

The Breathin' Easy Bunch Catches a Culprit!

An Activity Book
For Learning How To
Live With Asthma



Your Doctor

wants you

Your Name

***to be a member
of the
Breathin' Easy Bunch***

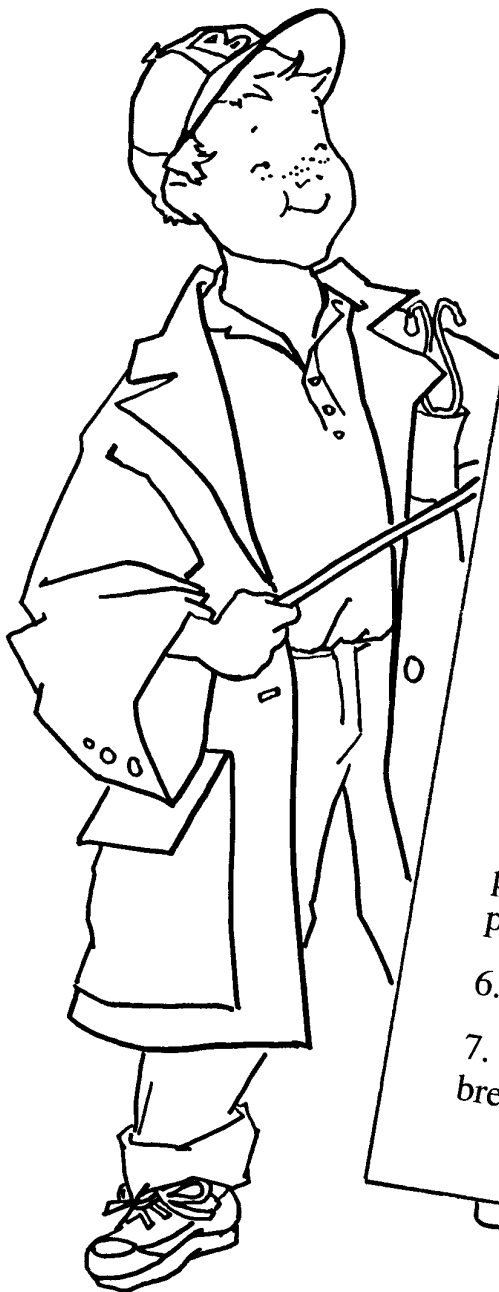
Hooray for the Bunch! Now they've captured McWHEEZE!
And keeping him under control is a breeze!
They hope you'll remember the tips that they taught,
And that MISTER McWHEEZE will forever...

STAY CAUGHT!



The Breathin' Easy Bunch Cracks the Code!

You have to be clever to outsmart McWHEEZE,
And talk to your Chief with the greatest of ease.
Here Benjamin Beach teaches words that are new—
Just match up the columns and you'll know them, too!



1. Things that can set off an asthma episode
2. A condition that makes you short of breath
3. What the doctor tells you to take according to the plan when your asthma is bothering you
4. Clues your body gives you that your asthma may be about to flare up
5. The dust-like stuff from plants that bothers many people
6. What you need to breathe
7. A tool to measure your breathing

Pollen

Triggers

**Early
Warning
Signals**

Oxygen

**Peak Flow
Meter**

Medication

Asthma



MMeet four fine DETECTIVES who go
to your school.

They're regular kids—it's unlikely that you'll
Notice anything different about them at all
When you meet on the playground
or pass in the hall.

Tippytoe Tess is a serious lass
Who shines at mathematics and loves
ballet class;
She wouldn't be caught with
a hair out of place—
Not even when sliding right into third base!

