

1.3.21

LO: Asthma attack

Thinking time

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.

How to help someone who is having an asthma attack

Follow the link below:

<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack/>



Answer the question and then click next, you will then be able to watch the video. Once you have watched the video, answer the question below in your remote learning book.

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

Final task

Take the quiz at the bottom of the page the video is on.

Think you know how to help someone who is having an asthma attack?

[> TAKE THE QUIZ](#)