

Name _____ Date _____

MODULE 1:
RECOGNIZING EARLY WARNING SIGNS AND SYMPTOMS QUIZ

Decide whether each of the following is an early warning sign, symptom of asthma, or unrelated to asthma.

In the blank provided, write:

- **E** if it's an early warning sign
- **S** if it's an asthma symptom
- **U** if it's unrelated to asthma

- _____ 1. Sneezing
- _____ 2. Coughing
- _____ 3. Headache
- _____ 4. Knee-ache
- _____ 5. Hiccups
- _____ 6. Itchy skin
- _____ 7. Watery eyes
- _____ 8. Wheezing
- _____ 9. Shortness of breath
- _____ 10. Runny nose
- _____ 11. Singing
- _____ 12. Chest tightness/pain
- _____ 13. Scratchy throat
- _____ 14. Burping

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MODULE 2:
ASTHMA MYTHS QUIZ

Decide whether each of the following statements about asthma is true or false.

In the blank provided, write T if the statement is true and F if it is false.

- _____ 1. People have asthma because they did something wrong.
- _____ 2. Asthma keeps kids from growing.
- _____ 3. Having asthma means there are lots of things you won't be able to do when you grow up.
- _____ 4. People with asthma can't play sports.
- _____ 5. You can catch asthma by being coughed on by someone who's having an attack.
- _____ 6. There is no cure for asthma.
- _____ 7. Having asthma means you cannot go to overnight camp because you can't be away from home.
- _____ 8. Asthma comes and goes, kind of like a cold. When it is gone, you don't have asthma anymore.
- _____ 9. If it is prescribed for you, you need to take long-term control medicine every day.
- _____ 10. If you have asthma you can still be as smart as other kids.
- _____ 11. Laughing or crying really hard can make asthma worse.
- _____ 12. Asthma attacks can happen quickly.
- _____ 13. Asthma attacks are never dangerous.
- _____ 14. People with asthma can sing in the choir and play any musical instrument.
- _____ 15. You can still go on field trips with your class even if you have asthma.

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MODULE 3:
USING THE PEAK FLOW METER QUIZ

Put the steps for using the peak flow meter in the correct order. Write the number corresponding to each step in the blank provided.

- _____ Place mouthpiece in the mouth, past the teeth, and close mouth
- _____ Blow out hard and fast
- _____ Move marker to zero
- _____ Stand up straight
- _____ Breathe in deeply

MODULE 3:
MEASURING AND MONITORING PEAK FLOW QUIZ

For each scenario and question, decide which answer is the best way to manage your asthma. Circle the letter next to the correct answer.

1. Your friend has two cats. Before you went to your friend's house, your peak flow number was in the green zone. While playing with your friends, you become short of breath. When you check your peak flow number before dinner it is in the red zone. What should you do?
 - A. Wait a few hours and see if you feel better before taking medicine.
 - B. Follow your action plan because you probably need to take medicine right away and tell an adult because this could be an emergency.

2. You wake up coughing and notice your morning peak flow number is in the yellow zone. You take quick-relief medicine and now your peak flow number is in the green zone. What should you do?
 - A. Don't do anything right away, but check your peak flow number again in a little while to make sure it's still in the green zone.
 - B. Stop taking long-term control medicine until your peak flow number goes back to the yellow zone.

3. On Saturday, you started off the day in the green zone and then sat next to someone at a park who was smoking. You start coughing and now your peak flow number is in the yellow zone. What should you do?
 - A. Leave the place where the person is smoking and take your quick-relief medicine.
 - B. Wait and see if your asthma gets worse before taking medicine.

4. In the morning, you felt tightness in your chest and were wheezing. Your peak flow number was in the yellow zone, so you took quick-relief medicine. Later, you play soccer and your peak flow number is still in the yellow zone. What should you do?
 - A. Don't do anything right now, but check your peak flow number later in the day.
 - B. Take quick-relief medicine again and tell an adult.

5. Before going to bed your peak flow number is in the yellow zone, you are not feeling great and are coughing quite a bit. What should you do?
 - A. Take your quick-relief medicine and tell an adult.
 - B. Go to sleep because you'll probably feel better in the morning.

