might enjoy doing a role-play of what to do if one of the other Anchors is having an asthma attack – if this would help them to remember what to do.

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GUESS THE TRIGGER

YOU WILL NEED

- Six bags so that objects inside them can be felt through the material but not seen.
- Pens and paper.
- The following items placed one in each bag:

A toy cat – pet trigger

Ball – exercise trigger

Woolly hat – cold weather trigger

Packet of tissues – cold (virus) trigger

Deodorant – strong smells trigger

Duster – dust mite trigger

WHAT TO DO

- Divide the Anchors into groups of around three.
- Give each group a bag with one of the items in. Ask the Anchors to feel the bag and write down or draw what they think each item is (no peeking!). Then they should pass the bag around until each group has had a chance to guess what is in each bag.
- Open each bag in turn to reveal the object, and as a whole group discuss what trigger each object might represent and where/when someone with asthma might be affected by these triggers.
- To help Anchors to remember the triggers, go round the group and quietly give each Anchor the name of a trigger (give the same trigger to at least two Anchors). Without speaking the Anchors should then mime their trigger and try to find the other Anchors who are miming the same trigger as them. Those who are miming the same trigger should then group together.

LEARNING POINTS

- This activity should highlight what kind of things can make people's asthma worse and give the group a chance to discuss how to avoid these triggers.

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LET'S MAKE AN AIRWAY

YOU WILL NEED

- Two pieces of paper.
- Sticky tape.

WHAT TO DO

- Each Anchor should roll a piece of paper into a tube, and use a piece of sticky tape to stick it in place.
- Then they should breathe through the tube, holding their hand at the other end to feel their breath travelling through the tube.
- Explain that we have tubes like this which carry the air into our lungs when we breathe in. Our airways are usually clear like this, so air can travel through easily.
- The Anchors should now make the second piece of paper into another tube.
- They then need to gently squeeze the middle of the tube so that it is thinner than the top and bottom.
- Then they should try and breathe through their second tube and see whether they can feel their breath on their hand as easily now that the tube has got narrower and a bit blocked.
- Explain that when people with asthma come into contact with a trigger (like dust or pet hair), the muscles around their airways (tubes) get tighter, making the airways narrower – like their second tube. As less air reaches the lungs, this is an asthma attack.
- Say that if people with asthma use their blue inhaler when they are having an asthma attack, that lets the airways relax and get wider, making them more like their first tube, so people can breathe more easily again.

LEARNING POINTS

- How scary it can be to have asthma.
- The difference between breathing for someone with asthma and someone without asthma.



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COMMON TRIGGERS



COLOUR THE TRIGGER

YOU WILL NEED

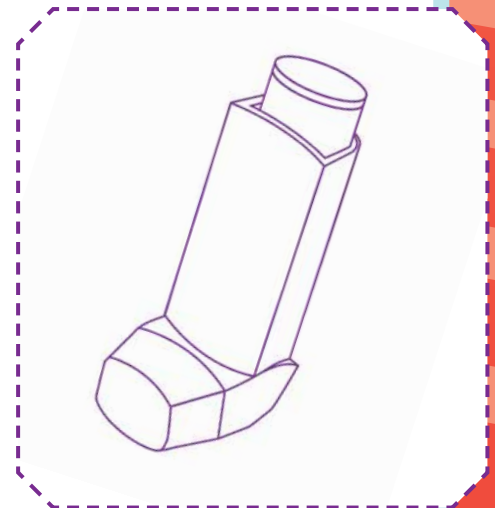
- A copy of the colouring-in trigger sheet for each Anchor.
- Colouring pens or pencils. Alternatively, tissue paper, coloured paper, scissors and glue.

WHAT TO DO

- Give each Anchor a copy of the colouring-in sheet.
- Ask them to colour the inhaler blue.
- Explain that the pictures around the outside are of different things which can trigger an asthma attack.
- If that happens, then the person with asthma will need to take their blue inhaler to stop their asthma symptoms and to help them breathe more easily again.
- Each Anchor can then colour in the triggers. They could choose to colour the pictures like a collage or mosaic by gluing tissue paper or coloured paper to the pictures.
- Perhaps suggest that they take their sheet home and explain it to their friends or family.