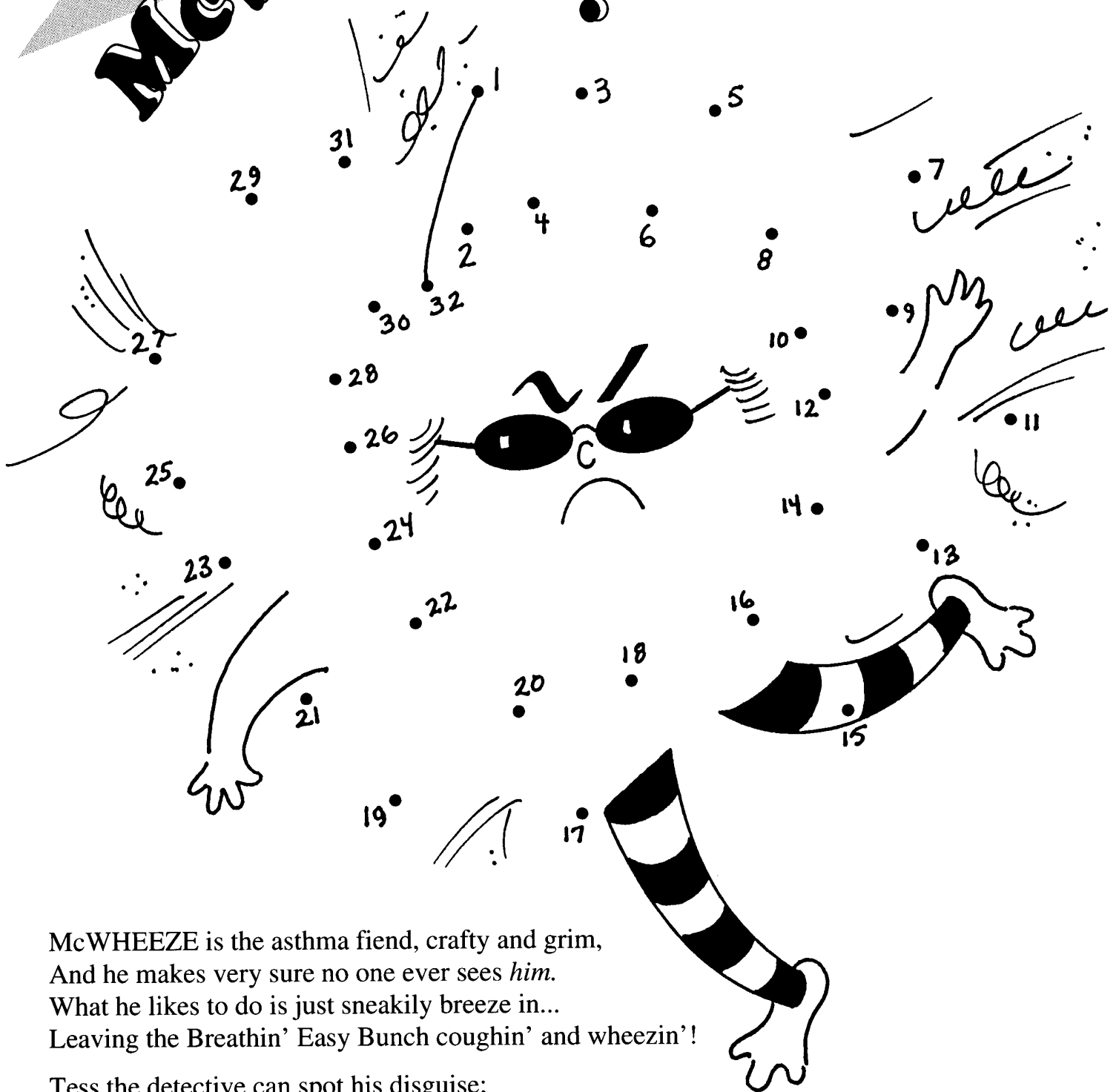
Benjamin Beach is the next of the Bunch;
His favorite subjects are recess and lunch.
He's great at all water sports
(surfing and scuba)
And in the school orchestra,
Ben plays the tuba.

Third in the lineup is Powerhouse Pete
Who sends rival soccer teams down to defeat
If Pete could be granted his favorite wish,
He'd spend a small fortune on tropical fish.

Somersault Stephanie brings up the rear;
When hiking or camping, she carries the gear—
But down at the gym our friend Stephanie stars
When she does her routine on the parallel bars!

'Tho these kids may sometimes feel
shaky or queasy,
They've learned what to do so they
all can breathe easy:
For their mission each day is to
search out and seize
The **PESKY** and **BOTHERSOME**...

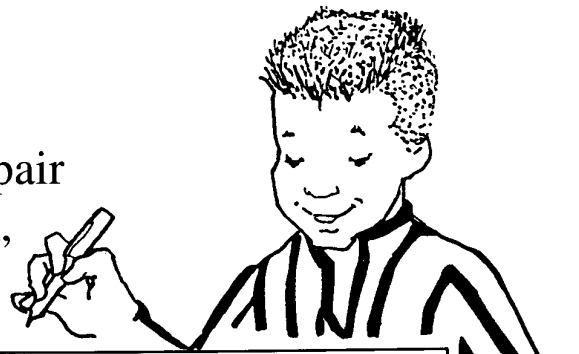
Mister McWheeze!



