

Troop 5384: Ninth Enrichment Meeting for 2010-2011

Working on Asthma Awareness Patch



6:45pm – 7:00pm Pre-Meeting/Snack

Asthma Worksheet

7:00 – 7:15pm Daisy Circle and Troop Business

We are about to do a few enrichment meetings on health topics. This is the first one – on asthma. Probably everyone knows someone with asthma. We will also discuss “sleep systems” for camping during our circle time – with a demonstration!

7:15 – 7:25pm Break/Physical Activity

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

7:25pm – 7:55pm Main Activity

Book: Briana Breaths Easy

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

1:55pm – 2:00pm Closing Activity

Friendship Squeeze

Troop 5384: Ninth Enrichment Meeting Make-up Activities (to be completed at home)

The purpose of the ninth enrichment meeting is to teach our Daisies enough about asthma that they can recognize what it feels like, what it looks like when someone else has an asthma attack, and what to do to help someone having an asthma attack.

Asthma Definition: Using the attached worksheet showing lungs, explain to your Daisy that asthma is a disease that makes it difficult to breathe sometimes. Explain that when we breathe in air, it comes in our mouth or nose, down into our throat, and then into our lungs. Have your Daisy trace the path of the air into the left-hand lung. Show her the lung on the right and say that when people with asthma have an asthma attack, the place where air is supposed to come into the lungs swells up and the air can't get there anymore.

Asthma Demonstration and Worksheet: Using a straw, have your Daisy breathe through the straw. Then pinch the straw almost closed and have her try to breathe again. Explain that this is what it feels like to children with asthma when they try to breathe during an asthma attack. Then explain that certain things in the air can trigger, or start, an asthma attack, and work with her on the word scramble to find the possible triggers of asthma (answer key below!).

Asthma Action Plan: Help your Daisy figure out what to do if she is with a friend who has an asthma attack, using (2) from under the Main Activity from our meeting. Have her practice the 911 call with a play (or disconnected!) telephone.

Sleep System (Optional): When we go camping, it is important to have the right equipment for sleeping in order to stay warm and dry. Do the attached sleep system worksheet with your Daisy, going over the four elements of a good sleep system.

Please bring the completed lung worksheet and word scramble to a future meeting for your Daisy to earn her credit for the Asthma Awareness patch.

Bink's Word Scramble

NOFLEL	P O L L E N
KOKSE	S M O K E
COAKEHROCS	C O C K R O A C H E S
IVANLIA RADDEN	A N I M A L D A N D E
DLRO	M O L D
HAKLC DUTS	C H A L K D U S T
STDU SEJMT	D U S T M I T E S
FLURPEE	P E R F U M E

A S T H M A	T R I G G E R S
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Name: _____

Your Respiratory System & What Asthma Looks Like



Trace the way air moves through the respiratory system.

Source: National Heart, Lung, and Blood Institute

SLEEPING SYSTEMS

Whether you choose to make your own, borrow, purchase or rent, a sleeping system for camping is made up of four parts:

1. WATERPROOF GROUND CLOTH

- An old shower curtain or heavy plastic is fine.
- “Space Blanket” – As a ground cloth, it radiates your body heat back to you.

2. INSULATION: Protect your body from the cold and dampness of the ground

- Closed-cell foam pads are excellent
- Extra blanket works well
- Newspapers

No-nos: open-cell foam pads, air mattresses, cots without extra insulation.

3. SLEEPING BAG OR BEDROLL (not a slumber sack!)

- Adding an extra small blanket (fleece works well) inside your sleeping bag is an excellent way to be comfortable on a cold night.
- **Bedrolls** are made with a ground cloth, two blankets (or more), one sheet, 2-3 large safety pins, and 15’ of rope or bungee cords. See Troop Leader for directions on making a bedroll.

4. SLEEPWEAR

- Change ALL your clothing before going to bed. Even though you might not feel it, clothes worn through the day will be slightly damp from perspiration and will cool you off while sleeping. Put on clean, dry socks and clean dry underwear. Wear two-piece pajamas or sweatpants and a shirt! **No nighties!**
- In cold weather, sleep in pajamas, long underwear or sweats. Wear a warm hat over your ears and mittens or gloves in really cold weather.
- In warm weather, try sleeping on top of your bag with a sheet over you. Sleep comfortably and avoid mosquitoes by wearing lightweight long pajamas, tucked into socks.

Name: _____



Write in the names of the layers in the sleep system shown in the picture:

What is the fourth part of the sleep system? _____