

juniors

8-11 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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COMMON TRIGGERS



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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OPEN THE AIRWAY

YOU WILL NEED

- Green headbands, sashes or ribbons for three to four people (optional).

WHAT TO DO

- Just under half of the group should form a circle holding hands. This group is the wall of an airway in the lungs of a person with asthma. At the moment the airway is clear so lots of air can travel through it.
- Three or four of the group are chosen to be the 'monster mucus'. They can wear green headbands or ribbons if they like – mucus is a thick, gooey green substance.
- The 'monster mucus' get into the middle of the circle and form a huddle.
- The airway is now partially blocked by the mucus – this is often the case for people with asthma if they don't take their preventer inhaler which is usually brown or orange.
- Everyone in the group should think about whether it is now more or less difficult for air to get through to the lungs.
- Each person has muscles surrounding their airways, so the rest of the group should now form a bigger circle around the airway – they are the muscles.
- Now, imagine that the body is near a trigger – perhaps a cat, or they walk into a dusty room. In an asthma attack, the muscles around the airway tighten and contract in response to this trigger.
- The 'muscles' of the group need to move in towards the centre of the circle, squashing the airway.
- Think about how hard it would be now for air to get through the airway.
- Imagine the person takes their blue (reliever) inhaler. The person's muscles around their airway relax, so the circle of 'muscles' can expand again. Air can get through the airway.
- Now imagine that the person remembers to take their brown (preventer) inhaler every morning. This reduces the swelling in the airway, and so prevents asthma symptoms like mucus. Therefore, the 'monster mucus' should crawl through the legs of the other members of the group, out of the circle.
- The airway is back to how it started, and air can travel through it easily.

LEARNING POINTS

- The exercise shows what happens in the airways if someone has an asthma attack. If people with asthma use their inhalers properly, then their airways should work normally most of the time, and their asthma shouldn't stop them from doing anything.



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COMMON TRIGGERS



CATCH YOUR BREATH

YOU WILL NEED

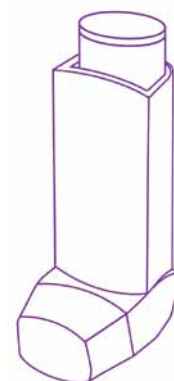
- A drinking straw for each Junior.

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 Juniors 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 (usually blue).



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WHO'S WHO WITH ASTHMA

YOU WILL NEED

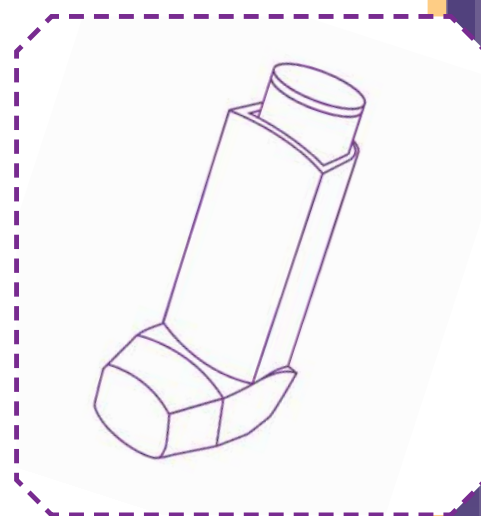
- Paper, pens.
- The Leader should select celebrities with asthma from the list of people on the activity instruction sheet – then cut pictures of them out of magazines or download them from the internet.

WHAT TO DO

- Discuss what a person with asthma may look like. Write down the key words suggested.
- Discuss what kind of jobs or activities you think people with asthma might not be able to do.
- Show the Juniors your prepared pictures of celebrities and get them to guess which ones have asthma and what each celebrity does.
- Tell them that in fact all the celebrities have asthma, and they have all succeeded in their careers as they control their asthma well.
- Discuss how some of their views about what a person with asthma looks like were not right.

LEARNING POINTS

- This activity should show how, if asthma is well controlled, it shouldn't hold back people with asthma from doing anything they want to do.