McWHEEZE is the asthma fiend, crafty and grim,
 And he makes very sure no one ever sees *him*.
 What he likes to do is just sneakily breeze in...
 Leaving the Breathin' Easy Bunch coughin' and wheezin'!

Tess the detective can spot his disguise;
 Let's follow the dots and look through Tessie's eyes...
 You be the detective, as clever as Tess;
 Unmask McWHEEZE so he'll bother you less.

Hidden in this picture are a MEGAPHONE, a pair of MITTENS, a BASKETBALL NET, a TRUNK, and a LEOTARD. Can you find them?



4.



Hello there—I'm **Paul Sorvino**. I have a fun job that lets me pretend to be other people. You may have seen me on television or in the movies. I am an _____, and since I travel to many different locations, I need a TRUNK.

5.



I'm **Christine Dakin**.

I am a _____, and I leap and turn across the stage as a star in the world-famous Martha Graham Dance Company. I practice every day to learn my steps perfectly, and when I practice, I sometimes wear a LEOTARD.



Answer:



The Mystery of the Hidden Tools!

Our Powerhouse Pete has a special surprise;
When you read it, you may not believe your own eyes:
Although these five folks do the work that they please,
They all have to watch out for MISTER McWHEEZE!!!!

Powerhouse Pete has five heroes who are
All famous real people, and each one a star.
Can you guess what they do? And then, when you know,
Discover their tools in the picture below.

1.



Hi! My name is **Martin Scorsese**. It's my job to tell actors what to do when they're making a movie. I give them directions, so I'm called a

_____.
I use a MEGAPHONE so the actors can hear my voice on the set.

2.



I'm **Bonny Warner**.

I represented the United States in the 1992 Winter Olympics. When I compete, I lie on a luge, which is a special type of _____ that slides downhill as fast as 80 miles an hour! Because I'm out in the cold so much, I need MITTENS.

3.



My name is **Dennis Rodman**; it's nice to meet you. I play a game that has five players on each team. We play with a very large, high-bouncing orange ball. I'm a

_____ player, and I throw the ball through a hoop with a NET.

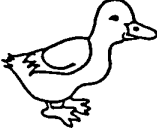





{Answers: 1-Director, 2-sled, 3-basketball, 4-actor, 5-dancer.}

The Chief Briefs the Breathin' Easy Bunch!

Each one of the Bunch has a tailor-made plan
To outsmart McWHEEZE—and the person who can
Develop the plan is the gang's clever Chief,
Who works out the details that give them relief.

Can you guess who the Chief of Detectives might be?
Write the letters beginning these words and you'll see:



	begins with _____
	begins with _____
	begins with _____
	begins with _____
	begins with _____
	begins with _____

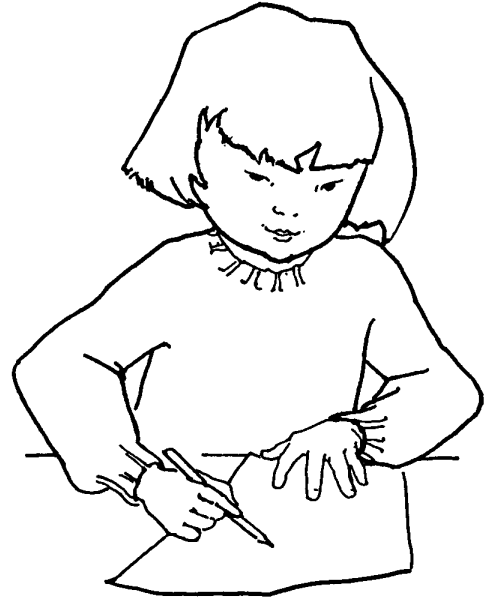


Yea! Now that the secret identity's known,
You will be getting a plan of your own.

{Answer: Doctor}

The Breathin' Easy Bunch Finds the Solution!

MEDICATION's a big word, but you'll find inside
Lots of scrambled-up little words trying to hide;
Search out some small words to write in the blanks—
It will take your mind off old McWHEEZE and his pranks.



