

kidshealth.org/healthtopics

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Standard 1:

- Understand concepts related to health promotion and disease prevention in everyday life.
- Recognize why it is critical to become self-motivated and responsible participants in disease health.
- Understand why it is critical for one to understand community health and how to become health and disease prevention advocates.
- Understand how being fit, healthy, and active helps one to live a better quality of life.
- Recognize why it is critical to be active, healthy, and disease prevention advocates and how to become health advocates.
- Understand why it is critical to be active, healthy, and disease prevention advocates and how to become health advocates.

Related Health Topics:

[Allergies](http://kidshealth.org/healthtopics/allergies)
[Asthma](http://kidshealth.org/healthtopics/asthma)
[Cold/Flu](http://kidshealth.org/healthtopics/cold-flu)



Kids Grade 2 • Health Problems Series

Asthma

These activities will help your students understand what asthma is, how it affects kids, and how kids deal with asthma triggers and flare-ups.

Related KidsHealth Links

Articles for Kids:

Asthma: Basics

kidshealth.org/healthtopics/asthma/basics.html

Asthma

kidshealth.org/healthtopics/asthma.html

Asthma: What's New? (New Article)

kidshealth.org/healthtopics/asthma/new.html

Kid's Asthma Story

kidshealth.org/healthtopics/asthma/kids.html

What's an Asthma Flare-Up?

kidshealth.org/healthtopics/asthma/what-flare-up.html

Living With Asthma: Triggers

kidshealth.org/healthtopics/asthma/triggers.html

Can Kids With Asthma Play Sports?

kidshealth.org/healthtopics/asthma/sports.html

Resources for Teachers:

Asthma: Special Needs Packets

kidshealth.org/healthtopics/asthma/special.html

Asthma and Sports: Special Needs Packets

kidshealth.org/healthtopics/asthma/sports/special.html

Asthma: Exercise-Induced Asthma: Special Needs Packets

kidshealth.org/healthtopics/asthma/exercise/special.html

Discussion Questions

Read the following questions and discuss in language appropriate for sharing with your students.

1. What is something interesting for your body? What parts of your body work together to help you breathe?
2. What do you know about asthma? Do you know anyone who has asthma? How does it affect their body?

Lesson Plans For Preschooler With Asthma

L Darling-Hammond



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