

GIVE KIDS THE SKILLS AND CONFIDENCE TO MANAGE THEIR ASTHMA!

HOW THE PROGRAM WORKS:

The American Lung Association's Open Airways For Schools® consists of six 40-minute sessions. Each lesson incorporates group discussions, stories, games and role play to involve and engage students in the learning process.



Topics include:

- Basic asthma information
- Identifying and controlling asthma triggers
- Recognizing and managing asthma symptoms
- Getting enough exercise, doing well at school
- Understanding asthma medicines

Open Airways for Schools® is a school-based curriculum that educates and empowers kids through a fun and interactive approach to asthma self-management.

Over 30,000 U.S. schools have used this state-of-the-art program to educate kids ages 8-11 about asthma. The program strives to improve asthma self-management skills, decrease asthma emergencies, raise asthma awareness among parents/guardians and promote asthma management coordination among students, parents and schools.

Open Airways For Schools helps kids develop skills that enable them to:

- Take steps to prevent asthma symptoms
- Recognize asthma symptoms when they first occur, and carry out appropriate management steps
- Discuss and solve problems related to asthma with parents, medical professionals, teachers and friends
- Feel more confident about taking care of their asthma on a daily basis



Contact Shelly Cree for more information Shelly.Cree@Lung.org | 717-971-1122