



ASTHMA  
AUSTRALIA

## MY ASTHMA GOAL

---

---

---

---

MEDAL || MEDAL || MEDAL

Did you achieve your  
asthma goal?

Please write to us to  
tell us how you went.

## FINISH



### DROP POINT UNLOCKED

Give your spare puffer, spacer  
and Asthma Action Plan to your  
school admin or your new teacher



### MY ASTHMA VILLAIN

You're almost there!  
Use your tools to combat  
your asthma villain

### CHECKPOINT

Do you know what to do if you get asthma at school? Who do you tell?

---

### MEETUP MISSION

Talk with your teacher  
about your asthma with  
your Mum/Dad/Guardian



### CHECK YOUR TOOLS

Check the expiry  
dates on your  
spare puffers

### UPGRADE YOUR TOOLS

Get a new spacer  
for the year

### CHARGE UP

Get vaccinated

### COLLECT YOUR SHIELD

If prescribed preventer

## START



Set your asthma goal



### COLLECT YOUR KEY

Get an Asthma Action Plan  
from the Asthma Master  
(your doctor)

### VISIT THE ASTHMA MASTER

Asthma Review with  
your doctor

### MAKE A PLAN

Complete your Asthma  
Review worksheet

# CHOOSE YOUR PLAYER



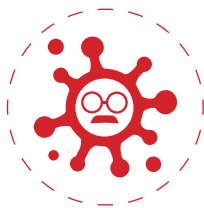
## ASTHMA VILLAINS



**Scent Ninja**  
your nose/hay fever

Hay fever can make your asthma worse. Make sure you are prepared to combat this villain. It can attack at any time of the year in different forms e.g. pollen, cats, strong smells.

**Best weapon:** Ask your Asthma Master what will work best for you e.g. Anti-histamine tablets or a steroid nasal spray.



**Professor Virus**  
colds/flu

If you catch a cold your asthma might get worse. Check your Asthma Action Plan for steps to boost your defences and keep Professor Virus at bay!

**Best weapon:** Get your flu vaccination around April.



**Agent Breathless**  
exercise

Exercise can make you feel more breathless than usual if you have asthma.

**Best weapon:** Ask your Asthma Master about using your blue puffer before exercise.



**Master Evil Chill**  
cold air

If your asthma gets worse in cold weather follow your Asthma Action Plan and use your shield to help keep Master Evil Chill away!

**Best weapon:** Wear a scarf or face mask when it is cold.

## MEDALS



**Lung Legend**  
Ask your doctor to test your lungs (spirometry if you are over 6 years old)



**Flu Fighter**  
Get your flu vaccination (around April)



**Checkup Champion**  
Book your six monthly asthma review in July

## TOOLS



**Key**  
Asthma Action Plan



**Shield**  
Preventer

## AIM

To reach your asthma goal at school. To be successful in reaching your goal, you'll need to complete each mission and equip yourself with the right tools along the way. But beware of the dangers that need shielding against! So let's be awesome with asthma at school and get started!

# HOW TO PLAY

Ask your parent or guardian to help you

1. Print out this document and put page 1 on your fridge or blutac it to the wall.
2. Choose a spaceship token and cut it out (this will be your marker to move along the game board as you complete missions).
3. Read about each villain and ask yourself, "Which one is my biggest enemy when it comes to my asthma?" Choose a villain token and cut it out.
4. Place your spaceship on the **START** space and your villain on the red **VILLAIN** space (just before the **FINISH**). TIP: You can use blutac or a magnet to help your spaceship and villain stay on.
5. Write your asthma goal in the space provided. This is something you want to achieve without asthma getting in the way! A few ideas could be... *"I want to run the cross country race without getting asthma"* OR *"I'm not going to miss a single day of school because of asthma this term"*. It's a good idea to talk to your parent or guardian about your goal, so they can help you achieve it.
6. Now, with your parent or guardian, go through and complete each mission, moving your spaceship to the next space as you complete it. You may have to wait to know if you reach your asthma goal, depending what it is.
7. Cut out the medals as you achieve them and stick them onto your asthma goal section at the top.
8. Share your asthma goal journey with your family and friends! With permission from your parent or guardian, you can also share your **#myasthmagoal** with us on social media.
9. Have you reached your asthma goal? Ask your parent or guardian to email us at [champion@asthma.org.au](mailto:champion@asthma.org.au) and we'll send you a certificate to say congrats!

## PARENT NOTES

<b>Make a plan</b>	Help your child fill in their <a href="#">Asthma Review Worksheet</a> for a smooth discussion with their doctor.
<b>First key</b>	Pre-print an <a href="#">Asthma Action Plan</a> for your child's doctor to complete. This helps you manage their asthma at home.
<b>Shield</b>	<p>Some children need a regular preventer for their asthma. This works best if taken daily, not just when unwell. This could be prescribed for the winter season, the pollen season, or all year round.</p> <p>For more info see: <a href="https://asthma.org.au/treatment-diagnosis/medicines-and-devices/preventers">Preventers (asthma.org.au/treatment-diagnosis/medicines-and-devices/preventers)</a></p>
<b>Upgrade your tools</b>	It is best practice to replace spacers every year to avoid issues with the valve or seal.
<b>Check your tools</b>	Out-of-date medication may not work properly. Check expiry dates on puffers before handing to the school. Do not store spares in the car. Heat can also damage the medicine.
<b>Drop point</b>	Give your child's spare puffer, spacer and Asthma Care Plan for school to their new teacher or school admin. It is best to store these in a paper or fabric bag – not plastic.