

# Asthma Charades

Ages 8-14

## Activity Objective:

This activity helps to reinforce children's knowledge about the respiratory system, asthma management tools and asthma vocabulary terms in a charade game format.



## Instructions:

- Group leader creates index cards (or use cards on page 14) with pictures and words that include:

Allergy	Dust mite	Nebulizer
Asthma	Early warning signs	Peak flow meter
Asthma attack	Exercise-induced	Pollen
Asthma diary	Inhaled corticosteroid	Pulmonary function test
Bronchial tube	Inhaler	Smooth muscle bands
Bronchodilator	Lungs	Spacer
Diaphragm	Mucus	Wheeze

- Each participant chooses a card from the container.
- Group members silently act out/mime what they have picked.
- Other group members try to identify which asthma term it represents.

*Optional:* List words on a poster board/blackboard as a reference.

*Optional:* Participants could receive points or small rewards (ie, candy, trinkets, etc.) when their charade is guessed.

## Materials Needed:

- Index cards labeled with the various terms listed above
- Poster board
- Marker
- Container
- Timer

Copy and cut on dotted lines

Allergy

Inhaler

Asthma

Lungs

Asthma attack

Mucus

Asthma diary

Nebulizer

Bronchial tube

Peak flow meter

Bronchodilator

Pollen

Diaphragm

Pulmonary function test

Dust mite

Smooth  
muscle bands

Early warning signs

Spacer

Exercise-induced

Wheeze

Inhaled corticosteroid