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WHO'S WHO WITH ASTHMA? - ACTIVITY INSTRUCTION SHEET

Examples of celebrities with asthma are:

SPORTSMEN/WOMEN

David Beckham
Ian Botham
Darren Gough
Austin Healy
Gethin Jenkins
Paula Radcliffe
Frank Lampard
Karen Pickering
Ian Wright

ACTORS/ACTRESSES

Jessica Alba
Sarah Michelle Gellar
Lindsay Lohan
Barbara Windsor

COMEDIANS

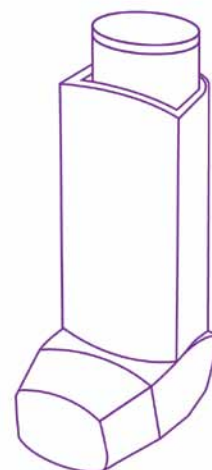
Lee Hurst
Matt Lucas

SINGERS

Lily Allen
Charlotte Church
Jenny Frost
Cerys Matthews
Nicola Roberts

TV PERSONALITIES

Jeremy Clarkson
Davina McCall
Kirsten O'Brien
Stephen Fry
Chris Tarrant
Johnny Vaughn
Carol Vorderman



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WHO WANTS TO BE A MILLION-AIR

YOU WILL NEED

- A questions sheet for the Leader.
- A photocopy of the asthma bank note for each group of four – six young people (provided in this pack).

ACTIVITY TIME

Approximately 20 minutes.

WHAT TO DO

- Ask each group to nominate an ‘asthma expert’ to take part, or they can choose to answer one question each.
- The Leader should ask each asthma expert in turn five multiple choice questions about asthma from their questions sheet.
- For each question they get right, the asthma expert wins 200,000 air points for their group.
- If the asthma expert doesn’t know the answer, they each have two lifelines. The first is to ‘Ask the Audience’: the rest of the group do a show of hands for the answer they think is correct, and the asthma expert can use this to help them choose their answer. The second is 50:50: the Leader takes away two wrong answers leaving two for the asthma expert to choose from.
- After each asthma expert has answered their set of five questions, the Leader should write the total air points on their asthma bank note and award it to the group.
- If you want to play the game again, you could write new questions about asthma using Asthma UK’s website, asthma.org.uk or the Kick Asthma website, kickasthma.org.uk and then challenge another group to answer your questions in a future meeting.

LEARNING POINTS

- This activity should help the whole group increase their awareness of asthma.
- If you want to develop your own questions for the future, you could choose to focus the questions on a particular topic such as asthma triggers to reinforce what the young people have already learnt about triggers.

COMMON TRIGGERS



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WHO WANTS TO BE A MILLION-AIR - 1

THE CORRECT ANSWERS ARE MARKED IN BOLD

SET 1

1) If someone with asthma starts to wheeze what should you do?

Give them a hug

Laugh at them

Leave them on their own

Help them to find their blue inhaler

2) Which one of these is not a trigger for asthma?

Pollen

Dust

Mobile phones

Cold weather

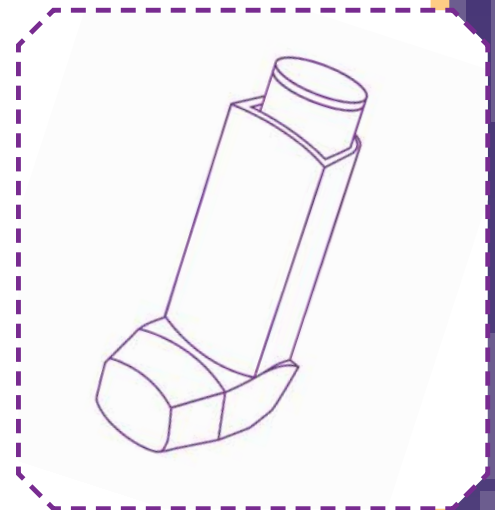
3) What is the proper name for a blue inhaler?

Helper inhaler

Reliever inhaler

Asthma attack inhaler

Useless inhaler



4) What does a preventer (brown/orange) inhaler do?

Nothing at all

Prevents the symptoms of asthma and reduces the swelling in the airways

Helps in an asthma attack

Means you don't have asthma anymore

5) If you control your asthma well, which of these things can't you do?

Go out in cold weather

Be a famous actor

Run long distances

You can do anything

COMMON TRIGGERS



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WHO WANTS TO BE A MILLION-AIR - 2

SET 2

1) Which of these can be a trigger for asthma?