M E D I C A T I O N

cat			
name			

{ Answer: (107 words) A, ace, act, action, ad, aid, aim, am, amen, amid, an, ant, at, ate, came, can, cane, canoe, cat, cent, cinema, coat, cod, code, coin, come, comedian, comet, cone, cot, dam, dame, date, demon, den, denim, dent, dice, die, diet, dim, dime, din, dine, do, doe, dome, done, dot, eat, I, ice, idea, in, into, it, item, ma, mad, made, maid, main, man, mane, mat, mate, me, mean, meant, meat, men, mend, met, mice, mind, mine, mint, moan, moat, name, neat, net, nice, no, nod, not, note, oat, ocean, on, one, tame, tan, tea, team, ten, tend, tide, tie, time, timid, tin, to, toad, toe, ton, tone. (Other words are possible.) }



Nice Mrs. Cookibake lives right next door,
And *she's* not afraid of McWHEEZE any more!
If Tess has a problem when she's home alone,
Her neighbor knows all the right numbers to phone.

At school Tess has helpers—her teacher is one.
He makes sure that Tess doesn't miss any fun.
And if there's a problem, it's sure a relief
To know the school nurse is a friend of the Chief.



Tess Recruits Special Agents!

Tess thinks it's important for people to know
That she sometimes has trouble with breathing, and so
She makes sure that everyone knows what to do—
Do you know how to reach special helpers for *you*?

Here's Tessie with two of her very best friends;
If one's not around then the other one lends
A hand to our Tess when McWHEEZE is about—
They tell her "Stay calm!" and they tell her "Don't shout!"

If you should start feeling that old "McWheeze tingle,"
Tell all of your helpers to sing out this jingle:
"Eeny, Meeny, Miney, Mo—
Sit down—get help—think hard—breathe slow."



SIT DOWN If you have any asthma Early Warning
Signals, your helpers can remind you to stop playing and
sit quietly.

GET HELP Make sure your friends know they
should tell an adult that you're having asthma symptoms.

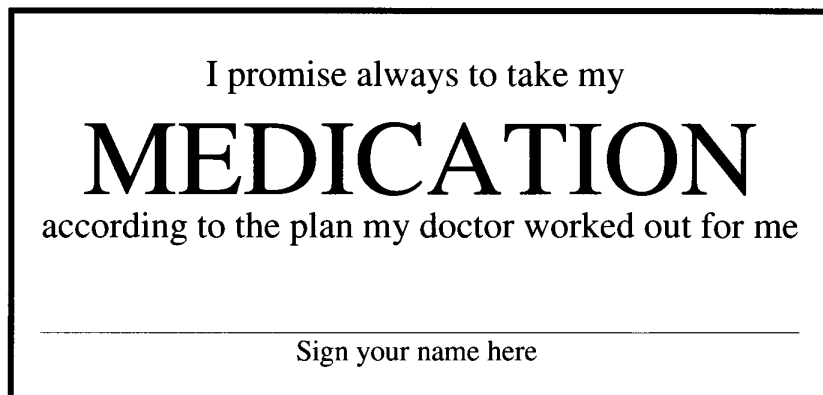
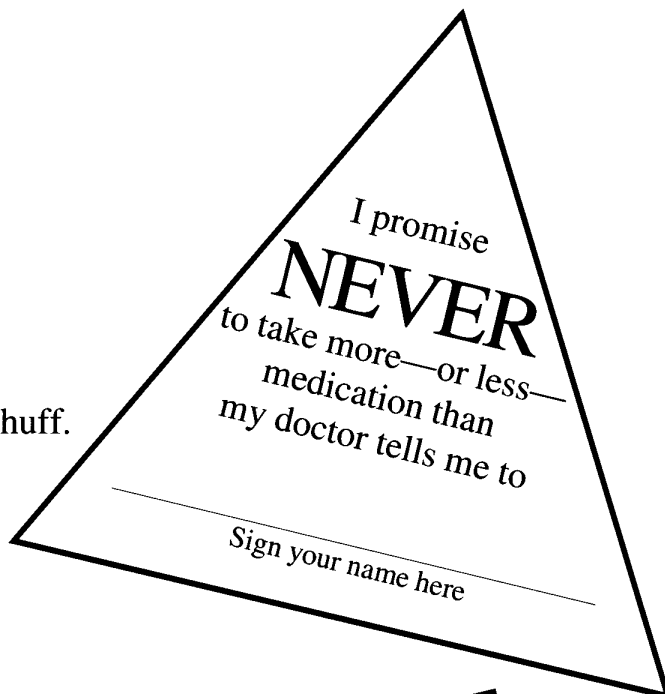
THINK HARD Friends can help by
remembering that you have a plan from your doctor that
tells you what to do—they can remind you to think
about your plan.