LEARNING POINTS

- The activity will show what sorts of things can trigger asthma.



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THE TRIGGER SONG

YOU WILL NEED

- Just some strong voices and good ideas!

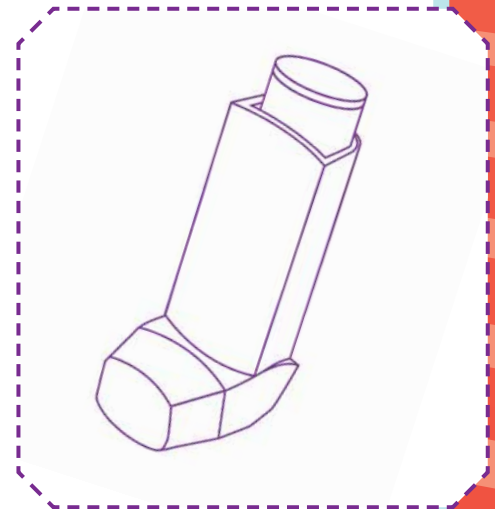
WHAT TO DO

- The song should be sung to the tune of 'Head, shoulders, knees and toes'.
- It lists different kinds of asthma triggers – a trigger is anything that makes the airways red and swollen and causes the symptoms of asthma to appear.
- You can sing as many verses as you want. Don't be afraid to make up some more verses with different triggers.
- Make up actions for each trigger and then do the actions along with the song.

Cats, dogs and teddy bears,
Teddy bears.
Cats, dogs and teddy bears,
Teddy bears.
These things can trigger asthma,
So you'll need your inhaler
Inhaler.

Colds, dust and hairspray,
Hairspray.
Colds, dust and hairspray,
Hairspray.
These things can trigger asthma,
So you'll need your inhaler
Inhaler.

Flowers, fumes and exercise
Exercise.
Flowers, fumes and exercise
Exercise.
These things can trigger asthma,
So you'll need your inhaler
Inhaler.



LEARNING POINTS

- This activity will help the Anchors learn more about the sort of things that can affect a person's asthma.

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FLAPJACK RECIPE

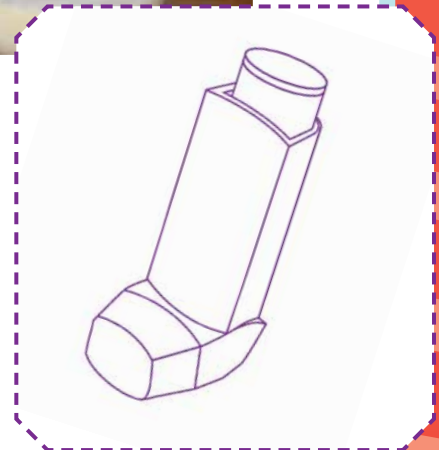
Baking with flour can be a trigger for some people with asthma, so here is a fun, flour-free flapjack recipe for your group to use. Why not make some flapjacks and then sell them at your meetings to raise money for Asthma UK.

INGREDIENTS

- 75g of butter or margarine
- 50 – 75g light brown sugar
- 1 tablespoon of golden syrup
- 175g of porridge oats

INSTRUCTIONS

- Prepare an 18cm square sandwich tin by either greasing it with butter or margarine, or by lining it with baking paper.
- Preheat your oven to 180°C or 350°F or gas mark 4.
- Put the butter or margarine, sugar and golden syrup into a saucepan and stir over a low heat until it has all melted.
- Take off the heat and add the porridge oats and blend thoroughly.
- Spoon the mixture into the baking tin and press it down to the edges.
- Place the baking tin in the centre of the preheated oven for 25 minutes or until the flapjack is an even golden brown colour.
- Mark the flapjack into fingers with a blunt knife whilst warm.
- Allow the flapjacks to become almost cold in the tin before removing.
- Remove the flapjacks and place them on a plate or in a cake tin or storage box.



