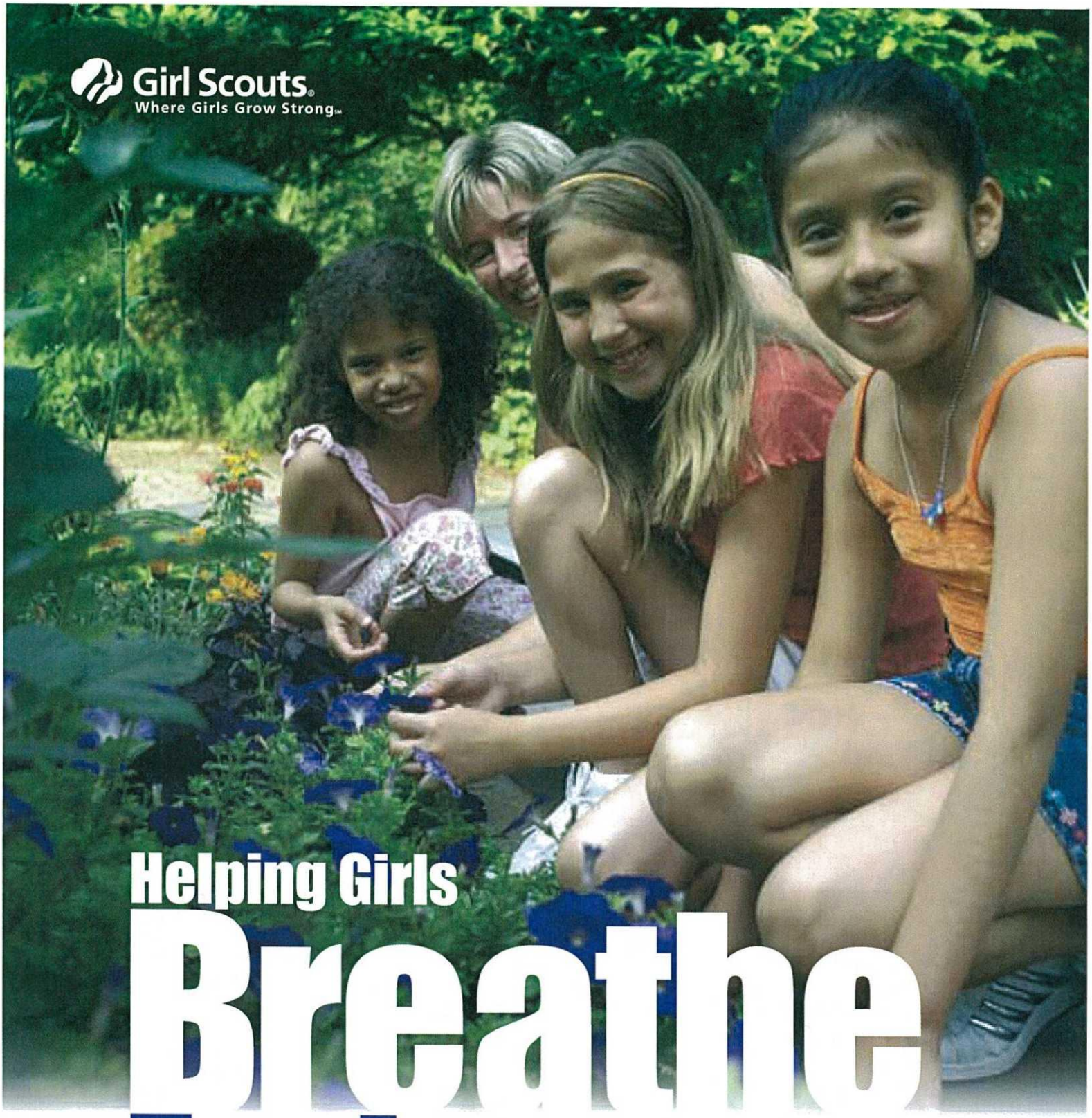
Girl Scouts®
Where Girls Grow Strong™



Helping Girls Breathe Easier

The Asthma Awareness Patch Program for Girl Scouts

ASTHMA AWARENESS

Girl Scouts®
Where Girls Grow Strong™

Helping Girls Breathe Easier

The Asthma Awareness Patch Program for Girl Scouts

The Asthma Awareness Patch Program was developed by the Asthma Coalition of Long Island with the collaboration of Girl Scouts of the USA and the American Academy of Allergy, Asthma and Immunology, and has been supported by a grant from the New York State Department of Health to the American Lung Association of New York State, Inc.

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Introduction

Asthma is a chronic *(long-term)* breathing problem that affects 7.7 million children in the United States. Asthma is a disease of the airways. Airways are the tubes that bring outside air to the lungs. We use this air to breathe. When airways become narrow and swollen, it becomes hard for air to flow in and out of the lungs. During an asthma episode, a child may cough, wheeze, or experience chest tightness or shortness of breath. Asthma is responsible for many doctor and hospital visits and lost days from school. If untreated, asthma can affect everyday life. Most girls know someone with asthma or may even have asthma themselves. Each Girl Scout can benefit from learning what asthma is, how it affects breathing, and how certain lifestyle choices can affect their general health and well-being.

Learning about the respiratory system and how we breathe is the basis of the **Asthma Awareness Patch Program: Helping Girls Breathe Easier**. In addition, the girls will develop knowledge of asthma triggers, anything in the environment that can make breathing difficult. Girls will learn to make healthy choices, such as avoiding cigarette smoke, eating healthy foods, exercising regularly and practicing relaxation techniques. To encourage Girl Scouts to become responsible members of the community, the patch program goes beyond the individual and incorporates helping others. Employing resources such as websites, books, and other media enhance the learning process.

Empowering girls to take charge of their health can lead to increased self-esteem and responsible decision-making.

Earning The Patch

Each level of Girl Scouting is included in this workbook. The following number of activities must be completed in order to earn the **Asthma Awareness Patch: Helping Girls Breathe Easier**.

- **Daisy Girl Scouts** — One Activity out of Two
- **Brownie Girl Scouts** — One Activity out of Two
- **Junior Girl Scouts** — One Activity out of Two
- **Girls, ages 11-14** — Two Activities out of Three
- **Girls, ages 15-17** — Two Activities out of Three

If there are activities outside of your age group that you would like to complete, please indicate which activity you chose and why, when completing the evaluation.

By earning the patch, girls can help create asthma awareness by reaching out to the community. Teens may be given the privilege and opportunity to work with younger girls on their **Asthma Awareness Patch**, or they may choose to volunteer their time in an asthma-related activity, such as an asthma fair or school science program. This will provide leadership opportunities as well as the chance to learn about various careers in healthcare.
To order the Asthma Awareness Patch, call 1-800-221-6707 or visit your local council shop.

Asthma Myths & the Real Story

MYTH

"There must be a mistake. Me? Asthma? Didn't you see me swim?"
—Nancy Hogshead, Olympic champion in swimming

FACT

Many girls believe that because they are active in sports, they couldn't possibly have asthma. This is simply not true. In fact, asthma is commonly referred to as "locker room cough," meaning a cough some people get after strenuous activity. Coughing can be a symptom of asthma and should alert you to speak with your doctor.