BREATHE SLOW Your helpers can sit with
you and breathe slowly and regularly—it's easier
if everybody's doing it together.



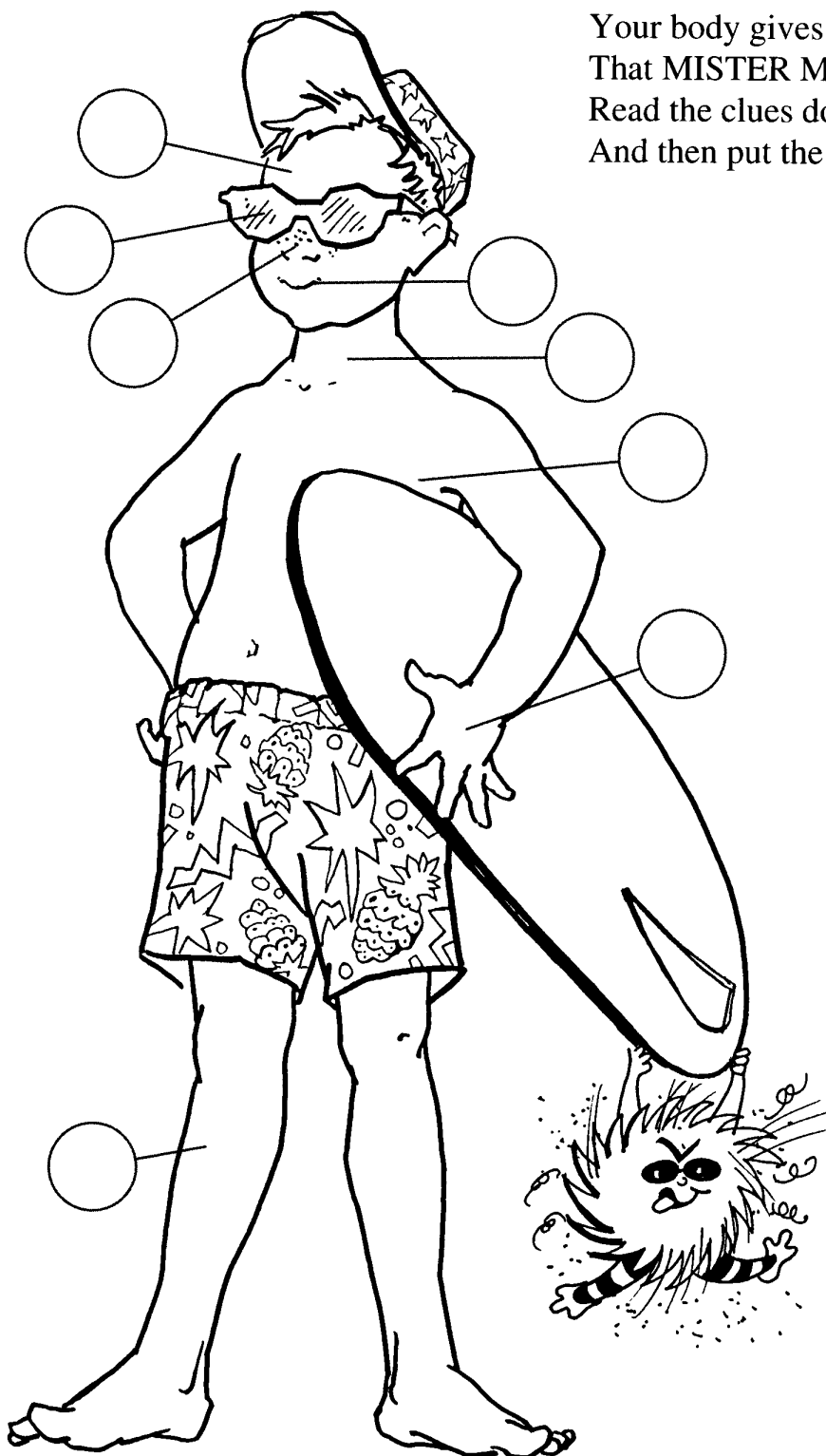
Medication you get from the Chief is the stuff
That gets MISTER McWHEEZE to take off in a huff.
There is stuff to inhale, stuff you swallow
or chew,
Sometimes needles of stuff—boy, you hope
they'll be few!