WARNING Before using this recipe, please check for allergies to any of the ingredients or for any specific dietary requirements.

Always behave sensibly and carefully when in the kitchen, paying special attention when heating items in a saucepan, or when using the oven.

COMMON TRIGGERS



Colds and flu



Exercise



Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



Emotions eg, stress



Some chemical fumes



OUT OF BREATH

YOU WILL NEED

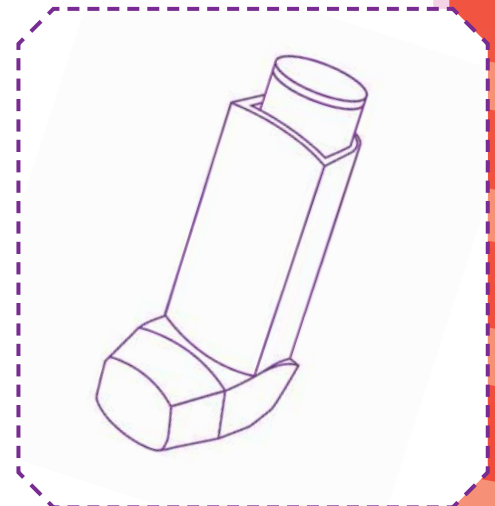
- A large, safe space for the Anchors to run around in.

WHAT TO DO

- Sit the Anchors in a circle.
- On the count of three, they must race to touch each wall of the room and then get back to the circle.
- When they return to the circle, ask them how they feel. How is their breathing? Are they out of breath?
- Explain that feeling breathless is often a symptom for someone when they are having an asthma attack.
- Other symptoms can be coughing or feeling wheezy.
- Ask how they think people might feel when they are having an asthma attack. Discuss feelings and introduce the importance of helping someone when they are having an attack.

LEARNING POINTS

- This activity helps the Anchors understand what it is like for someone with asthma when they are having an asthma attack.



COMMON TRIGGERS



Colds and flu



Exercise



Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



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Some chemical fumes



PICTURE RELAY

YOU WILL NEED

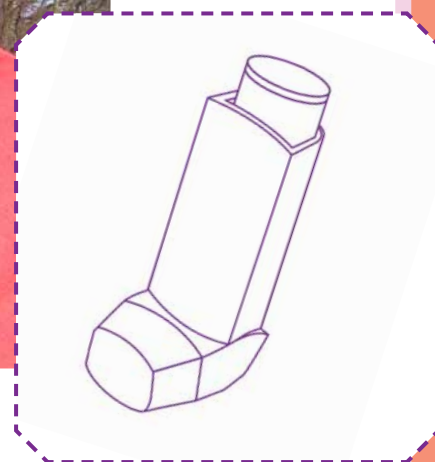
- You will need to find four large pictures of triggers – perhaps of a cat/dog, some flowers, a cold weather scene, someone exercising, cigarettes, perfume.
- Cut each picture into six pieces.

WHAT TO DO

- Split the Anchors into four groups, and get them to line up in their teams at one end of the room.
- At the other end of the room, place the six pieces of the trigger picture in line with each group – with a different picture for each group.
- Each group member runs to collect a piece of the trigger picture and runs back and tags the next runner until all six pieces of the trigger picture have been collected.
- The Anchors then need to piece together their trigger.
- The first team to piece together the picture and shout the name of the trigger is the winning team.

LEARNING POINTS

- This activity should help the Anchors recognise the different types of asthma trigger.



