

# 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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