Homework

Using the internet

Talking

Hairspray

2) When you have asthma, one of the symptoms is:

Sneezing

Laughing

Coughing

Crying

3) If you saw your friend having an asthma attack, what is the usual colour of the inhaler that they should take?

Red

Green

Blue

Brown

4) On average, how many children are there with asthma in a class at school?

Ten

Two

Seven

One

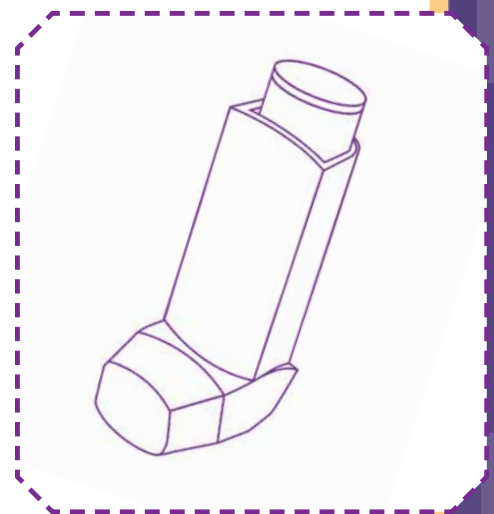
5) How can you remove dust mites living in your soft toys?

Leave out in fresh air

Put in the oven

Put in the freezer

Wash in the washing machine



COMMON TRIGGERS



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WHO WANTS TO BE A MILLION-AIR - 3

SET 3

1) If one of your friends with asthma starts to have difficulty breathing, which colour inhaler will help relieve their symptoms?

Blue

Brown

Purple

Green

2) How many children in the UK have asthma?

2 million

1.1 million

3.4 million

0.5 million

3) When you are out in the garden which of the following would not trigger your asthma:

Playing with your dog

Running a race

Smelling a flower

Eating sweets

4) Which of these is not a symptom of asthma?

Wheezing

Coughing

Tight chest

Sneezing

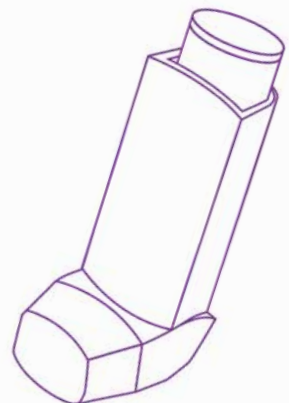
5) What should someone with asthma do if they are exercising?

Keep going even if they are struggling to breathe

Never do exercise because it's dangerous

Always have blue inhaler nearby

Not tell anyone they have asthma



COMMON TRIGGERS



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WHO WANTS TO BE A MILLION-AIR - 4

SET 4

1) What colour inhaler should you use in an asthma attack?

Brown

Blue

Green

Yellow

2) Which of these is an asthma trigger?

Art lessons

Deodorant

Playing cards

Sleeping

3) During an attack, it is important NOT to

Lie down

Stand up

Use your inhaler

Loosen your tie/collar

4) What happens to airways during an asthma attack?

Get bigger

Get smaller

Turn blue

Fill with water

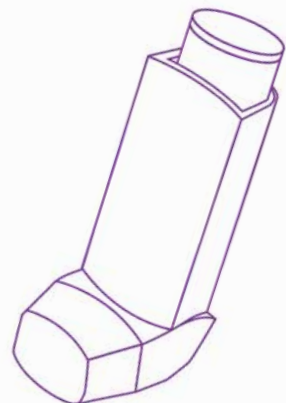
5) What does the preventer inhaler (usually brown) do?

Stops an asthma attack

Helps you digest food

Stops you coughing

Prevents the symptoms of asthma and reduces the swelling in the airways



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COMMON TRIGGERS



LET'S MAKE AN AIRWAY

YOU WILL NEED

- Two pieces of paper.
- Sticky tape.

WHAT TO DO

- Each Junior 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 Juniors 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.