COMMON TRIGGERS



Colds and flu



Exercise



Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



Emotions eg, stress



Some chemical fumes



DUSTY, DUSTY, DUST-FREE

YOU WILL NEED

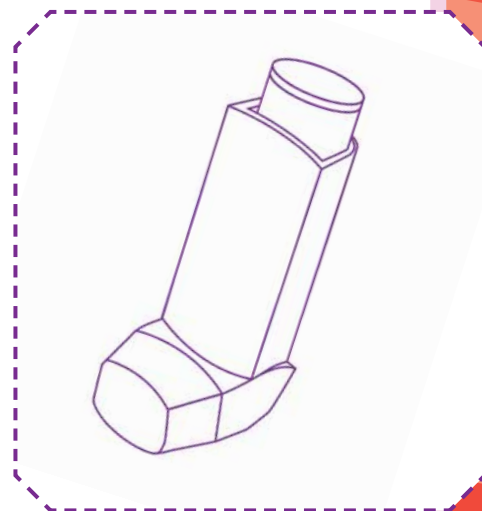
- A safe space for the Anchors to run or walk around.

WHAT TO DO

- Remind the Anchors that dust and dust mites can trigger asthma, so for many people with asthma they need to keep places as dust-free as possible. This can mean vacuuming carpets regularly, brushing and mopping hard floors, vacuuming or washing curtains – or using blinds instead, and many more things. Ask the Anchors to look around your meeting place and think what might need to be done to make it dust-free.
- The Anchors need to stand in a circle and one Anchor is nominated to start.
- The player who starts walks around the circle tapping each Anchor on the head and with each tap says 'dusty'. The Anchor can do this as often as they like before changing to 'dust-free'. They can do this either walking fast or running. Once the Anchor shouts 'dust-free', the player who had been tapped must get up and race the first player back to their space in the circle.
- The Anchor who makes it back to the space first joins the circle and the other Anchor has to start the game again.

LEARNING POINTS

- If a place is dust-free, people whose asthma is triggered by dust are more likely to be able to run around and have fun without the risk of having an asthma attack.



COMMON TRIGGERS



Colds and flu



Exercise



Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



Emotions eg, stress



Some chemical fumes



SWAP THE TRIGGER

YOU WILL NEED

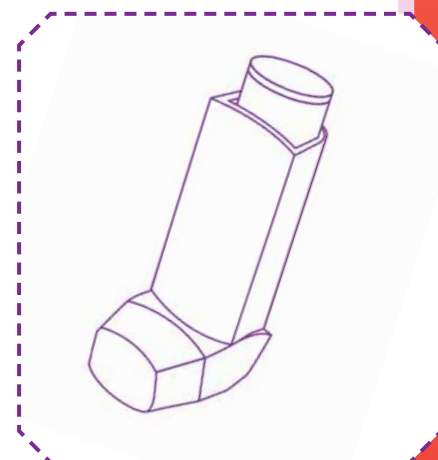
- A parachute or large sheet (optional).

WHAT TO DO

- With the Anchors standing in a circle, walk around giving each one of the following triggers: pets, deodorant, cigarette smoke, exercise, cold air, or dust. Ensure that at least three or four Anchors are given each trigger.
- If you don't have a parachute or sheet, then one Anchor should stand in the middle of the circle. They must try and catch the others as they swap places. If an Anchor is caught as they swap places, then they are out.
- Spread the parachute or sheet out in the middle of the circle, with Anchors holding a section each.
- As the parachute or sheet is thrown up, call out one of the triggers, the Anchors with that trigger should swap places underneath the parachute/sheet before it falls.
- Anyone who does not find a place before the parachute/sheet lands is out.
- If you call out 'asthma attack', all Anchors must try to swap places.
- When there are fewer people left with each trigger, you can call out more than one trigger at a time.
- Repeat until a winner is declared!

LEARNING POINTS

- This activity should be done after triggers have been explained and understood.
- The activity should help Anchors to remember the various different asthma triggers.



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TALKING ABOUT ASTHMA

In this pack there have been lots of activities to help Anchors understand more about asthma – from what it is to how to control it.

Asthma UK would like to see as many Anchors as possible share what they have learnt with the people around them such as family members, friends from school or people at church. We hope that each Anchor can spend one to two minutes explaining a little bit about asthma whether it is to their family, in a school assembly or telling their friends at break time.

Below is a guide for what sort of things to cover which we hope all Anchors will find useful.

WHAT IS ASTHMA?