MYTH

"I don't have asthma. I don't wheeze. I just cough a lot, especially when it's cold outside."
—12-year-old Girl Scout from New York

FACT

Not all girls with asthma wheeze, and not all asthmatics have symptoms all the time; however, there are airway triggers you'll learn about in this booklet that can cause you to cough and cause some asthmatics to wheeze. Cold air is one of these triggers. Coughing or wheezing in cold air should also alert you to speak with your doctor.

MYTH

"I only have allergies. But when they get really bad, I wheeze."
—16-year-old Girl Scout from New York

FACT

Often allergies and asthma go hand in hand, because the upper and lower airways work together, and while they may respond to triggers in different ways *(for example, sneezing versus wheezing)*, both are responses to the environment and the air we breathe. If you have allergies and notice that you are wheezing, you should tell your doctor.

Everything you always wanted to know about asthma ...

What is asthma?

Asthma is a chronic disease in which airways are inflamed.

What happens to the airways?

During an asthma episode, the linings of the airways swell and produce more mucus. The muscles around the airways also tighten, making the airways narrow. This can make breathing difficult.

What are some signs and symptoms of asthma?

Coughing, wheezing *(whistling sound when breathing out)*, chest tightness, and shortness of breath are some of the signs and symptoms of asthma.

What "triggers" asthma?

Triggers are things in our environment, activities or circumstances that can make a person wheeze or cough or have difficulty breathing. Some triggers for asthma are allergies, exercise, weather, exposure to cigarette smoke, infections, strong smells like perfume, and air pollution.

Is asthma contagious?

No, you cannot catch asthma from someone else.

If I have asthma, can I play sports?

Always check with a doctor first, but exercise is good for almost everyone. Sometimes it is necessary for people with asthma to take medication so that they can exercise without symptoms.

How can you tell if someone is having an asthma episode?

If someone is coughing excessively, wheezing, or having difficulty breathing, they may be having an asthma episode.

What should I do if someone is having an asthma episode?

Ask the person if they have asthma. If so, help them to sit down, stay calm, and take their medicine. Notify a parent or guardian immediately. If emergency medical help is needed, call 911 or the local emergency number.

Daisy Girl Scouts

OBJECTIVE: Be Responsible

- Learn how we breathe.
- Learn how to tell if someone is having a breathing problem.
- Learn how to help someone.

Choose one of the two activities. At the end of the program, the leader will complete the Evaluation Form and distribute the Parent Handout.

ACTIVITY 1: Breathing 1-2-3

1. Show the picture of the respiratory system on page 6, which includes the important parts of the body involved in helping us breathe. Air comes into the nose, down into the throat, and moves down the breathing tubes to your lungs. Girls can trace the way air moves through the respiratory system.

2. Ask the girls what they would do if someone they knew had trouble breathing. Practice an action plan: Have the person sit down and stay calm; tell a grown-up. If no grown-up is available, call 911. Practice dialing 911 on a play telephone, and go over what the girls should say when they call.

Key Points

- All people have lungs and breathe.
- If someone is having trouble breathing, practice the action plan and tell a grown up; or call 911.

Materials Needed

- Picture of the respiratory system *(in workbook)*
- Play telephone
- Crayons

ACTIVITY 2: Healthy Lungs

1. Talk about three things you can do to stay healthy. Some examples are:

   - Exercise
   - Eat healthy foods like fruits, vegetables, milk *(if not allergic)*
   - Wash your hands
   - Cover your mouth when you cough or sneeze
   - Drink water
   - Don't smoke
   - See the doctor for check-ups.

2. Ask girls to practice deep breathing by blowing bubbles or blowing paper off of the end of a straw. This is easy for most girls. When someone has asthma, though, it can be hard to breathe and blow bubbles or paper off of a straw. Have the girls pinch the straw and try to draw air through it. Explain that this is how it feels when you have an asthma episode

Key Points

- Daisy Scouts can make healthy choices.
- Asthma can make it hard to breathe.

Materials Needed

- Bubbles
- Straws

Program Links

Working on the **Asthma Awareness Program: Helping Girls Breather Easier** can help Daisy Girl Scouts work toward the following:

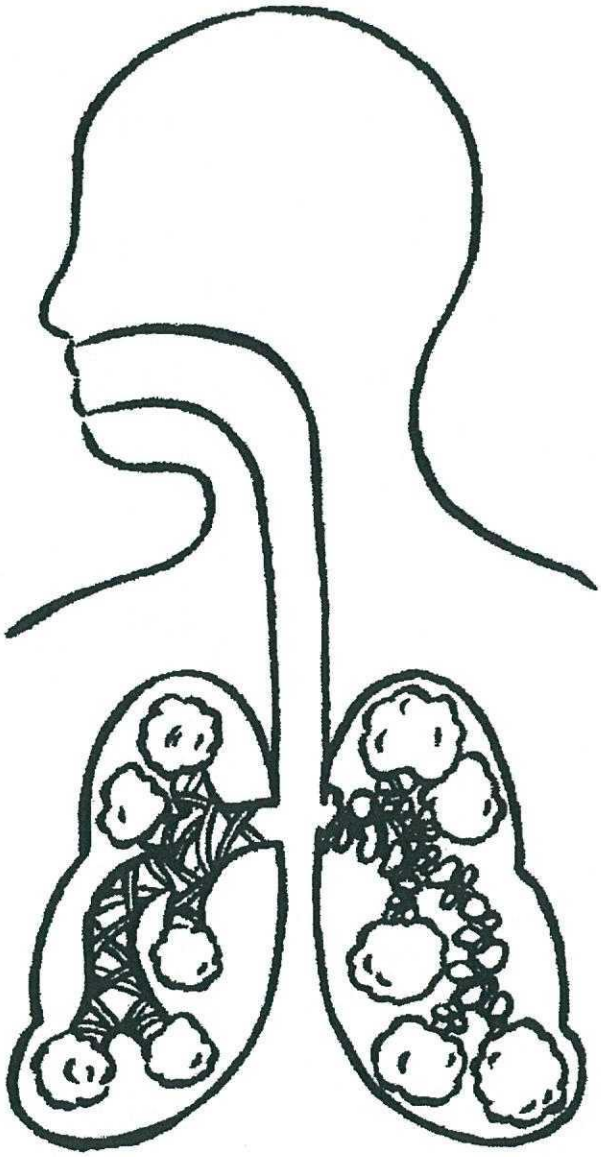
- **Daisy Girl Scout Learning Petals:**
  The Guide for Daisy Girl Scout Leaders

- **Patch:**
  Girl Scouts Against Smoking

Suggested Resources

On page 22 you will find valuable resources—books, websites, and community service projects—that are great tie-ins to the above activities. Other printed materials may be available at your local library, local asthma coalition, or through the organizations listed at the end of this book.

Your Respiratory System & What Asthma Looks Like



Trace the way air moves through the respiratory system.

Source: National Heart, Lung, and Blood Institute

Brownie Girl Scouts

OBJECTIVE: Be a Friend

- Learn how we breathe—asthma can make it hard to breathe.
- Learn how belly breathing can help you relax.
- Learn how to help a friend.

Girls choose one of the two activities. At the end of the program, the leader will complete the Evaluation Form and distribute the Parent Handout.

