GIRLS HAVING STRONG, HEALTHY LUNGS

Asthma Awareness Patch Program
For Girl Scouts

girl scouts of nassau county
Acknowledgement

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This project represents a collaborative effort between the Nassau-Suffolk Asthma Coalition and Girl Scouts of Nassau County to advance asthma awareness and promote healthy lifestyles for Girl Scouts and their families.

We would also like to thank Marcie Geller for her technical support, the Girl Scout troops and their leaders who helped us pilot the program and the Scientific Advisory Committee of the Nassau-Suffolk Asthma Coalition, who reviewed the final program. Special thanks to Melissa Algranati, GSUSA.

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Mission Statements

GIRL SCOUTS OF NASSAU COUNTY

The council exists to offer all girls in Nassau County an opportunity to realize their full potential. It seeks to enable them to understand and become better prepared for the realities of their lives in a changing world, through activities that are consistent with the Girl Scout philosophy.

GIRL SCOUTS OF NASSAU COUNTY

NASSAU-SUFFOLK ASTHMA COALITION

The Nassau-Suffolk Asthma Coalition envisions a community linked together to support every child in every family to control his/her asthma and to live full and active lives.
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INTRODUCTION

Asthma is a chronic (long-term) breathing problem which 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 will 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 general health and well-being.

Learning about the respiratory system and how we breathe is the basis of the Asthma Awareness Patch Program: Girls Having Strong, Healthy Lungs. In addition, the girls will develop knowledge of asthma triggers which are things in our 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. The patch program goes beyond the individual and incorporates helping others to encourage Girl Scouts to become responsible members of the community. Employing resources such as Web sites, videos, books and other media can 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 patch for the Asthma Awareness Patch Program: Girls Having Strong Healthy Lungs:

- Daisy Girl Scouts: One Activity out of Two
- Brownie Girl Scouts: One Activity out of Two
- Junior Girl Scouts: One Activity out of Two
- Cadette Girl Scouts: Two Activities out of Three
- Senior Girl Scouts: Two Activities out of Three

This is how Girl Scouts can help us fulfill the mission of the Asthma Coalition -- by reaching out to teach others about asthma. 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.

Cadette and Senior Girl Scouts may be given the privilege and opportunity to work with younger Girl Scouts on their Asthma Awareness Patch or 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 opportunity to learn about various career opportunities in healthcare.
ASTHMA MYTHS & THE REAL STORY

“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, that they couldn’t possibly have asthma. This is simply not true. In fact it is common enough to have a special name and is called “locker room cough.” This means that you cough after strenuous activity. Coughing can be a symptom of asthma and one that should alert you to speak with your doctor.

“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 Nassau County

FACT:
Not all girls with asthma wheeze, and not all asthmatics have symptoms all of 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. This should also alert you to speak with your doctor.

“I only have allergies. But when they get really bad, I wheeze.”
— 16-year-old Girl Scout from Nassau County

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 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 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. A parent or guardian should be notified immediately. If emergency medical help is needed, call 911.
OBJECTIVE

Be Responsible

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

Leader/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: BREATHING 1 – 2 – 3

1. Leader will show a picture of the respiratory system which is included in the work book. It shows the important parts of the body that are involved in helping us to 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. Leader will ask the girls what they would do if someone they knew had trouble breathing. Practice an action plan: have the person sit down, stay calm, tell a grown up. If no grown up is available: call 911. Practice dialing 911 on a play telephone, and practice what the girls should say when they call 911.

KEY POINTS:

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

MATERIALS NEEDED

• Picture of the respiratory system (in workbook)
• Play telephone
• Crayons
ACTIVITY 2: HEALTHY LUNGS

1. Leader will talk about 3 things that you can do to keep yourself healthy. Some examples are: exercise, eat healthy foods such as fruit, vegetables, milk (if not allergic), etc., wash your hands, cover your mouth when you cough or sneeze, drink water, don't smoke, and see the doctor for check ups.

2. Leader will ask girls to practice deep breathing by blowing bubbles or blowing paper off the end of a straw. This is easy for most girls. When someone has asthma it can be hard to breathe and blow bubbles or paper off 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 (hard to get the air through the closed straw).

KEY POINTS:

• Daisy Scouts can make healthy choices.
• Asthma can make breathing hard.