Asthma is a condition that affects the airways – the small tubes that carry air in and out of the lungs. People with asthma have airways that are almost always red and sensitive (inflamed). Sometimes sticky mucus or phlegm builds up which can further narrow the airways. When someone with asthma comes into contact with an asthma trigger the muscles around the walls of the airways tighten so that the airways become narrowing making it harder to breathe.

WHAT ARE ASTHMA TRIGGERS?

There are many triggers for asthma and these can include:

- Cold/flu
- Pets
- Pollution
- Exercise
- Weather
- House-dust mites

WHAT ARE SIGNS OF AN ASTHMA ATTACK?

The most common symptoms are breathlessness, coughing, wheezing and difficulty breathing

WHAT TO DO IN AN ASTHMA ATTACK?

- If you think someone is having an asthma attack, firstly ask them if they have asthma – there can be other things that can make people breathless.
- If they do have asthma, always ask them where their inhaler is, and try to help them find it. Make sure the person having the attack takes one to two puffs of their reliever inhaler (usually blue) immediately.
- Get them to sit down and try to take slow steady breaths.
- If they do not start to feel better make sure they continue to take two puffs of their reliever inhaler every two minutes. They can take up to ten puffs.

COMMON TRIGGERS



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Some chemical fumes



- If they do not feel better after taking their inhaler as described above, or if you are worried at any time, call 999.
- If an ambulance does not arrive within 15 minutes get them to take two puffs of their reliever inhaler every two minutes (maximum of ten puffs) while you wait.
- If the symptoms improve and you do not need to call 999, you should still make sure they see a doctor or asthma nurse within 24 hours.
- You should then try to find an adult to help.

Please note this asthma attack information is not designed for people using a Symbicort inhaler on the Symbicort SMART regime. If they are on the Symbicort SMART regime please make sure they speak to their doctor or asthma nurse about this.

ASTHMA TREATMENTS

There is currently no cure for asthma however there are lots of medicines available which control asthma so that it does not interfere with daily life. The most common medicine is likely to be a type of inhaler. It is very important to take asthma medicine properly in order for it to work so make sure the doctor or nurse explains how to use it.

There are two types of inhaler:

Reliever inhaler – usually blue in colour and are used when someone is feeling the symptoms of asthma or are having an attack. These inhalers are fast acting and work to relax the muscles surrounding the airways, allowing them to widen and for air to travel through them more easily.

Preventer inhaler – usually brown/orange in colour and are designed to reduce the build up of mucus in the airways. They are usually prescribed to be taken daily.

STATISTICS ABOUT ASTHMA

- Asthma affects 5.4 million people in the UK including 1.1 million children
- Every 17 minutes a child is admitted to hospital because of their asthma
- Asthma is one of the top five causes of emergency hospital admissions among children in England
- The UK has among the highest prevalence rates of asthma symptoms in children worldwide
- On average there are two children with asthma in every classroom in the UK

For further information on asthma please visit asthma.org.uk or contact us at community@asthma.org.uk or on 020 7786 4996.



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COMMON TRIGGERS



DESIGN A WORLD ASTHMA DAY POSTER

World Asthma Day is the first Tuesday of May and we are calling on all Anchors to get involved and help us spread the word about this very important day by designing a poster. World Asthma Day is a perfect opportunity for us to increase the public's understanding of asthma and how serious it can be. Once designed, display the poster in the school hall, doctor's surgery or anywhere where it will be seen by lots of people.

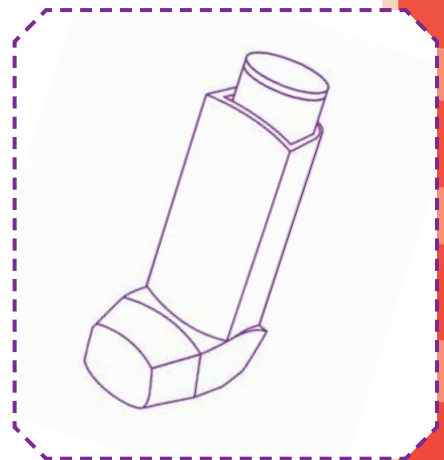
WHAT TO CONSIDER WHEN DESIGNING THE POSTER

- Where will it be displayed?
- Who is the poster aimed at?
- What size is best?
- What do you want people to learn from it?
- What colours are best? The Asthma UK colours are purple and green but the brighter the poster, the more eye catching it will be.
- Will it be designed using a computer?