Now the whole Breathin' Easy Bunch knows
that the Chief
Doesn't want medication to cause any grief,
So they follow instructions—they know
what's at stake!
Here are the promises that they all make:



Benjamin Decodes the Early Warning Signals!

Your body gives signs, in both feelings and sound,
That MISTER McWHEEZE may be lurking around.
Read the clues down below; there's a number for each,
And then put the numbers on Benjamin Beach.



- 1 This sometimes aches just before an asthma flareup.
- 2 Cold air is a trigger for some kids—they should be careful to check their breathing if these suddenly need mittens.
- 3 You usually breathe through your nose. If you start breathing through here, it may mean that an asthma episode is on the way.
- 4 Is a head cold one of your triggers? Then be cautious if you need lots of tissues to wipe this.
- 5 This can get itchy or scratchy, making it hard to swallow, when an asthma flareup is coming.
- 6 When these feel too tired to run or play, tell a parent or other helper.
- 7 When these begin to water, it may be a sign that a trigger is nearby.
- 8 If this part of your body between your neck and your stomach feels tight when you breathe, better study the plan you worked out with your doctor.

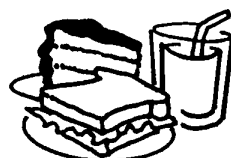
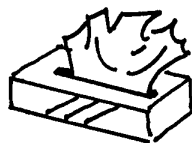
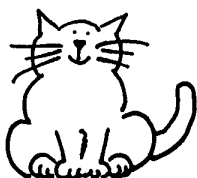
{ Answers: 1-head, 2-hands, 3-mouth, 4-nose, 5-throat, 6-legs, 7-eyes, 8-chest. }

Your triggers are different, and probably Pete
Has many more triggers than you have to beat.

Circle *your* triggers as pictured below,

Then quiz Mom and Dad to see

which ones *they* know.



Trapped by Triggers—Find Your Way Out

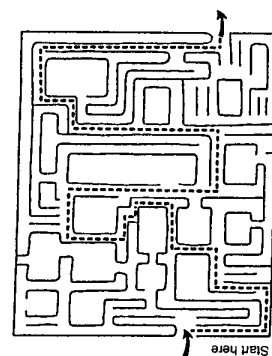
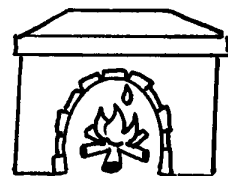
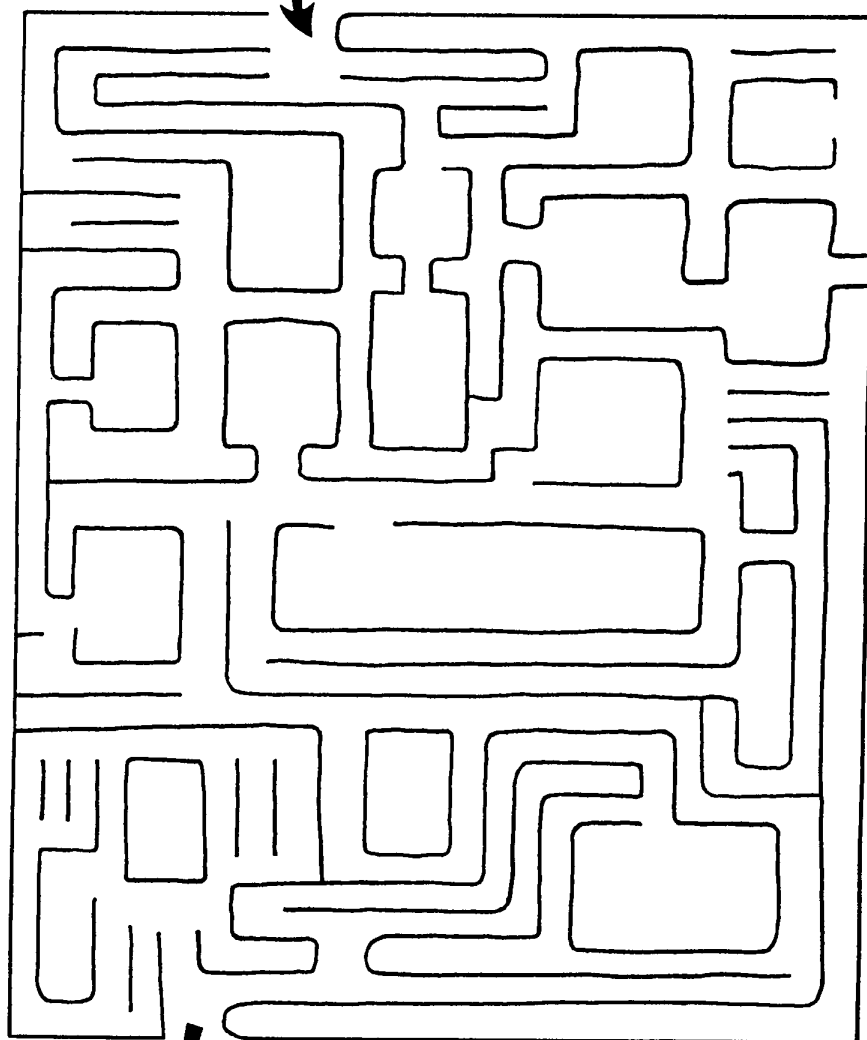
Now *you're* the detective outwitting McWHEEZE!

