

ASSEMBLY SCRIPT FOR WORLD ASTHMA DAY



Aim:

To learn about the lung condition asthma and World Asthma Day.

Entering the assembly:

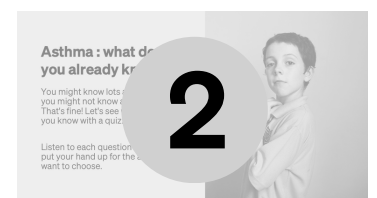
You may wish to play calming, instrumental music for pupils to walk into. As they settle, you could lead them in some breathing exercises. This will calm them and focus them on the topic of today's assembly.

Instructions and teacher notes

Welcome pupils into the assembly and tell them that today's assembly is all about World Asthma Day. If there is time, you could ask for a show of hands to indicate how many children have heard of asthma before.

Explain that you are going to start the assembly with a quiz. Ask children to raise their hand when they hear/see the answer they think is the right one.

Presentation slide



Instructions and teacher notes

Presentation slide

Asthma affects people's breathing. It is a respiratory condition affecting the airways to and from the lungs, making breathing difficult.

Question 1
Asthma affects people's breathing. What does it affect?

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Options: Skin, Muscles

We use our lungs to help us breathe in and out. We have two lungs in our chest protected by our rib cage.

Question 2
Which body part do we use to breathe in and out?

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Options: Our heart, Our bones

Asthma can affect anyone of any age. Some people have asthma as a child and then grow out of it later in life, but other people have it throughout their whole life.

Question 3
Who has asthma?

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Options: A person of any age, Just children

The British Lung Foundation has reported that 5.4 million people in the UK are living with asthma and are receiving treatment for it. It is the most common lung disease.

Question 4
How many people in the UK have asthma?

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Options: 1,000, 10,000, 1,000,000, 10,000,000

That's a big number! 5.4 million people in the UK have asthma. One person out of every five will have a lung condition in their lifetime.

Air pollution is harmful substances in the air we breathe. Pollution is bad for everyone, but it's especially dangerous for those with a lung condition, such as asthma.

What's interesting about the three images on this slide is that all three can be triggers for some people with asthma. People with asthma don't all experience it in the same way. Various foods, including chocolate, can trigger some people's asthma. Exercise can also cause some people's asthma to get worse, and the humidity or fumes in a swimming pool could be a trigger for some people. Other triggers include cigarette smoke, changes in the weather and allergies to pollen or animals.

Question 5
Which of these can be a trigger for asthma?

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Options: Pollution, Swimming

The image is of an inhaler that many people with asthma carry with them and use when their asthma becomes worse. These are sometimes called 'puffers'. They relax the muscles of the tubes leading into the lungs, making it easier to breathe.

Some pupils may wish to contribute to this discussion if they use inhalers or other equipment, such as a spacer.

Question 6
This is a picture of...

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Options: A telescope, An inhaler, A voice changer

Read the further information about what asthma is to the pupils.

Asthma is a common condition that causes difficulty breathing.

The air passages leading to the lungs become inflamed and narrow. This makes it difficult for the oxygen to pass in and out of the lungs.

Symptoms vary from person to person. Common signs of asthma are:

- Breathlessness
- Coughing
- Chest pain
- Wheezing

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Instructions and teacher notes

Presentation slide

Talk to the children about the ways in which people with asthma manage their symptoms. Many people have an asthma action plan which can be shared with others. Some people carry cards with important information on. Make it clear to the children that when asthma is well-managed, people with the condition can live full lives.

Tell children about the treatment for asthma. Some children may wish to contribute with information about treatment that they or a family member uses to manage their asthma symptoms. Ensure children understand a person's medication is only for them to take as prescribed.

These slides explain what an asthma attack is. Again, some pupils may wish to offer information based on their own experiences.

Tell children that the best way to help someone with asthma if they have an asthma attack is to quickly seek help from a trusted adult. If someone needs their inhaler, it can be passed to them.

Explain that some people might think certain things about asthma that aren't true. Tell pupils the facts on this slide to iron out any misconceptions.

Talk about air pollution and ask pupils if they can think of things we can all do to try to help reduce air pollution. Share their ideas then look at the following slide.

We can all try to address the issue of air pollution. Ideas include walking, scooting or cycling instead of using the car, using public transport, or car sharing. We can also all use less energy, reduce, reuse and recycle. We can plant and care for trees which help filter pollutants, absorb the carbon dioxide in the air and release oxygen.

Tell pupils about the charity Asthma + Lung UK and their work to help people with asthma and other lung conditions, including working with the UK government to improve air quality.

Instructions and teacher notes

Presentation slide

Tell children about World Asthma Day and when it is.



What is World Asthma Day?

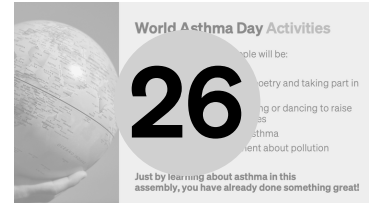
There are people all over the world living with asthma. World Asthma Day is held every year on Tuesday in May. It is a day for more people to find out about asthma.

Many people also raise money on this day to help those people who have asthma.

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ASTHMA+ LUNG UK

Discuss some of the activities people might be doing on World Asthma Day to raise awareness about asthma and raise money for asthma charities.



World Asthma Day Activities

People will be:

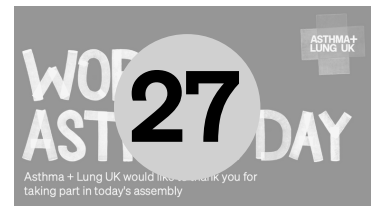
- reciting poetry and taking part in competitions
- singing or dancing to raise money for asthma charities
- organising events about pollution

Just by learning about asthma in this assembly, you have already done something great!

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Thank pupils for listening and end the assembly. You might wish to play some music for them to listen to while leaving the assembly.



WORLD ASTHMA DAY

ASTHMA+ LUNG UK

Asthma + Lung UK would like to thank you for taking part in today's assembly.

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