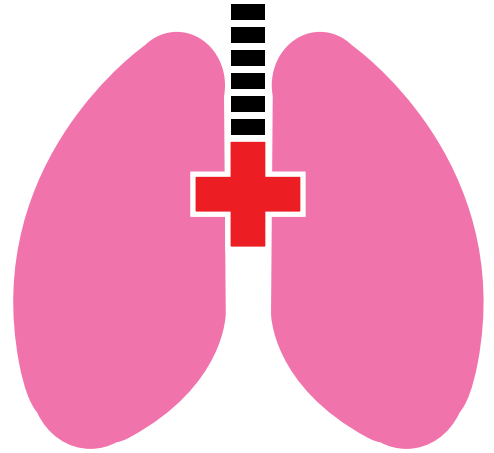


# Girls Have Strong Healthy Lungs: Asthma Awareness Patch Program

**This patch program developed in conjunction with the Nassau-Suffolk Asthma Coalition has activities for Daisy, Brownie, Junior, Cadette and Senior levels. Through this program girls learn about the respiratory system, how we breathe, and how to identify asthma triggers in our environment. It encourages girls to develop a healthy lifestyle by avoiding cigarette smoke, eating healthy foods, and exercising regularly.**



1. What are the parts of the body that are involved to help us breathe?

---

---

---

2. List three things that you can do to stay healthy.

---

---

---

3. What are three things in your school or home that can affect how you breathe?

---

---

---

4. What are some signs of an asthma episode?

---

---

---

5. Name a health related career that treats asthma.

---

---

.....  
Name \_\_\_\_\_

Troop# \_\_\_\_\_ Level \_\_\_\_\_

Cost of patch \$1. Patch design may vary due to availability or level.  
To reserve your patch, visit: <https://gsnc.wufoo.com/forms/gsnc-asthma-awareness-patch-program/>

