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 first aid skills
* Feel confident to help someone who needs first aid
* Feel able to help someone in need of first aid

## 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.

## Preparation

Ensure you can play the [asthma attack film](http://www.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](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack), as well as display the PowerPoint.

## 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.*
* Have they ever had an asthma attack or seen someone having an asthma attack? What happened? *Make sure the children know that they don’t need to share if they find a story upsetting. Explain that you are going to learn how to help someone who is having an asthma attack.*
* 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.

2. Watch the [asthma attack film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack). Ask the children:

* What was happening in the film?
* What caused Jonjo’s asthma attack?
* What did Ekam do to help?
* How might they have felt? Think about the person having the asthma attack, the person who helped and anyone else nearby.
* What is the action that Ekam took to help?
* What else was Ekam good at? What qualities did he show? What can you learn from this? How could you use that learning?

3. 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 what they would do.

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

5. Now either hand out or show on the PowerPoint the photos from the [asthma attack film](http://www.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 they would recognise if someone was having an asthma attack; and what they would need to do to help.

## Summing up

Display the images in the correct order and review the key action to help.

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