COMMON TRIGGERS



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LET'S MAKE MUCUS

YOU WILL NEED

- A mixing bowl
- A wooden spoon
- Water
- Cornflour
- Food colouring (yellow or green)

WHAT TO DO

- Juniors should split into groups of three.
- Get each group to pour some of the cornflour into a bowl.
- Ask them to add a little water into the mixing bowl, stirring with the spoon as you add it, until there is quite a thick paste.
- Then mix in some food colouring to make it look like real mucus.
- Ask the group to think about how it would be if lumps of that were in their airways – it would be difficult for them to breathe.
- Explain that for people with asthma, mucus can block their airways. To help, they have to use a preventer inhaler (orange/brown) every morning to prevent the symptoms of asthma and reduce the swelling in the airways.
- Now ask them to slowly add more water to thin the mixture.
- Get them to think about how much easier it would be to breathe now if the mucus is thin and watery.

LEARNING POINTS

- Asthma can make someone's airway produce thick and sticky mucus.
- Using a preventer inhaler (brown/orange) can prevent the symptoms of asthma and reduce the swelling in the airways.
- Please ensure that this activity is treated sensitively so that Juniors do not treat people with asthma negatively due to having mucus in their airways.

Note: Juniors should not eat the 'mucus'.

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THE TRIGGER SONG

YOU WILL NEED

- Just some strong voices and good ideas!

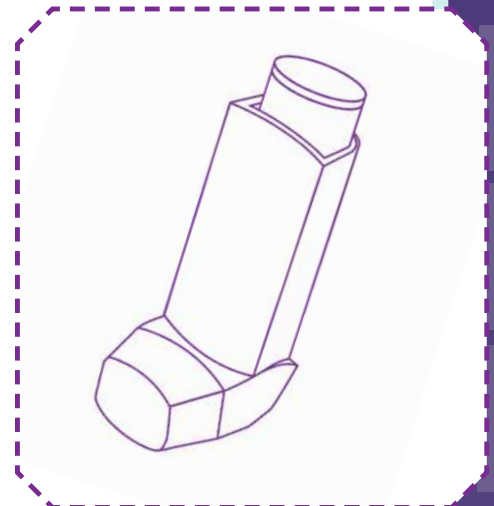
WHAT TO DO

- The song should be sung to the tune of 'Head, shoulders, knees and toes'.
- It lists different kind 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 Juniors learn more about the sort of things that can affect a person's asthma.



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mite



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COMMON TRIGGERS



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 hot oven.

COMMON TRIGGERS



Colds and flu



Exercise



Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



Emotions eg, stress



Some chemical fumes



PICTURE RELAY

YOU WILL NEED

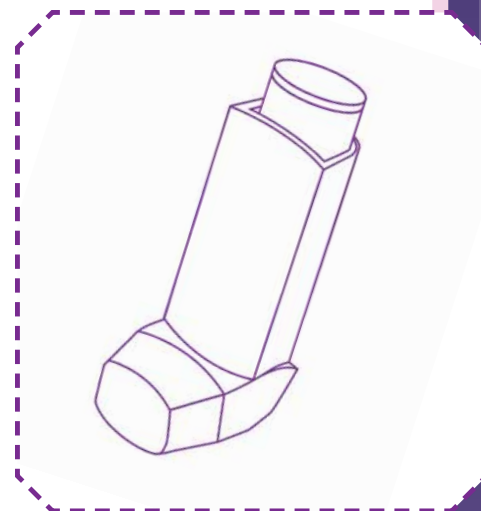
- You will need to find four large pictures of triggers – perhaps of a cat/dog, some flowers, a cold weather scene, someone exercising, cigarettes, perfume.
- Cut each picture into six pieces.

WHAT TO DO

- Split the Juniors 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 Juniors 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 Juniors recognise different types of asthma triggers.



COMMON TRIGGERS



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Some chemical fumes



STUCK IN THE MUCUS

YOU WILL NEED

- Pens and a piece of paper for each group.
- Space to run/walk around in.
- Teams of four – six.

WHAT TO DO

- Each team picks a time of day this could be waking up at home, being at school, playtime/break or at the Boys' Brigade meeting after school.
- Each team should think of two asthma triggers that might be around at this time of day and could cause someone to have an asthma attack. They then need to write the time of day, and the two triggers on their piece of paper.
- Place the pieces of paper on the floor going clockwise from morning through to evening with each piece of paper pointing to a corner.
- Get together again and choose eight people to become the eight listed triggers, these Junior members then go to the corner of the room that their paper points to.
- Up to four members should be chosen to be 'blue inhalers'. The rest of the members will 'have asthma'.
- The members with asthma have to run/walk between each corner in the order of the day and the 'triggers' will try to catch them.
- The members with asthma who are caught are 'stuck in the mucus' until a 'blue inhaler' frees them to continue their journey through the day.
- The game finishes when all the members have made it safely to 'The Boys' Brigade' at the end of the day.

