

# Asthma awareness years 1-13

A suggestion for implementing the strategy  
'Create inclusive learning environments '  
from the Guide: [Asthma and learning](#)

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- Includes:**
- Health and PE years 1-12
  - Role play
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  - Supporting adolescents
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Guide: [Asthma and learning](#)

Strategy: [Create inclusive learning environments](#)

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Date

29 August 2025

Link

[inclusive.tki.org.nz/guides/asthma-and-learning/asthma-awareness-years-1-13](https://inclusive.tki.org.nz/guides/asthma-and-learning/asthma-awareness-years-1-13)

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## Health and PE years 1-12



Source:

[Ministry of Education](#)

<https://nzcurriculum.tki.org.nz/The-New-Zealand-Curriculum/Health-and-physical-education/Achievement-objectives>

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## Role play

Making and sharing short videos or doing role plays enables students to understand asthma, support their peers, and make safe decisions.



Video hosted on Youtube <http://youtu.be/cindluEMOU>

No captions or transcript

Source:

[asthmaFreeSchoolZone \(US\)](#)

<https://youtu.be/cindluEMOU>

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## Learn through literacy

Stories supported by downloadable lesson plans.

- [Asthma – School Journal](#) (L2) an article explaining an asthma attack and a child's experiences
- [Breathless – School Journal Story Library](#) (L3) a fictional narrative about a boy who suffers from asthma
- [Sensing data – Connected](#) (L4) an article describing how Christchurch is becoming a safer city for people with respiratory disorders

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## Supporting adolescents

Many adolescents are embarrassed about having asthma and using medication, particularly around their friends and peers.

Build students' competencies in managing their own health by:

- ensuring students know how and when they can seek help
- ensuring confidentiality
- using subjects such as English, science, history, health and PE, to explore concepts of hauora
- identifying safe, accessible spaces that students can access if needed for taking preventer medication or doing calm breathing exercises
- reminding students of where and how to access onsite health professionals.

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## Relating to others



Source:

[Asthma Australia](https://asthma.org.au/)

<https://asthma.org.au/>

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## Useful resources



### Health and physical education: Achievement objectives

Health and physical education in the New Zealand curriculum.

Publisher: Ministry of Education NZ

[Visit website](#)



### Healthy breathing and asthma activity booklet

An activity booklet with activities for children and whānau to learn about healthy breathing, preventing and managing asthma

Publisher: Otago University

[Download](#) PDF (4.7 MB)



### Sailor Asthma Show

An in-school/ECE initiative supported by the Asthma and Respiratory Foundation NZ. Includes a free touring show plus a website of supporting resources.

[Visit website](#)

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