MATERIALS NEEDED

• Bubbles
• Straws

Suggested activities: After the completion of either activity, have a healthy snack while reading a book or seeing a video from the Asthma Awareness Resource Box. Visit websites below for fun and interactive resources in English and Spanish.

RESOURCES:

The following resources can be used to complement the above activities. They are available from the Resource Room at the Girl Scout Service Center.

BOOKS

All About Asthma
I'm Tougher than Asthma
My Friend Has Asthma
Once Upon a Breath
Sam the Allergen
Sportsercise: A School Story About Exercise Induced Asthma
Taking Asthma to Camp
Taking Asthma to School
The Asthma Attack

The Lion Who Has Asthma
Weaver's Daughter
Zooclass
VIDEOS

"I’m A Meter Reader"
"A is for Asthma"

The following Program Links, Website Links and Community Service are optional activities that are great tie-ins:

PROGRAM LINKS

Working with your troop on “An Asthma Awareness Program: Girls Having Strong, Healthy Lungs” can help the Daisy Girl Scout work toward the following awards:

Daisy Girl Scout Learning Petals
The Guide for Daisy Girl Scout Leaders

Patch
Girl Scouts Against Smoking Patch
Activities focused on smoking prevention.

Community Service: Make a poster for your school nurse, showing what you have learned.

WEB SITE LINKS

www.nasasthmacoalition.org
www.girlscouts.org
www.epa.gov/iaq/ets
www.tobaccofreekids.org
www.aaaai.org
www.lungusa.org
www.aafa.org

Click on “Just for Girls”
Smoke Free Pledge (1-800-513-1157).
Call for Smoke Free Home Kit.

Click on “Just for Kids” – English and Spanish resource.
YOUR RESPIRATORY SYSTEM
AND WHAT ASTHMA LOOKS LIKE

TRACE THE WAY AIR MOVES THROUGH
THE RESPIRATORY SYSTEM

Source: National Heart, Lung and Blood Institute
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.

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

ACTIVITY 1: HOW GIRLS BREATHE

1. Leader will show a picture of the respiratory system found on page 9. It shows the important parts of the body that are involved in helping us to 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. Leader will 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 them to relax. There are three easy steps:
   a. First, together, let’s breathe in through our noses and then blow the air slowly out of our mouths.
   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 belly gets bigger, bigger, bigger. Now the air goes out through your mouth and your belly gets smaller and smaller.

3. Leader will demonstrate how it feels to have an asthma episode. Have the girls breathe in and out through a drinking straw. This demonstrates how we breathe normally. Now have the girls pinch the straw and try to breathe. It is difficult to get air through the straw. Leader will explain that this is how it feels when someone has an asthma episode.

KEY POINTS:
- Belly breathing can help you relax.
- Asthma can make breathing hard.
**MATERIALS NEEDED**

- Crayons/pencils
- Straws
- Picture of respiratory system (page 9)

**ACTIVITY 2: BE A HELPER**

1. Leader will 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. Suggestions are: get homework, make a card, draw a picture, call on the telephone.

2. Leader will give each Brownie a word search called “How Can You Help?” (in workbook).

**KEY POINTS:**

- Asthma can make breathing hard.
- Girls can help their friends when they are sick.

**MATERIALS NEEDED**

- Pencils
- Word Search

**Suggested Activities:** After the completion of either activity, have a healthy snack while reading a book or seeing a video from the Asthma Awareness Resource Box. Visit websites below for fun and interactive resources in English and Spanish.

**RESOURCES:**

The following resources can be used to complement the above activities. They are available from the Resource Room at the Girl Scout Service Center.

**BOOKS**

- All About Asthma
- I’m Tougher than Asthma
- My Friend Has Asthma
- Once Upon a Breath
- Som the Allergen
- Sportercise: A School Story About Exercise Induced Asthma
- Taking Asthma to Camp
- Taking Asthma to School
- The Asthma Attack
- The Lion Who Has Asthma
- Weaver’s Daughter
- Zoowallergy
VIDEOS

"I'm A Meter Reader"
"A is for Asthma"

The following program links, websites and community service are optional activities that are great tie-ins.

PROGRAM LINKS:

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

Girl Scouts Against Smoking Patch
Provides activities focused on preventing or stopping smoking in girls and young women.

Community Service
Make a poster for your school nurse or school library showing what you have learned.

Patch
Girl Scouts Against Smoking Patch
Activities focused on smoking prevention.