ACTIVITY 1: How Girls Breathe

1. Show the picture of the respiratory system found on page 6. It shows the important parts of the body that are involved in helping us breathe. Air comes into the nose, down into the throat, and moves down the breathing tubes to your lungs. Girls will trace the way the air moves through the respiratory system.

2. Explain that belly breathing can help you stay calm and relaxed and is easy for most girls. When a girl has an asthma episode, it can be hard to breathe. Belly breathing can help her relax. There are three easy steps:

   a. Breathe in through your nose and then blow the air slowly out of your mouth.

   b. Next, place your hands on your belly. When you breathe in, your belly should get big like a balloon. When you breathe out, it should get small.

   c. Then, put the two steps together: air goes in through your nose as your belly gets bigger, bigger, bigger. Now, the air goes out through your mouth and your belly gets smaller and smaller.

3. Demonstrate how it feels to have an asthma episode. Have the girls breathe in and out through a drinking straw to show how we breathe normally. Now, have the girls pinch the straw and try to breathe. It is difficult to get air through the straw. Explain that this is how it feels when someone has an asthma episode.

Key Points

- Asthma can make it hard to breathe.
- Belly breathing can help you relax.

Materials Needed

- Crayons/pencils
- Straws
- Picture of respiratory system *(page 6)*

ACTIVITY 2: Be a Helper

1. Encourage the group to talk about their experiences when they have been sick and had to go to the doctor. Discuss feelings about missing school and activities. Sometimes girls will miss school because of asthma. The group will make a list of what they can do when a friend is home sick—for example, get homework, make a card, draw a picture, call on the telephone.

2. Give each Brownie the word search called "Be a Helper!" found on page 9.

3. Ask girls to practice deep breathing by blowing bubbles or blowing paper off of the end of a straw. Have the girls pinch the straw and try to breathe. Explain that this is how it feels when you have an asthma episode *(it's hard to get the air through the closed straw).*

Key Points

- Asthma can make it hard to breathe.
- Girls can help their friends when they are sick.

Materials Needed

- Pencils
- Word Search: "Be a Helper!" on page 9.

Program Links

Working on the **Asthma Awareness Program: Helping Girls Breather Easier** can help Brownie Girl Scouts work toward the following:

- **Try-Its:**
  My Body
  Health & Fitness
  Eat Right, Stay Healthy
  Healthy Habits

- **Patch:**
  Girl Scouts Against Smoking

Suggested Resources

On page 22 you will find valuable resources—books, websites, and community service projects—that are great tie-ins to the above activities. Other printed materials may be available at your local library, local asthma coalition, or through the organizations listed at the end of this book.

Be A Helper!

Find the 21 Words in the Puzzle

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

ABSENT	BROWNIE	BUDDY
CARD	CHECKUP	CHEER
COLD	DOCTOR	EMAIL
FEVER	FRIEND	HELP
HELPER	HOMEWORK	LEND
MEDICINE	NURSE	PHONE
PICTURE	PRESENT	SICK

Junior Girl Scouts

OBJECTIVE: Take Charge!

- **Learn how to make healthy choices.**
- **Learn how exercise helps keep you healthy.**
- **Learn about asthma and allergy triggers and how to avoid them.**

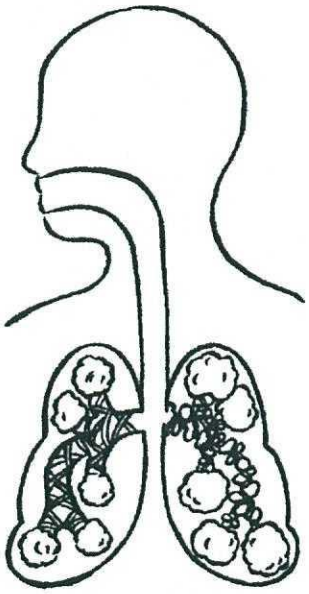
Girls choose one of the two activities. Read the introduction on page 1 and discuss it with girls prior to starting. At the end of the program, the leader will complete the Evaluation Form and distribute the Parent Handout.

ACTIVITY 1: Be a Detective

1. Asthma and allergy triggers in our environment can make your breathing difficult. Be a detective and look for things in your school or home or even where your troop meets that could affect how you breathe *(examples: dust, furry pets, cigarette smoke, pollen, hair spray, perfume, craft supplies, pollution, mold, garbage, cleaning supplies, certain foods, chalk dust, and strong smells such as nail polish).*

2. Play Trigger Bingo *(in workbook, pages 12–16).*

3. Talk about changes that happen in the breathing tubes when someone is having an asthma episode. To demonstrate how the breathing tubes become tight, the leader can have girls wrap a rubber band around their fingers several times. Girls can use this as an example in discussing how it feels when breathing is difficult. See the diagram on this page. The lung on the left shows normal air movement. The lung on the right shows how the breathing tubes become narrow and tight during an asthma episode.



Source: National Heart, Lung, and Blood Institute

Key Points

- Clean air benefits us all.
- Common asthma and allergy triggers can make it hard to breathe.

Materials Needed

- Bingo Markers
- Copies of Trigger Bingo
- Rubber bands

ACTIVITY 2: Healthy Choices

NOTE: Leader will discuss the following:

1. All girls will benefit from healthy choices. Cigarette smoking is an unhealthy choice. What would you do if a friend offered you a cigarette? Discuss and role-play ways that you could handle this situation. The leader will explain that if you have asthma, cigarette smoking can make it worse.

2. Exercise is a healthy choice and keeps your body fit. It is important for girls with asthma to exercise, too. Stretching is an example of a warm-up exercise. Girls should warm up before exercise and cool down after exercise. Help the girls do stretching exercises: toe touches, arm circles, neck stretches, etc.

3. Belly breathing can help you stay calm and relaxed and is easy for most girls. When a girl has an asthma episode, it can be hard to breathe. Belly breathing can help them to relax. There are three easy steps:

   a. First, breathe in through your nose and then blow the air slowly out of your mouth.
   b. Next, place your hands on your belly. When you breathe in, your belly should get big like a balloon. When you breathe out, it should get small.
   c. Then, put the two steps together: Air goes in through your nose as your belly gets bigger, bigger, bigger. Now, the air goes out through your mouth and your belly gets smaller and smaller.

Key Points

- All girls need to learn how to make healthy choices, such as eating well, exercising, and avoiding cigarette smoke.
- Girls with asthma will also benefit from healthy choices.

