

ASSEMBLY SCRIPT FOR WORLD ASTHMA DAY



Aim:

To learn about the lung condition asthma and World Asthma Day.

Entering the assembly:

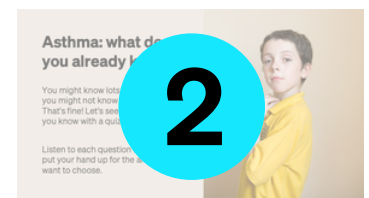
You may wish to play calming, instrumental music for pupils to walk into. As they settle, you could lead them in some breathing exercises. This will calm them and focus them on the topic of today's assembly.

Instructions and teacher notes









Welcome pupils into the assembly and tell them that today's assembly is all about World Asthma Day. If there is time, you could ask for a show of hands to indicate how many children have heard of asthma before.



Explain that you are going to start the assembly with a quiz. Ask children to raise their hand when they hear/see the answer they think is the right one.

Presentation slide



Instructions and teacher notes	Presentation slide
<p>Asthma affects people’s breathing. Asthma is a respiratory condition that affects the airways to and from the lungs, making breathing difficult.</p>	
<p>We use our lungs to help us breathe in and out. The majority of people have two lungs in their chest protected by a rib cage.</p>	
<p>Asthma can affect anyone of any age. It is the most common long-term condition in children, and some people will have it throughout their life.</p>	
<p>Asthma and Lung UK have reported that 7.2 million people in the UK are living with asthma and are receiving treatment for it. It is the most common lung disease.</p>	
<p>Air pollution is harmful substances in the air we breathe. Pollution is bad for everyone but it’s especially dangerous for those with a lung condition, such as asthma.</p>	
<p>The image is of an inhaler which many people with asthma carry with them and use when their asthma becomes worse. These are sometimes called ‘puffers’. They relax the muscles of the tubes leading into the lungs, making it easier to breathe.</p> <p>Some pupils may wish to contribute to this discussion if they use inhalers or other equipment.</p>	
<p>Read the further information about what asthma is to the pupils.</p>	

Instructions and teacher notes	Presentation slide
<p>The following two slides explain some things that can trigger people's asthma and make it worse. They also explain what an asthma attack is. Again, some pupils may wish to offer information based on their own experiences.</p>	
<p>Explain that some people might think certain things about asthma that aren't true. Tell pupils the facts on the following slide to iron out any misconceptions.</p>	
<p>Talk about air pollution and ask pupils if they can think of things we can all do to try to help reduce air pollution. Share their ideas then look at the following slide.</p>	
<p>We can all try to address the issue of air pollution. Ideas include walking, scooting or cycling instead of using the car, using public transport, or car sharing. We can also all use less energy, reduce, reuse and recycle. We can plant and care for trees which help filter pollutants, absorb the carbon dioxide in the air and release oxygen.</p>	
<p>Help pupils to understand a bit more about what it's like to live with asthma. Again, some pupils may wish to share their own experiences.</p>	
<p>Tell children that the best way to help someone with asthma if they have an asthma attack is to seek help from a trusted adult quickly. If someone needs their inhaler, it can be passed to them.</p>	
<p>Tell pupils about the charity Asthma + Lung UK and the work they do to help people with asthma and other lung conditions.</p>	
<p>Tell children about World Asthma Day and when it is.</p>	

Instructions and teacher notes	Presentation slide
<p>Discuss some of the activities that people might be doing on World Asthma Day to raise awareness and money for asthma charities.</p>	 <p>World asthma day activities</p> <p>24</p> <p>Just by learning about asthma in this assembly, you have already done something great!</p>
<p>Thank pupils for listening and end the assembly. You might wish to play some music for them to listen to while leaving the assembly.</p>	 <p>World Asthma Day</p> <p>25</p> <p>Asthma + Lung UK would like to thank you for taking part in today's assembly.</p>