6. You started the day in the green zone. At school someone bangs the erasers near you and chalk dust is everywhere. The chalk dust makes you cough and now your peak flow is in the yellow zone. What should you do?
 - A. Wait for the chalk dust to settle and see if you're still coughing. Don't do anything else.
 - B. Take your quick-relief medicine and stay away from the chalk dust.

7. You wake up in the middle of the night and your peak flow is in the red zone. You feel like you cannot breathe. What should you do?
 - A. Follow your action plan as soon as you feel asthma symptoms. That usually means taking quick-relief medicine and telling an adult.
 - B. Go back to sleep and follow your action plan in the morning.

8. Your peak flow has been in the green zone for three days in a row. What should you do?
 - A. Keep taking your long-term control medicine every day and watch out for asthma triggers.
 - B. Stop taking your long-term control medicine until you feel asthma symptoms return.

9. You caught a cold from someone at school, and now you are starting to cough. You check your peak flow meter, and it is still in the green zone, but it is pretty close to the yellow zone. What should you do?
 - A. No need to do anything until you feel more asthma symptoms.
 - B. Follow your asthma action plan. You may be directed to take more control medicine when you have cold symptoms. Monitor your signs and symptoms.

10. You started the day in the green zone. You ran to school and when you got there your chest felt tight. You check your peak flow again and it is in the red zone. What should you do?
 - A. Follow your action plan immediately. Usually you will take your quick-relief medicine and tell your teacher or school nurse.
 - B. Walk back home slowly and take your quick-relief medicine if you still feel chest tightness.

MODULE 4:
ASTHMA MEDICINE GROUPS QUIZ

How should you respond to the following situations – take long-term control medication, take quick-relief medication, be on alert, or follow the emergency part of your action plan?

Circle the letter next to the correct answer.

1. You walked home from school in very cold weather and you start to get a scratchy throat. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

2. You have not taken any asthma medicine all day and you feel great and have no asthma symptoms. You are about to go to sleep. Your action plan calls for long-term control medication before bed. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

3. You are visiting a friend's house and your eyes start to water. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

4. Your room has just been vacuumed and now your chest feels tight and you are having trouble breathing. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

5. You took your long-term control medicine in the morning and now you are helping out in the yard. You start to feel a headache and have a runny nose. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

6. You got a job feeding your neighbor's cat after school. At their house, your chest feels tight and you start coughing. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

7. You and your friend are having a pillow fight. You are laughing so hard that you start coughing and cannot catch your breath. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

8. You just got home from a camping trip and you are having an asthma attack and cannot breathe. You have taken quick-relief medicine and it did not help. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

9. You start playing soccer with some friends, but your chest begins to hurt and you start coughing. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

10. You went to your uncle's house and someone was smoking. Now you are coughing and starting to wheeze. What should you do?
 - A. Take long-term control medication
 - B. Take quick-relief medication
 - C. Be on alert
 - D. Follow the emergency part of your action plan

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MODULE 5:
MEDICINE DEVICES QUIZ

1. Put the steps for using the **dry powdered inhaler (DPI)** in the correct order. Write the number corresponding to each step in the blank provided.

_____ Hold breath and count to 10

_____ Close device

_____ Open device

_____ Breathe in quickly, steadily, and deeply

_____ Click to load medicine

2. Put the steps for using the **two finger/open-mouth technique for the metered-dose inhaler (MDI)** in the correct order. Write the number corresponding to each step in the blank provided.

_____ Breathe in and press inhaler at the same time

_____ Hold your breath and count to 10

_____ Hold inhaler about two fingers in front of mouth

_____ Breathe out

_____ Shake inhaler

3. Put the steps for using the **spacer chamber** in the correct order. Write the number corresponding to each step in the blank provided.

_____ Press inhaler once

_____ Close mouth on mouthpiece

_____ Shake inhaler and attach to spacer

_____ Hold breath and count to 10

_____ Breathe in slowly and deeply

_____ Breathe out

MODULE 6:
PSYCHOSOCIAL QUESTIONS QUIZ

Read each question that a kid has asked another kid about asthma and then read the response. Decide whether it is a good way or a not-so-good way to respond.

Circle the letter next to the correct answer.