Program Links

Working with girls on the **Asthma Awareness Program: Helping Girls Breather Easier**, can help Junior Girl Scouts work toward the following:

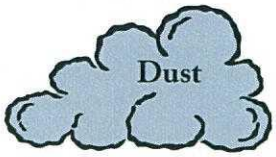
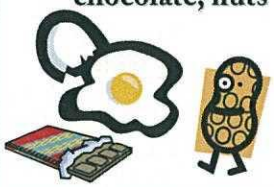
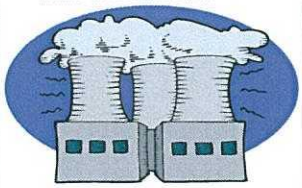
- **Badges**
  Becoming a Teen
  A Healthier You
  Stress Less
  Being My Best
  The Choice is Yours
  Environmental Health

- **Patch:**
  Girl Scouts Against Smoking

Suggested Resources

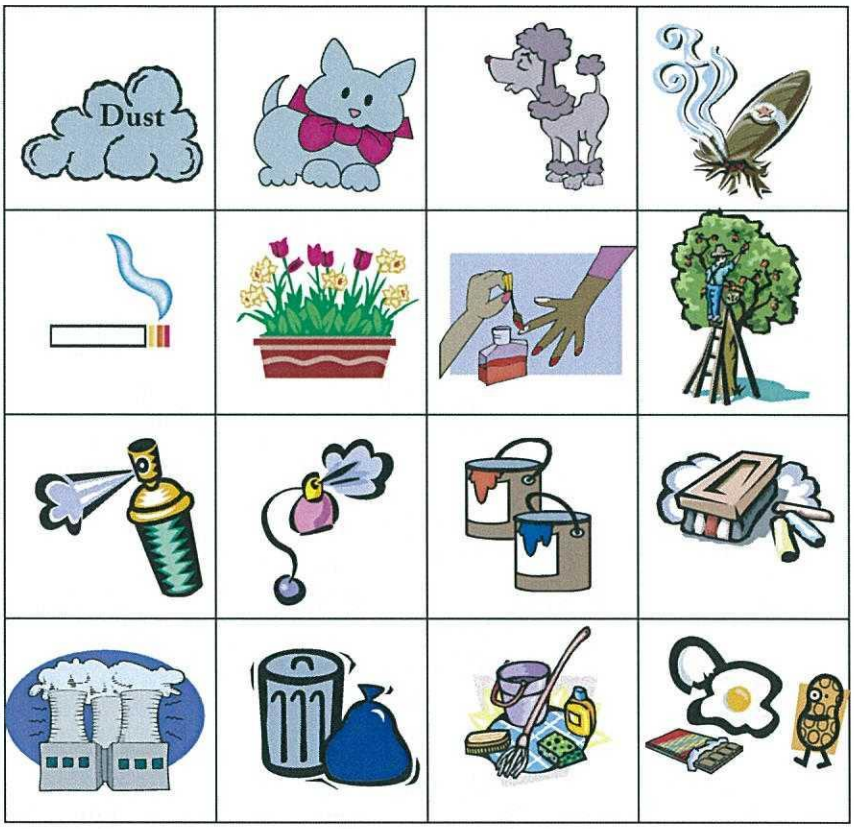
On page 22 you will find valuable resources—books, websites, and community service projects—that are great tie-ins to the above activities. Other printed materials may be available at your local library, local asthma coalition, or through the organizations listed at the end of this book.

Trigger Bingo

Dust 	Cat - Furry Pet	Dog - Furry Pet	Cigar Smoke
Cigarette Smoke	Flowers	Foods like eggs, chocolate, nuts 	Tree Pollen
Hair Spray	Perfume	Paint	Nail Polish
Air Pollution 	Garbage	Cleaning Supplies	Chalk