INFORMATION TO INCLUDE ON THE POSTER

- The date of World Asthma Day
- A couple of statistics about asthma
- The Asthma UK website – asthma.org.uk
- The number for the Asthma UK Adviceline 0800 121 62 44
- Pictures

Posters are a fantastic way to grab people's attention so why not design more than one? There are over five million people in the UK with asthma so the more posters designed, the more people will see them!



COMMON TRIGGERS



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FUNDRAISE FOR ASTHMA UK

The work of Asthma UK is hugely important, however in order to continue delivering our promise to support people with asthma we need to raise funds. We hope that Anchors will rally round and fundraise for us.

David Beckham, Frank Lampard and Paul Scholes all have asthma so why not have a sponsored 'keepy-uppy' event and get friends and family to sponsor you for every time you keep the ball up.

Alternatively, Chris Tarrant also has asthma so perhaps split into teams within your Anchors group and have a quiz challenge at one meeting. There could be a small fee to take part in the challenge and the winner can be presented with a certificate.

You could also do one of the following:

- Jumble sale
- Bake sale
- Party
- Raffle
- Kick Asthma mini-marathon
- Other sponsored events

There are plenty of ways to fundraise and the above suggestions are only ideas. If you think of other fun and exciting ways to fundraise then go for it!

When putting on a fundraising event there are a number of things to consider, we have listed a few below.

- How many people will be involved?
- Where will it take place?
- When will it take place?
- How will it be advertised?
- How much do you hope to raise?
- Can you apply gift aid to the fundraising?
- Do you need insurance?
- Do you need to do a risk assessment?

To order a fundraising pack which is full of tips, hints and ideas please email us at community@asthma.org.uk or call us on 020 7786 4996.



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COMMON TRIGGERS



PUTTING ASTHMA IN THE LIMELIGHT

Putting Asthma in the Limelight is Asthma UK's national fundraising week and takes place in the first week of May to coincide with World Asthma Day.

It is a time to raise awareness and funds for Asthma UK so we can continue with our vital work. In 2010 we raised £40,000, and we hope to increase this every year. This is why we're asking The Boy's Brigade to help. You can fundraise in any way you like from holding a cake sale and dressing up in lime, through to organising a talent show or taking part in a sponsored event.

If you would like more information about Putting Asthma in the Limelight please contact us at limelight@asthma.org.uk or on 020 7786 4996.

KICK ASTHMA MINI-MARATHON

The Kick Asthma mini-marathon is a mass participation event and we are challenging your Anchor group to work together to cover the distance of a marathon – a whole 26.2 miles – in any way you choose! This can be done in one day or over a period of time.

What sort of activities can you do?

We encourage you to be as creative as possible when thinking of how you would like to complete your mini-marathon but to get you started here are a few ideas:

- Running
- Walking
- Hoping
- Skipping
- Jumping
- Dribbling a football
- Swimming
- Using a Space Hopper

Please make sure you think about your safety at all times!

WHY TAKE PART?

By taking part in the Kick Asthma mini-marathon you will use a number of skills such as teamwork, decision making and using your imagination. You will also help us to raise awareness of asthma amongst your local community and raise funds so that we can continue with our vital work.

HOW TO REGISTER

To order one of our Kick Asthma mini-marathon packs please visit asthma.org.uk/minimarathon. Once you have filled in the online form we will send you your pack complete with materials order form, sponsorship forms and much more.

For more information about the Kick Asthma mini-marathon please contact us at mini-marathon@asthma.org.uk or on 020 7786 4996.

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