1. **Question** Why do you stop playing in the middle of a game? Are you afraid you are going to lose?
 Response Sometimes I have a hard time breathing when I run around. I need to stop, take my medicine, and rest awhile.

A. Good Way to Respond
B. Not-So-Good Way to Respond

2. **Question** When you cough on me, can I catch asthma?
 Response No. You cannot catch asthma. It just means my lungs are sensitive. I cannot give it to you by breathing or coughing on you.

A. Good Way to Respond
B. Not-So-Good Way to Respond

3. **Question** Do you get embarrassed taking medicine in front of everyone?
 Response I hate taking medicine in front of everyone. That is why I wait until I get home.

A. Good Way to Respond
B. Not-So-Good Way to Respond

4. **Question** The teacher told us we could not have a hamster in class. Is it your fault?
 Response No way. It is not my fault! Besides nobody wants that smelly fur-ball in the room anyway.

A. Good Way to Respond
B. Not-So-Good Way to Respond

5. **Question** Why do you cough so much and make those weird sounds when you breathe?
 Response I have asthma and sometimes it's hard for me to breathe and that's why I sometimes cough and wheeze.

A. Good Way to Respond
B. Not-So-Good Way to Respond

6. **Question** I thought you have to take medicine only when you have trouble breathing. Why are you taking it before gym class when you seem all right?
Response I have to take medicine before I play certain sports. It keeps me from having asthma attacks.
- A. Good Way to Respond
B. Not-So-Good Way to Respond
7. **Question** I cough a lot and think I have asthma. Can I use your inhaler?
Response Sure, it will probably make you feel better. It definitely helps me. You can use it just this once. But tell your parents so they can take you to the doctor.
- A. Good Way to Respond
B. Not-So-Good Way to Respond
8. **Question** Come over and study at my house. I know you are allergic, but I will put the cats in the other room. Okay?
Response Even if the cat is in another room, I still have a hard time breathing. Come to my house and study – or we could meet at the library.
- A. Good Way to Respond
B. Not-So-Good Way to Respond
9. **Question** Will you always have asthma, or will it go away some day?
Response Since there is no cure for asthma, my lungs will always be sensitive. But as long as I keep it under control, I can do just about anything any other kid can do.
- A. Good Way to Respond
B. Not-So-Good Way to Respond
10. **Question** Do you miss school because of your asthma?
Response Yes, I miss school every once in a while because of my asthma. But I am trying to manage my asthma better so I will not miss as much school.
- A. Good Way to Respond
B. Not-So-Good Way to Respond

MODULE 7:
LUNG SIMULATION QUIZ

Answer the following questions or complete the statements by circling the letter next to the best answer choice.

1. What does taking anti-inflammatory medicine do?
 - A. Tightens the muscles around the airways.
 - B. Prevents inflammation from building up.
 - C. Adds more mucus to your lungs.

2. It is good to breathe through your nose because:
 - A. Less air gets into your lungs.
 - B. Asthma triggers never enter your body through your nose.
 - C. The nose moistens and filters the air before it reaches your lungs.

3. When muscles tighten around the airways:
 - A. It makes it easier to breathe.
 - B. It makes it harder to breathe because there is less room in the airways.
 - C. It makes the airways stronger.

4. Why is it important to know how to take your medicine?
 - A. Because, when taken correctly, medicine reaches deeper in the lungs and works better.
 - B. Because medicine makes asthma worse if you use it the wrong way.
 - C. It doesn't matter how you take it as long as you use enough medicine.

5. When you are having an asthma attack, you should:
 - A. Wait an hour and see if it passes.
 - B. Use long-term control medicine and go on with your day.
 - C. Use quick-relief medicine, stay calm, and tell an adult.

6. When your lungs are sensitive, it means:
- A. They react to tiny particles that enter your airways.
 - B. They do not react to asthma triggers.
 - C. They are better able to get rid of tiny particles that enter your airways.
7. Inflammation is most like:
- A. Water that gushes from a running faucet.
 - B. A mosquito bite that swells up when you scratch it.
 - C. Snowflakes that fall and melt away.
8. Broncho-constriction is caused by:
- A. A lot of inflammation in your lungs that causes the muscles in your airways to twitch.
 - B. Too much room in the airways that causes the muscles to twitch.
 - C. Choking on something.