Asthma attack



**Group size**

Whole group or small groups



**Suggested timing**

20-30 minutes



**Method**

[Film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack)

Learning objectives

**What you need**

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[Film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack)



**Pen and paper**

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**PowerPoint**

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**How to help someone who is having an asthma attack card**

* Learn how to recognise when someone is having an asthma attack.
* Learn the key action to help when someone is having an asthma attack.

## Overview

Children learn what an asthma attack is and how it happens, before learning the key action to take to help someone who is having an asthma attack, so that they are more able, willing and confident to help.

## Preparation

Ensure you can play the [asthma attack film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack/) and display or print off the how to help asthma attack card on the [asthma attack first aid skills page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack/), as well as display the PowerPoint.

Familiarise learners with the ground rules for the session or establish ground rules. For guidance on how to do that, see the [Creating a safe, inclusive and supportive learning environment guidance.](https://firstaidchampions.redcross.org.uk/primary/guidance-and-support/)

## How to run the activity

1. Start with these questions to establish current learning and to further develop the topic with the group. Ask children:

* What is an asthma attack? *When someone finds it difficult to breathe because the tubes that they breathe through (their airways) become narrow.*
* What happens when someone has an asthma attack? *They will find breathing difficult. They may make a wheezing sound and cough. Their lips may turn blue.*
* What could cause someone to have an asthma attack? *Asthma is a medical condition, so the person will probably already know they have asthma. An attack could be caused by someone having a cold, or chest infection; by exercising or changes in the weather, or dust.*
* What feelings might there be when someone is having an asthma attack? *It can be scary when someone has an asthma attack. It is okay to feel worried or scared, the most important thing is to recognise what is happening and to calmly help them.*
* What can you do to help someone who is having an asthma attack? Ask children if they know what to do; *explain that you are going to learn what to do in this activity.*

1. Display or direct the group to the confidence slider on the [asthma attack first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack/), either setting this as an individual task or discussing as a group. How confident do learners feel to help someone having an asthma attack?
2. Watch the [asthma attack film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack/). Take some time to discuss the film. You could ask the children:

* What was happening in the film? *Ekam and Jonjo went into the loft.*
* What caused Jonjo’s asthma attack? *The dust in the loft.*
* What did Ekam do to help? *He helped him to rest, fetched his inhaler for him and called his mum.*
* How might they have felt? Think about the person having the asthma attack, the person who helped and anyone else nearby. *They might say things like, worried, scared but also things like, calm, supported, ready to help.*
* What is the key action that Ekam took to help? *He helped him to rest and take his inhaler.*
* What else was Ekam good at? What qualities did he show? *They might say things like calm under pressure, kind, ready to help.*

## Logo Description automatically generatedQuestions learners might ask

Learners might have questions about this skill. It’s important to give them space to ask questions. Remember to provide an anonymous question box for questions they wish to ask privately. The key skills are the most important things they should remember, but you can find some extra information which might help you answer their questions here:

* How do you use an inhaler?

*If a person has asthma they should know how to use their inhaler, they may need your help getting it for them. They may also have a spacer. Different people may have different types of spacer or inhaler, make sure they only use theirs.*

*They should take it as normal. If that doesn’t help they can take one or two puffs every 30 or 60 seconds until they’ve had 10 puffs.*

* When should I call 999 for an asthma attack?

*If there is no adult around to help you when someone is having an asthma attack call 999. Even if there is an adult, you should call 999 if they get worse after they’ve taken their inhaler, if they don’t have an inhaler or this is the first asthma attack they’ve had.*

* What is asthma?

*Asthma is a medical condition that affects the ‘airways’ – the tubes that carry air in and out of your lungs. When someone has an asthma attack, these tubes become narrower, making it hard to breathe in and out.*

1. Display or hand out the asthma attack how to help cards; ask the children to look at them and discuss, again, some of the signs of an asthma attack and the key action to help.
2. Direct the group to the confidence slider on the [asthma attack first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack/) and complete it again.
3. Check what learners have learned by doing the [asthma attack quiz](https://firstaidchampions.redcross.org.uk/primary/quizzes/).

## Stretch and challenge activities:

7. To help them remember, ask them to write or draw what the key action to take is when someone is having an asthma attack.

8. Now either hand out or show on the PowerPoint the photos from the [asthma attack film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack/). Ask the learners to decide which is the correct order of the photos, thinking about how someone would recognise if someone was having an asthma attack; and what someone would need to do to help.

## S:\CT\Education Team\Product development\Youth\FAE curriculum project\3. Creative\Visual guidelines\Icons, illustrations, templates_final\Extras\BRC_FirstAid_Arrow_Solid_Colour_Green.pngSumming up

Remind the group that the most important thing to do is to help them take their inhaler.

Now practise how to help someone who is having an asthma attack with the practise activity on the [Asthma attack first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack/).