WEB SITE LINKS

www.nassausuffolkasthmacoalition.org
www.girlscouts.org
www.epa.gov/iaq/ets

www.tobaccofreekids.org
www.aaaai.org
www.lungusa.org
www.aafa.org

Click on “Just for Girls”
Smoke Free Pledge (1-800-513-1157).
Call for Smoke Free Home Kit.

Click on “Just for Kids” – English and Spanish resource
BE A HELPER!

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

21 of 21 words were placed into the puzzle.
OBJECTIVE

Take Charge!

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

Leader/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. Leader will read introduction prior to starting project and discuss with girls.

ACTIVITY 1: HEALTHY CHOICES

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

2. Leader will explain that 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. Warm ups are important before exercise and cool downs after exercise. Leader will help the girls do stretching exercises: toe touches, arm circles, neck stretches, etc.

3. Leader will talk about changes in girls’ breathing tubes when they are having an asthma episode. To demonstrate how the breathing tubes become tight, leader will have girls wrap a rubber band around their fingers several times. Girls will discuss that this is how it feels when breathing is difficult. See diagram (right). The left lung shows normal air movement. The right lung shows the narrow and tight breathing tubes during an asthma episode.

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.

Source: The Florida Asthma Network
Lung and Blood Institute

16
MATERIALS NEEDED
- Rubber bands

ACTIVITY 2: BE A DETECTIVE

1. Asthma and allergy triggers are things in our environment that can make your breathing difficult. Be a detective and look for things in your school or home 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).

KEY POINTS:

- Clean air benefits us all.
- Junior Girl Scouts can learn about common asthma and allergy triggers.

MATERIALS NEEDED
- Bingo Markers
- Copies of Trigger Bingo

RESOURCES:
The following resources can be used to complement the above activities. They are available from the Resource Room at the Girl Scout Service Center.

BOOKS

All About Asthma
I'm Tougher than Asthma
My Friend Has Asthma
Once Upon a Breath
Sam the Allergen
Sportservice: A School Story About Exercise Induced Asthma
Taking Asthma to Camp
Taking Asthma to School
The Asthma Attack
The Lion Who Has Asthma
Weaver's Daughter
Zooallergy
VIDEOS

"I'm A Meter Reader"
"A is for Asthma"

The following program links, website links and community service are optional activities to help girls expand on health issues:

PROGRAM LINKS:

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

Patches: Girl Scouts Against Smoking
Girl Power Patch from Girl Scouts of the USA

WEB SITE LINKS

www.nesasthmacoalition.org
www.girlscouts.org
www.epa.gov/iaq/ets
www.tobaccofreekids.org
www.aaaai.org
www.lungusa.org
www.aafa.org

Click on “Just for Girls” then click on “Environmental Health”
Smoke Free Pledge (1-800-513-1157).
Call for Smoke Free Home Kit.
Click on “Just for Kids” – English and Spanish resource

COMMUNITY SERVICE:

• Contact the Nassau-Suffolk Asthma Coalition to volunteer (stuffing envelopes for
  upcoming events, participate in an asthma event such as 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 poster contest through the American Lung Association.
# TRIGGER BINGO

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<tr>
<th>Dust</th>
<th>Cat - Furry Pet</th>
<th>Dog - Furry Pet</th>
<th>Cigar Smoke</th>
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</thead>
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<td><img src="image" alt="Dog" /></td>
<td><img src="image" alt="Cigar" /></td>
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</tbody>
</table>

<table>
<thead>
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<th>Flowers</th>
<th>Foods like eggs, chocolate, nuts</th>
<th>Tree Pollen</th>
</tr>
</thead>
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<td><img src="image" alt="Food" /></td>
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</table>

<table>
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<th>Perfume</th>
<th>Paint</th>
<th>Nail Polish</th>
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</thead>
<tbody>
<tr>
<td><img src="image" alt="Hair Spray" /></td>
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<td><img src="image" alt="Paint" /></td>
<td><img src="image" alt="Nail Polish" /></td>
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<table>
<thead>
<tr>
<th>Air Pollution</th>
<th>Garbage</th>
<th>Cleaning Supplies</th>
<th>Chalk</th>
</tr>
</thead>
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<tr>
<td><img src="image" alt="Air Pollution" /></td>
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<td><img src="image" alt="Cleaning Supplies" /></td>
<td><img src="image" alt="Chalk" /></td>
</tr>
</tbody>
</table>

## INSTRUCTIONS

- Copy the eight trigger bingo cards and distribute them to the girls
- Cut out the 16 triggers above and use them to call the squares to be marked
- Let the girls be imaginative in choosing bingo markers
- You can play traditional bingo, four corners, full card, etc.
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.

