

Useful resources



Children and asthma

Read time: 26 min

This guide provides information on childhood asthma. There is a specific section on physical activity, page 15 with tips on supporting children and young people with asthma to be active.

Publisher: Asthma + Respiratory Foundation, NZ

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Teachers' asthma toolkit: Asthma and physical activity

A free online toolkit with information about asthma. The physical activity section explains how young people can engage safely in physical activity.

Publisher: Asthma + Respiratory Foundation, NZ

[Visit website](#)



Exercise induced asthma

Information on recognising symptoms and what to do if you are experiencing exercise induced asthma, presented in this pamphlet.

Publisher: Asthma NZ

[Visit website](#)

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