(For you and your parent, this should be a breeze.)

Just draw in your triggers and you'll have no doubt

Of the way to get in and the way to get out.

Start
here



The Breathin' Easy Bunch Solves the Mystery of the Hidden Triggers!

The Case of the Dangerous Journey

Powerhouse Pete wants to get through his day,
But MISTER McWHEEZE tries to get in his way.
Pete's story is here—why not read it and see
The things Pete must watch for to keep himself free.



chooses his breakfast carefully, because there are some



that trigger his asthma. He stays away from the rooms where his sister is using



and his grandpa is



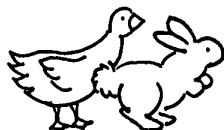
. On the way to school Pete

meets his neighbor's



; he says, "Hi, Boots!" but he doesn't stop to

play, because



are another of his triggers. Before soccer practice

Pete makes sure to take his medication, so that



and



won't

cause him any problems. Oops! Pete gets into an argument with a teammate.

When he's very



his chest gets tight, so he knows he has to calm down.

After practice it suddenly gets very chilly. Pete heads for home, because

he knows that



is sometimes a trigger for him. Pete goes to bed

happy—he's outwitted McWHEEZE for another day!

{ Answer: Foods, aerosol spray or hair spray, smoking, cat, animals or pets, running or exercise, pollen, emotional or angry or upset, cold air. }

The Case of the Careless Characters!

The Bunch knows that other kids need to take care—
There are things they can't eat or things they must wear.
Look at this picture and see if you find
Some kids who are leaving all caution behind.



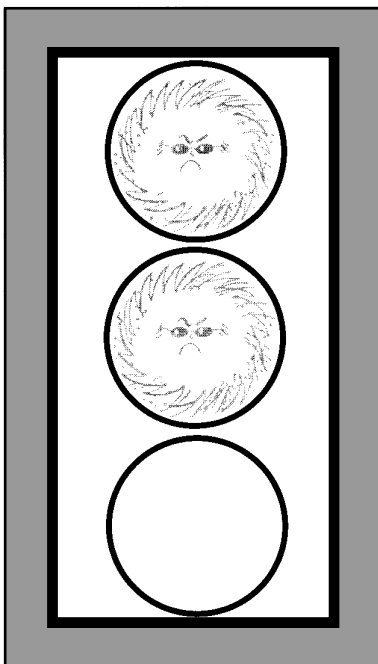
{ Answer: Careless kid playing in the snow in a bathing suit, reading a book in the middle of a busy street, hanging out of a building window, hanging out of a car window, chasing a ball into the street. }

The Breathin' Easy Bunch Gets a Secret Weapon!

The bunch gets a weapon—a new peak flow meter—
That's a genuine, certified, sure McWHEEZE beater.
Here Somersault Stephanie shows how to use it—
And once you have yours, then you won't
want to lose it!



1. Make sure there's nothing in your mouth.
2. Stand up.
3. Move the pointer on your peak flow meter to zero.
4. Open your mouth wide and slowly breathe in as much air as possible.
5. Put the peak flow meter mouthpiece on your tongue and close your lips around it.
6. Blow out as *hard* and *fast* as possible—a fast huff, not a slow blow.
7. Write down the number that the pointer moved to.