Leader/girls choose 2 out of the 3 activities. At the end of the program, the leaders will complete the Evaluation Form and distribute Parent Handout. Leader will read introduction prior to starting project for brief overview.

ACTIVITY 1: BABYSITTING TIPS

1. Leader will reinforce the importance of being prepared and responsible when babysitting. Discuss and share ideas.
2. Girls should 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 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 child safe.
   b. Call for help, know whom to call.
      • Child’s parent
      • Neighbor
      • Your parent
      • 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. See www.safesitter.org for details.

**MATERIALS NEEDED**
- Index Cards
- Pens/pencils

**ACTIVITY 2: SHOW INITIATIVE**
Leader will divide girls into small groups to discuss at least three scenarios and learn by role play. Leader will 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 9. The left lung shows normal air movement. The right lung shows the narrow and tight breathing tubes during an asthma episode.

- Your troop decides to go rock climbing. One of the parents has volunteered to drive, but he/she smokes while driving. What would you do or say? (Ask for smoke-free car; ask if parent could wait to smoke until destination is reached.)
- 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, can make eyes itchy, and can make you sneeze. Your troop 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 troop do for her? (Change meeting place, ask Susie what can be done to help her.)
- A new girl joins your troop, 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 troop do? (Talk about how it feels to feel different from others, send her a card or a special small gift; ask if your troop 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 we could do together.)
- One of the leaders 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 leader that her perfume always bothers her. How can you or your troop help? (Suggest that the girls speak to the co-leader and ask her advice; ask leader if she could avoid wearing perfume during meetings.)
- Your troop 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 troop 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

Girls will choose one of the following activities:

1. Volunteer at the Nassau-Suffolk Asthma Coalition or American Lung Association of Nassau-Suffolk (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. Enter the American Lung Association of Nassau-Suffolk’s No Smoking Poster Contest.
5. Find out if any elementary schools in your area offer the “Open Airways for Schools Program,” which teaches kids about asthma. (Contact the school nurse to ask how you can help.)
6. Write an article in your school newspaper or Girl Scout Newsletter about making a difference.
7. Girls can make a kit for babysitting. Include puzzles, coloring books, health-related books, books about asthma.
8. Girls can make their own children’s book about asthma based on what they have learned.

KEY POINTS:

- Volunteering is a way to give back to your community. It can help us to 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

RESOURCES:

The following resources can be used to complement the above activities. They are available from the Resource Room at the Girl Scout Service Center.

continued
**BOOKS**  
(Easy reading level suitable for projects with younger children.)

All About Asthma  
I'm Tougher than Asthma  
My Friend Has Asthma  
Once Upon a Breath  
Sam the Allergencon  
Sports Exercise: A School Story  
About Exercise Induced Asthma  

*Books for Teens:*  
Allergies  
Asthma  
Breathing Room  
Coping with Allergies  
Coping with Asthma  
Everything You Need to Know About Asthma

**VIDEOS**

"I'm A Meter Reader"  
"A is for Asthma"

The following Program Links, Website Links and Community Service are optional activities that are great tie-ins:

**PROGRAM LINKS:**

**Badges:**  
Emergency Preparedness Badge  
Women's Health Badge  

**Patches:**  
Girl Power Patch from Girl Scouts of the USA  
Girl Scouts Against Smoking

**WEB SITE LINKS**

www.nasasthmacoalition.org  
www.girlscouts.org  
www.epa.gov/iaq/ets  

www.tobaccofreekids.org  
www.aaaai.org  
www.lungusa.org  
www.aafa.org  
www.safesitter.org

Click on “Just for Girls”.  
Smoke Free Pledge (1-800-513-1157).  
Call for Smoke Free Home Kit

Click on “Just for Kids” – English and Spanish resource  
Safe Sitter Program
OBJECTIVE

Take Initiative

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

Senior Girl Scouts need to accomplish 2 out of the 3 activities.

ACTIVITY 1: HEALTH-RELATED CAREERS

1. Investigate two health-related careers and discuss them with the troop. (Girls can use the library or Internet for resources.)
2. Invite health care professional and/or visit a health care facility or visit American Lung Association of Nassau-Suffolk’s Virtual Tour.