LEARNING POINTS

- If someone has asthma they need to think about what triggers it and how they can try to avoid triggers at different times of the day and in different places.
- The game shows that if someone does have an asthma attack, then they need to take their blue inhaler to help them get back to normal and carry on with their day.
- NB If you have a smaller group, adapt the number of triggers/inhalers as necessary.



Colds and flu



Exercise



Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



Emotions eg, stress



Some chemical fumes

COMMON TRIGGERS



DUSTY, DUSTY, DUST-FREE

YOU WILL NEED

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

WHAT TO DO

- Remind the Juniors 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 Juniors to look around your meeting place and think what might need to be done to make it dust-free.
- The Juniors need to stand in a circle and one Junior is nominated to start.
- The player who starts walks around the circle tapping each Junior on the head and with each tap says 'dusty'. The Junior can do this as often as they like before changing to 'dust-free'. They can do this either walking fast or running. Once the Junior 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 Junior who makes it back to the space first joins the circle and the other Junior 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



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Pollution



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Some chemical fumes



SWAP THE TRIGGER

YOU WILL NEED

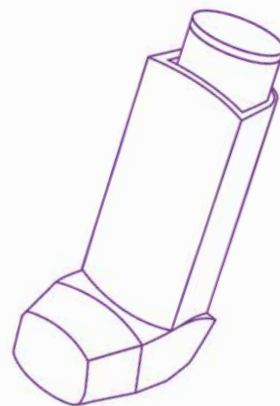
- A parachute or large sheet (optional).

WHAT TO DO

- With the Juniors 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 Juniors are given each trigger.
- If you don't have a parachute or sheet, then one Junior should stand in the middle of the circle. They must try and catch the others as they swap places. If a Junior is caught as they swap places, then they are out.
- Spread the parachute or sheet out in the middle of the circle, with Juniors holding a section each.
- As the parachute or sheet is thrown up, call out one of the triggers, and the Juniors 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 Juniors 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 Juniors to remember the various different asthma triggers.



COMMON TRIGGERS



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Some chemical fumes



RESTRICTED RELAY

YOU WILL NEED

- Groups of four – six.
- Six items of clothing per group, like trousers, jumpers, jackets and scarves.
- Space for the relay race to be run.

WHAT TO DO

- The Juniors should split into groups of four–six.
- Choose one person in each group to be the ‘restricted’ relayer.
- The groups take it in turns to run with the restricted relayer to the end of the course, helping them put an additional item of clothing on top of their own clothes, and running back with them until the restricted relayer has all the extra items of clothing on.
- The first group to complete the race and to have put the items of clothing on their restricted relayer wins.
- After the race, ask the restricted relayer how they felt as they added more and more clothes. They will probably have found it harder to run the more clothes they put on.

LEARNING POINTS

- The game shows that sometimes exercise can trigger an asthma attack, meaning that people with asthma can find breathing harder during exercise and may have an asthma attack.
- This would restrict their breathing and make running feel difficult.
- People with asthma should always have their blue inhaler with them during PE and sports lessons.

NOTE TO LEADER

Health warning: please ensure that none of the clothes used are too long for the Juniors to be able to run/walk safely.

If other Juniors wish to try being the ‘restricted’ runner, you may like to have a series of races.

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TALKING ABOUT ASTHMA

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

Asthma UK would like as many Juniors as possible to 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 Junior 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 Juniors 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 narrow 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 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 your 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 the airways to widen and for air to travel to the airways 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 take 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.

COMMON TRIGGERS



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DESIGN A WORLD ASTHMA DAY POSTER

World Asthma Day is the first Tuesday of May and we are calling on all Juniors 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.
- 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!



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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 Juniors 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, Carol Vorderman also has asthma so perhaps split into teams within your Juniors group and have a maths 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 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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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 where 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 Junior 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 out 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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