Instructions

- Copy the eight trigger bingo cards on pages 13-16 and distribute them to the girls.
- Copy and cut the 16 triggers above and use them to call the squares to be marked.
- Let the girls be imaginative in choosing bingo markers.
- While playing, girls can talk about how these triggers can affect how you breathe.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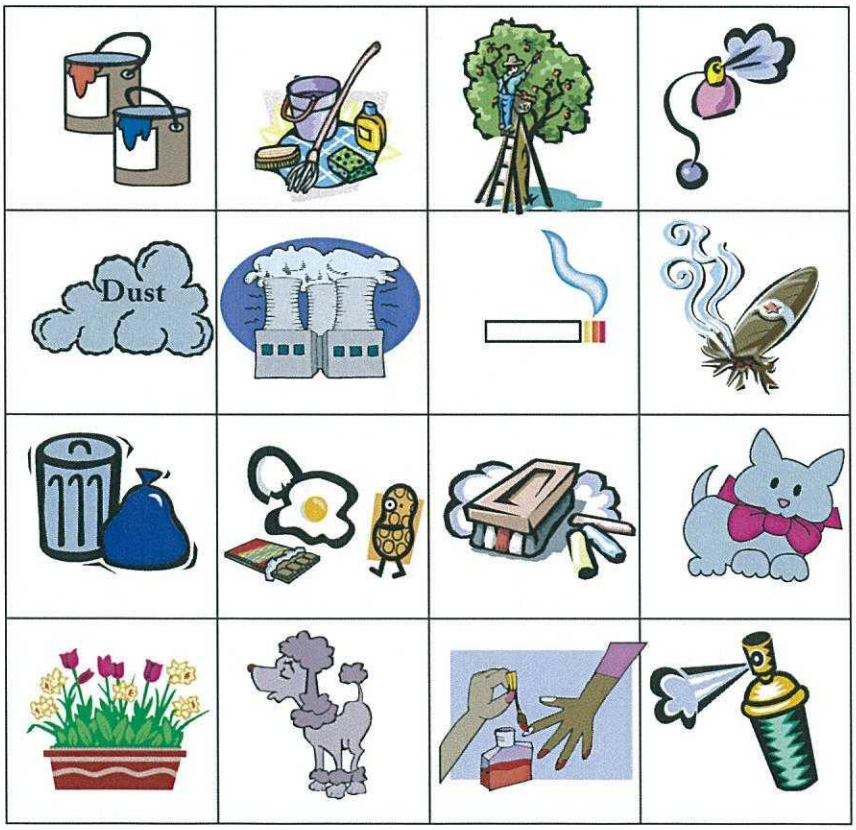
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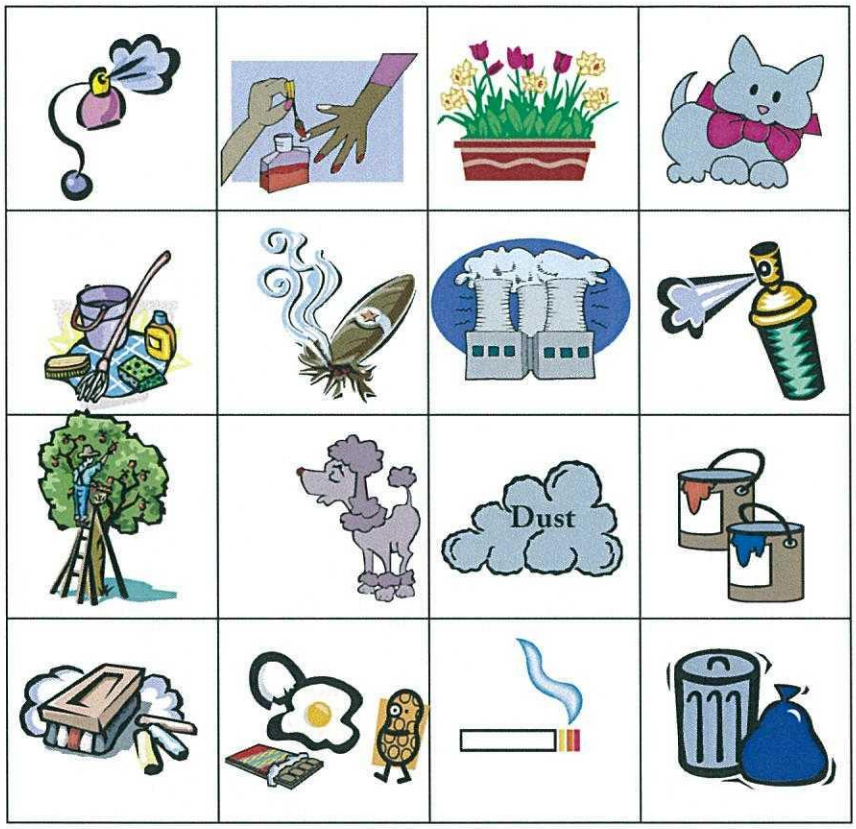
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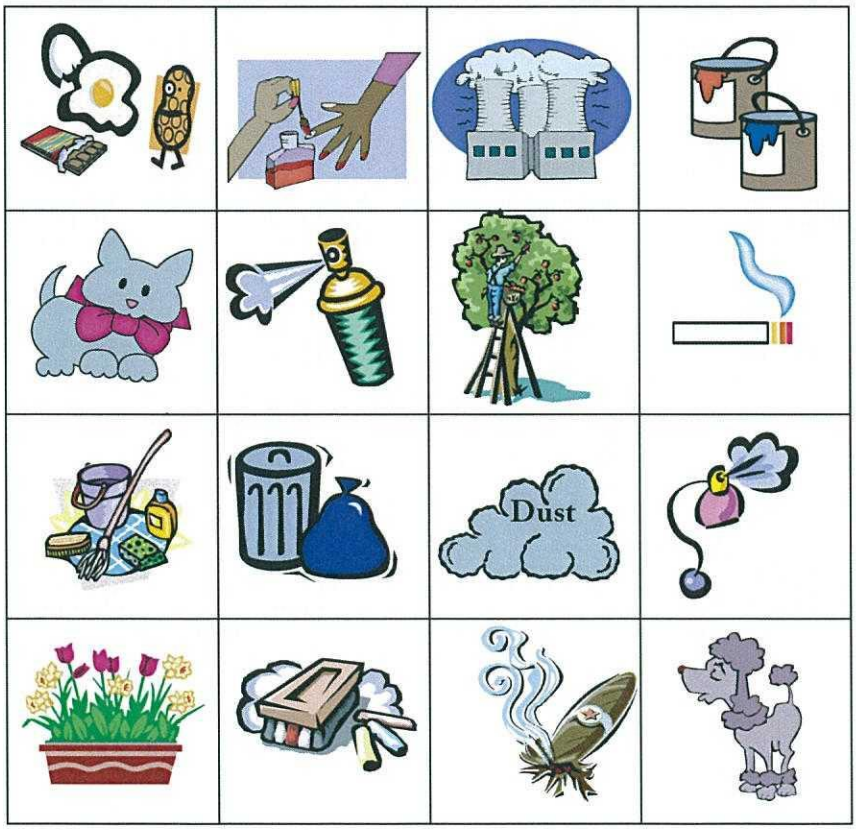
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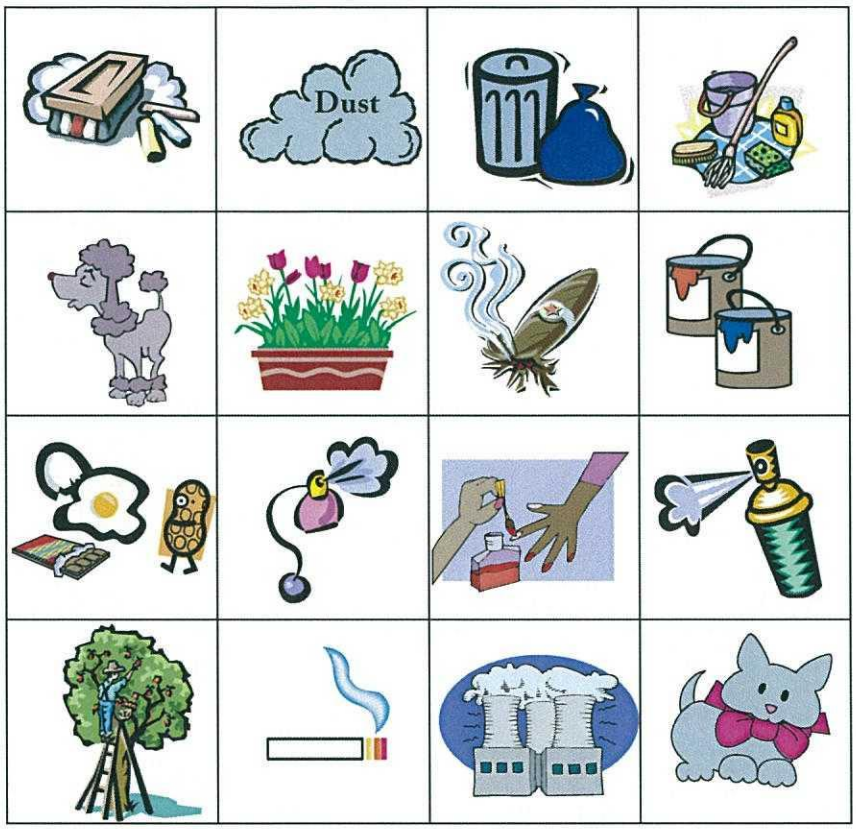
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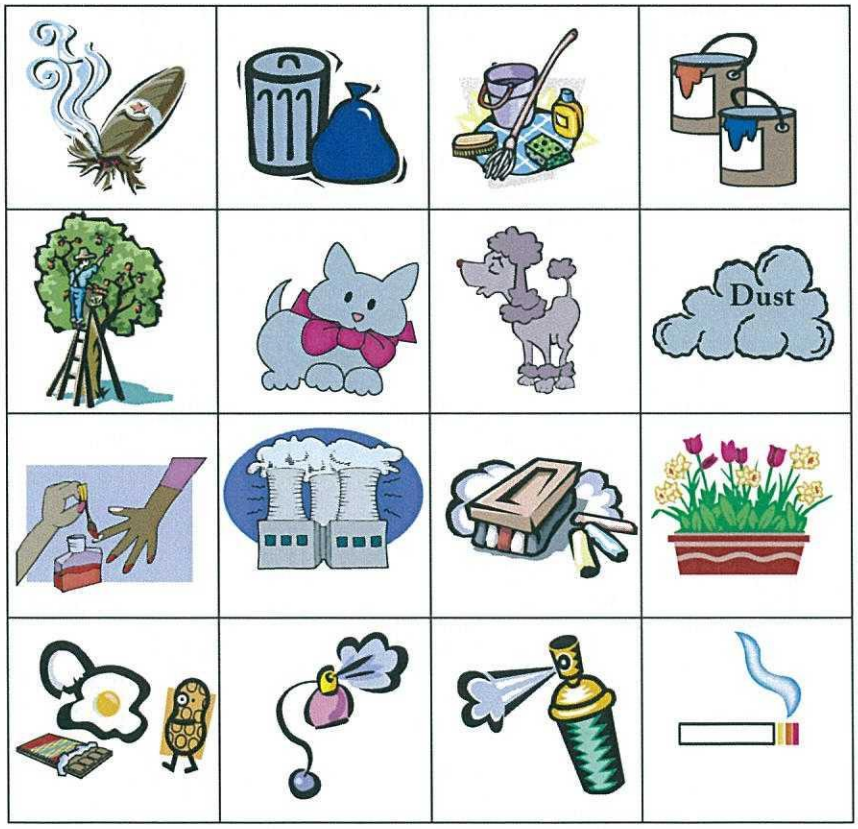
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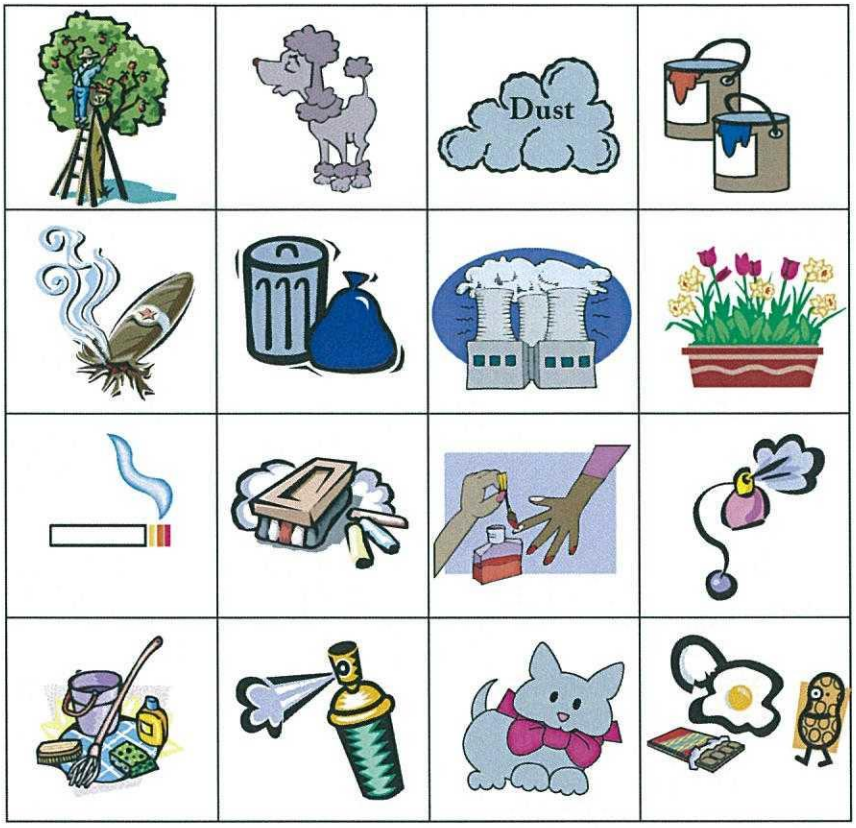
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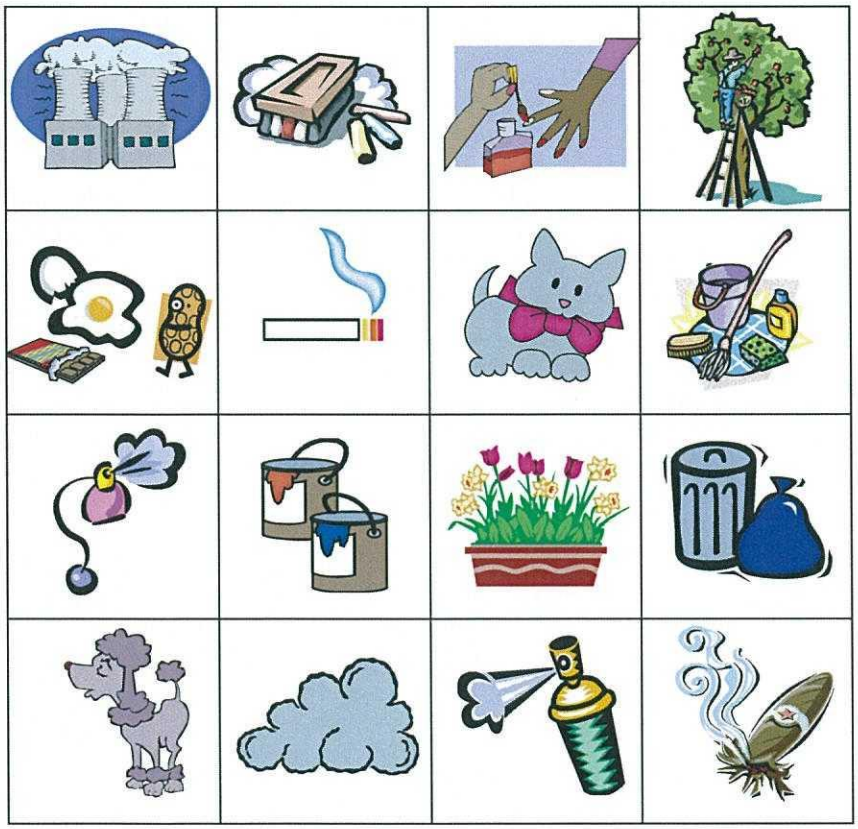


