

Utilise play

Learning opportunities to create awareness of, and promote personal safety about asthma

Learning Outcomes	Potential learning context and activities
Keeping themselves healthy and caring for themselves te oranga nui	<ul style="list-style-type: none">• Knowing who to go to for help• Talking about things that keep you safe e.g. medic-alert bracelet• Some children need to take medicines to keep them from becoming unwell• Learning about parts of the body e.g. lungs
Managing themselves and expressing their feelings and needs te whakahua whakaaro	<ul style="list-style-type: none">• Using pictures and images to identify and show a teacher how you are feeling• Role play to support children to talk about their asthma• Role play what it might look like when it's hard to breathe• Talk about, and show pictures of, common things that can cause asthma• Demonstrate words like 'wheeze' and 'hard to breathe' that relate to asthma symptoms• Sharing with others own 'special' medical items e.g. asthma inhaler, spacer and facemask• Using picture books to prompt conversations about asthma
Keeping themselves and others safe from harm te noho haumarū.	<ul style="list-style-type: none">• Learning the importance of taking care of themselves e.g. using inhalers• Role play what it might look like if their friend becomes sick• How to look after my friends• Opportunities for young children to demonstrate and talk about what helps them, to share their personal stories

Source:
Ministry of Education

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