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 the girls to think about career possibilities.

MATERIALS NEEDED

Access to computer for Internet and Virtual Tour: www.lungusa.org/nassausuffolk/tour_1.html

ACTIVITY 2: HOW HEALTHY IS YOUR SCHOOL?

1. Indoor air quality in schools affects everyone’s health. Students and staff will be able to 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 9. The left lung shows normal air movement. The right lung shows the narrow and tight breathing tubes during an asthma episode.
3. 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. Senior Girl Scouts will discuss the pros and cons of smoking, as well as the social aspect of smoking cigarettes. Consider watching the video, “Breathe In, Breathe Out” (teenagers talk about the effect smoking has on their lives and how they deal with other friends smoking.)
2. Solicit educational materials from any of the resources listed below. Using the materials you have collected, have an “Asthma Awareness Day” for your troop.
3. Support the Nassau-Suffolk Asthma Coalition by participating in one of their yearly events. This can include Health Fairs, Asthma Walk, Kids on the Block Asthma Puppet Show, or help in an elementary school with the “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**
- “Breathe In Breathe Out” (video).

**RESOURCES:**
The following resources can be used to complement the above activities. They are available from the Resource Room at the Girl Scout Service Center.

**BOOKS** (Easy reading level suitable for projects with younger children.)
- All About Asthma
- I'm Tougher than Asthma
- My Friend Has Asthma
- Once Upon a Breath
- Sam the Allergen
- Sporserce: A School Story
- About Exercise Induced Asthma
- Taking Asthma to Camp
- Taking Asthma to School
- The Asthma Attack
- The Lion Who Has Asthma
- Weaver's Daughter
- Zoodallergy
Books for Teens:
Allergies
Asthma
Breathing Room
Coping with Allergies
Coping with Asthma
Everything You Need to Know About Asthma

VIDEOS

"I'm A Meter Reader"
"A is for Asthma"

The following program links, website links and community service are optional activities that are great tie-ins:

PROGRAM LINKS:

Badges:  Emergency Preparedness
          Women's Health
Patch:   Girl Scouts Against Smoking Patch

WEB SITE LINKS

www.nsasthma coalition.org
www.girlscouts.org
www.epa.gov/iaq/ets
www.tobaccofreekids.org
www.aaaai.org
www.lungusa.org
www.aafa.org
www.healthyschools.org

Click on "Just for Girls"
Smoke Free Pledge (1-800-513-1157).
Call for Smoke Free Home Kit

Click on "Just for Kids" – English and Spanish resource

COMMUNITY SERVICE PROJECTS:

- Contact Nassau Suffolk Asthma Coalition or American Lung Association of Nassau-Suffolk to work on community projects, i.e., Health Fairs, Asthma Walk.
- Kids on the Block Puppets with Skits, (can be utilized for service to a younger troop or at a local ALA Health Fair).
RESOURCES

Nassau-Suffolk Asthma Coalition
225 Wireless Boulevard
Hauppauge, NY 11788
(631) 231-5118, Ext. 12
alittle@alans.org
www.nassashmacoalition.org
Community activities, advocacy for children with asthma, school programs and support groups.

American Lung Association of Nassau-Suffolk
225 Wireless Boulevard
Hauppauge, NY 11788
1-800-LUNGUSA
www.lungusa.org
Educational programs, advocacy, research for lung disease

Environmental Protection Agency
Region #2 (New York area)
DEPP/RIBAB 28th Floor
290 Broadway
New York, NY 10007-1866
(212) 637-5000
www.epa.gov
www.epa.gov/iaq/ets
Smoke/Free Pledge Campaign, Explorer’s Club for Kids.

National Center for Tobacco-Free Kids
1400 Eye Street
Suite 1200
Washington, DC 20005
(202) 296-5469
www.tobaccofreekids.org
Information on the latest news to stop big tobacco.

American Academy of Allergy, Asthma and Immunology
611 East Wells Street
Milwaukee, WI 53202
1-800-822-2762
www.aaaai.org
Click on Patients/Consumers, then Just for Kids.

Asthma and Allergy Foundation of America
1233 20th Street, NW, Suite 402
Washington, DC 20036
(202) 466-7643
www.aafa.org
Provides practical information, community based services, support and referrals.