Girls 11-14

OBJECTIVE: Be Prepared

- **Learn tips for babysitting.**
- **Learn how to handle an emergency and when to call 911.**
- **Learn responsible decision-making.**
- **Learn how to make a difference with community service.**

Girls choose two out of the three activities. Read the introduction on page 1 and discuss with girls prior to starting. At the end of the program, the advisor will complete the Evaluation Form and distribute the Parent Handout.

ACTIVITY 1: Babysitting Tips

1. Reinforce the importance of being prepared when babysitting. Discuss and share ideas.

2. Girls can prepare by asking the child's parent the following questions:

- What are the emergency telephone numbers?
- Where can the parents be reached?
- What is the cell phone number?
- What is the telephone number of a neighbor?
- What is the home address and telephone number of a family emergency contact?
- Are there any activities their child should avoid?
- Are there any foods their child should avoid?
- Ask the parent about any special concerns, for example, asthma or allergies.

Certain information will apply to all families in your neighborhood. Find out local emergency numbers for the Police Department, Fire Department, and Poison Control. Girls can make an index card with these questions pre-printed so that they will be prepared for each babysitting job.

3. Girls will practice, through role-playing, how they will handle an emergency.

a. Discuss ways to keep children safe.
b. Know who to call for help:
- Child's parent
- Your parent
- Neighbor
- 911

Key Points

- Being prepared with emergency telephone numbers and instructions is important for babysitting.
- Knowing when to call 911 for help and how to handle an emergency will help babysitting go smoothly and safely.

Optional: Contact a local hospital or the American Red Cross for information on CPR, basic first aid, and babysitting classes. Consider sharing your skills with a younger troop. Consider the Safe Sitter Program. It is offered at some local hospitals.

Materials Needed

- Index Cards
- Pens/pencils

ACTIVITY 2: Show Initiative

Divide girls into small groups to discuss at least three scenarios and learn by role-play. Explain that some scenarios talk about asthma. During an asthma episode, breathing becomes difficult and may sound like a whistle. Sometimes coughing occurs. An episode can happen when a person is sick or around triggers like cigarette smoke or things in the environment that make breathing difficult. See "Your Respiratory System and What Asthma Looks Like" on page 6. The left lung shows normal air movement. The right lung shows the narrow and tight breathing tubes during an asthma episode.