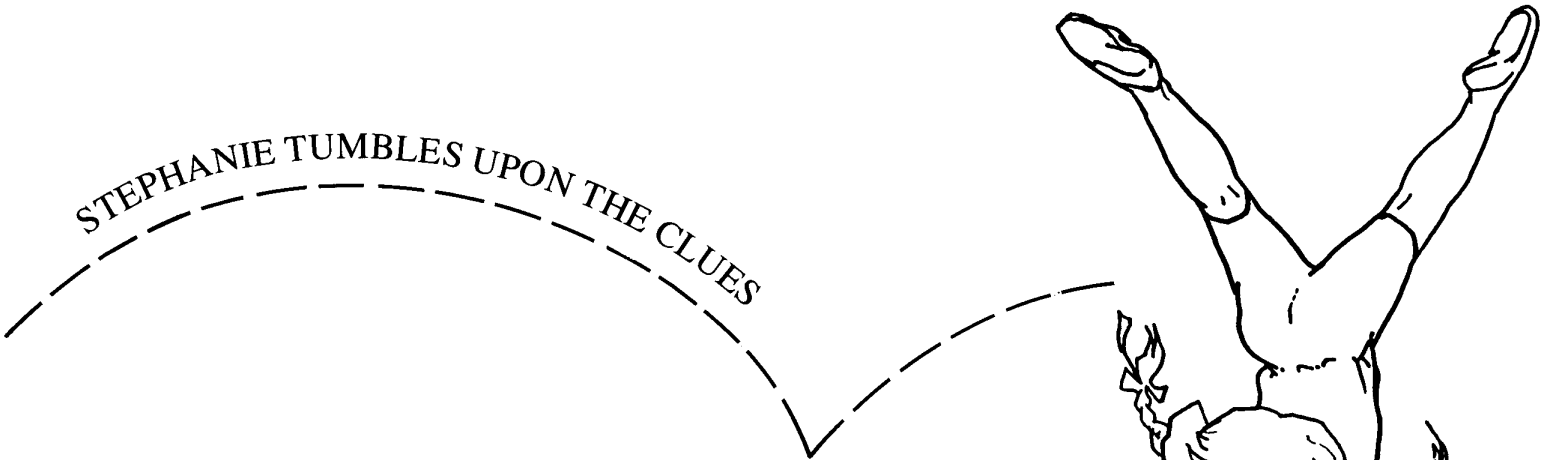
Your peak flow number falls into a red, yellow, or green range. Like a traffic light, the colors tell you when to stop, when to proceed with caution, and when to go ahead.

My **RED** range is from ___ to ___. **STOP!**
Tell someone to call your doctor immediately,
and follow his/her instructions.

My **YELLOW** range is from ___ to ___. **CAUTION!**
Stay away from triggers, and follow your medication plan.

My **GREEN** range is from ___ to ___. **GO!**
You're breathin' easy—follow your green-zone plan.

(Ask your doctor to fill in the appropriate values.)



Somersault Stephanie's hot on the track,
 She's found four sure clues that McWHEEZE has come back,
 But the clues are a puzzle, too scrambled to guess—
 Help Stephanie out of this scrambled-word mess.

Scrambled Clue	Hint	Unscrambled Clue
HEWZEE	A funny, whistling sound that means you're not breathing normally.	_____Z_____
STHCE	When you're having a hard time breathing, the skin on this part of your body may get sucked in.	_____S_____
HEATREB TOU	When your asthma flares up, it may be harder for you to do this.	B_____ O_____
STAFRE	When you're having an asthma episode, you'll usually start breathing this way.	_____R_____

If you find these clues, you'll take action real quick
 So MISTER McWHEEZE won't be making *you* sick!
 Your doctor can tell you just what you should do
 If the clues say McWHEEZE will be bothering you.



PARENTS (HOME): _____

PARENTS (WORK): _____

DOCTOR: _____

HOSPITAL: _____

EMERGENCY: _____

_____ : _____

_____ : _____

For Parents: These books will help you learn more about coping with asthma:

1. Hannaway PJ. *The Asthma Self Help Book*. Marblehead, Mass: Lighthouse Press; 1989. 1-800-245-0512. (Hardcover \$18.45)
2. Plaut TF. *Children with Asthma: A Manual for Parents*. Amherst, Mass: Pedipress, Inc.; 1988. (Paperback \$7.95)
3. Weinstein AM. *Asthma: The Complete Guide to Self-management of Asthma and Allergies for Patients and Their Families*. New York, NY: Ballantine Books; 1987. (Paperback \$4.95)

For answers to common questions or to receive informational pamphlets, call the National Heart, Lung, and Blood Institute Information Center at 301-951-3260.

Compliments of your physician and provided as an educational service by
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