- **Your group decides to go rock climbing. One of the parents has volunteered to drive, but he or she smokes while driving. What would you do or say?** *(For example, ask for a smoke-free car; ask if the parent could wait to smoke until you reach your destination.)*

- **It is a windy spring day with lots of pollen in the air. Pollen is a trigger that can make breathing difficult for girls with asthma or allergies, makes eyes itchy, and can make you sneeze. Your group decides to have the meeting outside. Susie knows this will make her uncomfortable, but does not want to tell anyone. She sits all alone, not knowing what to do. What could you or your group do for her?** *(Change meeting place, ask Susie what can be done to help her.)*

- **A new girl joins your group, and during the first meeting she has an asthma episode. She is so embarrassed, she does not want to return. What could you or your group do?** *(Talk about how it feels to feel different from others, send her a card or a special small gift; ask if your group could learn about asthma.)*

- **During a trip to the dude ranch, Sara noticed she could not stop coughing when she was around the horses. She wants to be with her friends, but does not know what to do.** *(Ask her if there is something else at the ranch you could do together.)*

- **One of the advisors always wears strong perfume to the meetings. Every time Joanna goes near her, she starts to have a funny feeling in her chest and throat, and she starts coughing. She is afraid to tell her advisor that her perfume always bothers her. How can you or your group help?** *(Suggest that the girls speak to the co-advisor and ask her advice; ask the advisor if she could avoid wearing perfume during meetings.)*

- **Your group is making plans to go camping in the fall. Jennifer wants to go, but is afraid the smoke from the campfire will trigger an asthma episode. What could you or your group do?** *(Find ways for Jennifer to avoid smoke.)*

- *Girls can make up their own scenarios and discuss what to do about them.*

Key Points

- Role-playing can help girls identify creative solutions to social situations.
- Be prepared.

Materials Needed

- None

ACTIVITY 3: You Can Make A Difference

1. Volunteer at the local Asthma Coalition or American Lung Association *(Health Fairs, Asthma Walk, or other community events)*.
2. Design a game for a younger troop, showing healthy choices. See www.puzzlemaker.com for ideas.
3. Create a poster of ways to help people with asthma.
4. Find out if any elementary schools in your area offer the American Lung Association's *Open Airways for Schools®*, which teaches kids about asthma. *(Contact the school nurse to ask how you can help.)*
5. Write an article in your school newspaper or Girl Scout newsletter about making a difference.
6. Make a kit for babysitting. Include a card for important phone numbers, puzzles, coloring books, health-related books, books about asthma.
7. Make a children's book about asthma based on what they learned.

Key Points

- Volunteering is a way to give back to your community. It can help you develop new skills, meet new people, and build self-confidence.
- Asthma is a disease that affects many people, and girls can help raise awareness about asthma.

Materials Needed

- Poster board
- Crayons, scent-free markers

Program Links

Working with girls on the **Asthma Awareness Program: Helping Girls Breather Easier**, can help Girls 11-14 work toward the following:

- **Interest Projects:**
  Emergency Preparedness
  Women's Health

- **Patch:**
  Girl Scouts Against Smoking

Suggested Resources

On page 22 you will find valuable resources—books, websites, and community service projects—that are great tie-ins to the above activities. Other printed materials may be available at your local library, local asthma coalition, or through the organizations listed at the end of this book.

Girls 15-17

OBJECTIVE: Take Initiative

- Learn about health-related careers.
- Learn about indoor air quality.
- Learn to be an advocate.

Girls choose 2 out of the 3 activities. Read the introduction on page 1 and discuss with girls prior to starting. At the end of the program, the advisor will complete the Evaluation Form and distribute the Parent Handout.

ACTIVITY 1: Health-Related Careers

1. Investigate two health-related careers and discuss them with the group. *(Use the library, the Internet, or contact one of the organizations listed at the end of the book.)*

2. Invite a health care professional or visit a health-care facility to learn more about a health-related career.

Key Points

- Researching health-related careers can help girls think about their future.
- Having a guest speaker or visiting a health care facility can help girls think about career possibilities.

Materials Needed

- None

ACTIVITY 2: How Healthy Is Your School?

1. Indoor air quality in schools affects everyone's health. Students and staff perform better when indoor air quality is the best that it can be. Poor indoor air quality affects people with asthma more severely. See "Your Respiratory System and What Asthma Looks Like" on page 6. The lung on the left shows normal air movement. The lung on the right shows the narrow and tight breathing tubes during an asthma episode.

2. Girls can find out more about indoor air quality and schools from the American Lung Association's website: www.lungusa.org. Click on Air Quality. Create a fact sheet on what you have learned.

Key Points

- Indoor air quality can affect your health.
- Girls can help others become aware of the importance of indoor air quality.

Materials Needed:

- Internet access

ACTIVITY 3: Advocacy

1. Girls will discuss the effects smoking has on their lives and how they deal with family and friends who smoke. Solicit educational materials from any of the resources listed on the Resource Page. Using the materials you have collected, have an "Asthma Awareness Day" for your group.

2. Support your local Asthma Coalition or American Lung Association by participating in one of their yearly events. This can include health fairs, an asthma walk, or help in an elementary school using the American Lung Association's *Open Airways for Schools®* program.

Key Points

- Cigarette smoking can affect everyone's health.
- Creating awareness about asthma can help girls become advocates.

Materials Needed:

- None

Program Links

Working with girls on the **Asthma Awareness Program: Helping Girls Breather Easier**, can help girls 15-17 work toward the following:

- **Interest Projects:**
  Emergency Preparedness
  Women's Health

- **Patch:**
  Girl Scouts Against Smoking

Suggested Resources

On page 22 you will find valuable resources—books, websites, and community service projects—that are great tie-ins to the above activities. Other printed materials may be available at your local library, local asthma coalition, or through the organizations listed at the end of this book.

Resources

Books

All About Asthma, *by William Ostrow*
I'm Tougher than Asthma, *by Siri M. Carter, Alden R. Carter, and Dan Young*
My Friend Has Asthma, *by Charlotte L. Casterline, M.D.*
Once Upon a Breath, *by Aaron Zevy and Susan Tebbutt*
Sam the Allergen, *by Charlotte L. Casterline, M.D.*
Sportsercise: A School Story About Exercise Induced Asthma, *by Kim Gosselin*
Taking Asthma to Cam, *by Kim Gosselin*
Taking Asthma to School, *by Kim Gosselin, Moss Freedman*
The Asthma Attack, *by Charlotte L. Casterline, M.D.*
The Lion Who Had Asthma, *by Jonathan London*
Weaver's Daughter, *by Kimberly Brubaker Bradley*
Zooallergy, *by Kim Gosselin*

Visit these websites for fun and interactive resources in English and Spanish:

www.lungusa.org	American Lung Association
www.nsasthmacoalition.org	Asthma Coalition of Long Island
www.gogirlsonly.org	Girl Scouts of the USA
www.studio2b.org	Girl Scouts of the USA
www.aanma.org	Asthma & Allergy Network/Mothers of Asthmatics
www.aaaai.org	American Academy of Allergy, Asthma, and Immunology
www.epa.gov	Environmental Protection Agency
www.tobaccofreekids.org	Campaign for Tobacco-Free Kids

Community Service

- Contact your local Asthma Coalition or American Lung Association to volunteer *(for example, stuff envelopes for upcoming events, or participate in an asthma event such as an Asthma Walk or Health Fair).*
- Contact a local children's hospital to make cards for patients.
- Create a poster/banner for your school, highlighting healthy choices.
- Participate in a local council project or event that promotes asthma awareness.

Organizational Support

To find your local chapter, contact any of the following organizations:

American Academy of Allergy, Asthma, and Immunology
611 East Wells Street
Milwaukee, WI 53202
1-800-822-2762
www.aaaai.org

American Lung Association
61 Broadway
New York, NY 10006
1-800-LUNGUSA
www.lungusa.org

Environmental Protection Agency
Ariel Rios Building
1200 Pennsylvania Avenue NW
Washington, DC 20460
202-272-0167
www.epa.gov
www.epa.gov/iaq/ets

Campaign for Tobacco-Free Kids
1400 Eye Street, Suite 1200
Washington, DC 20005
202-296-5469
www.tobaccofreekids.org

Allergy & Asthma Network/Mothers of Asthmatics
2751 Prosperity Avenue, Suite 150
Fairfax, VA 22031
1-800-878-4403
www.aanma.org/breatherville

Asthma and Allergy Foundation of America
1233 20th Street NW, Suite 402
Washington, DC 20036
202-466-7643
www.aafa.org

Parent Handout & Evaluation Form

Parent Handout: We Need Your Help

Today we worked on an **Asthma Awareness Patch Program: Helping Girls Breathe Easier**. Not only did the girls learn that 7.7 million children in the United States have asthma, but that there are simple ways we can improve our own breathing and respiratory health. We can also help friends and family with asthma by learning breathing tips. Please help us to spread the word.

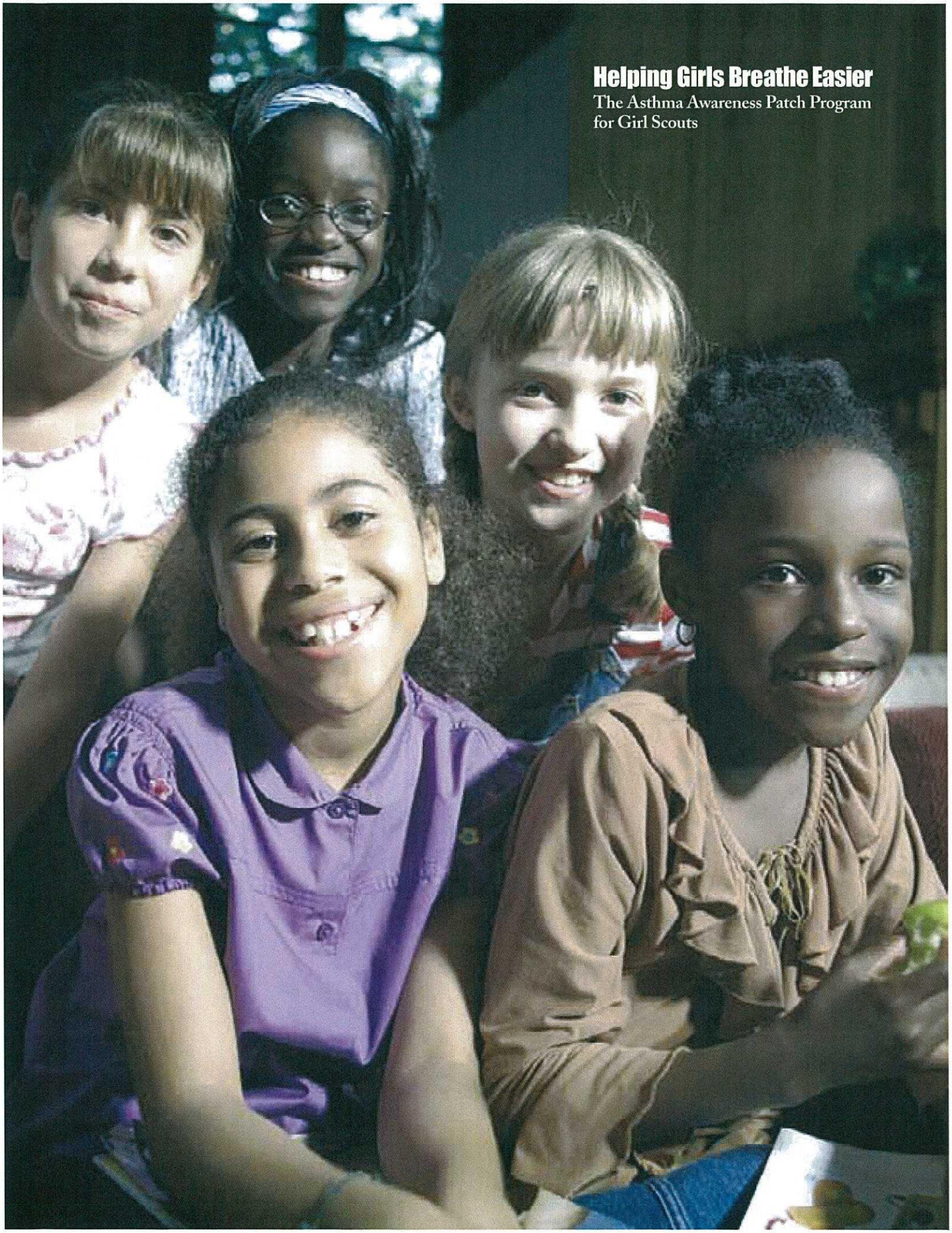
1. Breathing should be quiet and easy. If it is not, please call your doctor.

2. Breathing clean air is healthy for you. Cigarette smoke, air pollution (smog), and chemical sprays are bad for our lungs. If you see someone smoking, you can ask them to stop, or you can walk away. The secret to stopping smoking is never to start, and it is never too early to talk about this. In smoggy areas or on high ozone or high pollen days, try air-conditioned indoor activities, such as reading in the library or going to a movie.

3. If you or someone you know has asthma symptoms like frequent coughing after a cold, shortness of breath, noisy breathing, a doctor should be contacted. If someone is having trouble breathing, tell an adult immediately. Girls with asthma should follow their asthma action plan and have their medicine available to them.

4. Even children have stress. Today we learned the proper way to breathe and how to relax. This is called "relaxation breathing." It is used in yoga, for warm-ups, in meditation, singing, and to help girls with asthma relax and breathe better.

5. Lastly, people with asthma and allergies have triggers. Triggers are things that cause symptoms, such as sneezing, itchy eyes, coughing, and wheezing. Some common triggers include cigarette smoke, grass, trees, dust, mold and furry pets. Ask your child what she has learned today.



Helping Girls Breathe Easier

The Asthma Awareness Patch Program for Girl Scouts

Asthma Awareness Patch Order Form and Evaluation

Please complete the information below and submit to:
Robin Howard- GSCI Decatur Regional Service Center
1100 E Pershing Rd
Decatur,IL 62526
Or by email: rhoward@girlscouts-gsci.org

Troop Number: _____ Service Area: _____

Regional Service Center: (circle one)

Bloomington	Champaign	Decatur	Peoria
Springfield	Quincy		

Troop Leaders Name: _____

Mailing Address: _____

City: _____ Zip Code: _____

Number of Girls who participated: _____

1. Please tell us three things the girls learned or learned more about by taking part in this program.

2. Did you as a leader learn anything new while facilitating this program?

3. Is there anything that could have been included to make the program better?

4. If GSCI was to do another "health issue" type patch what does your troop think it should be on?