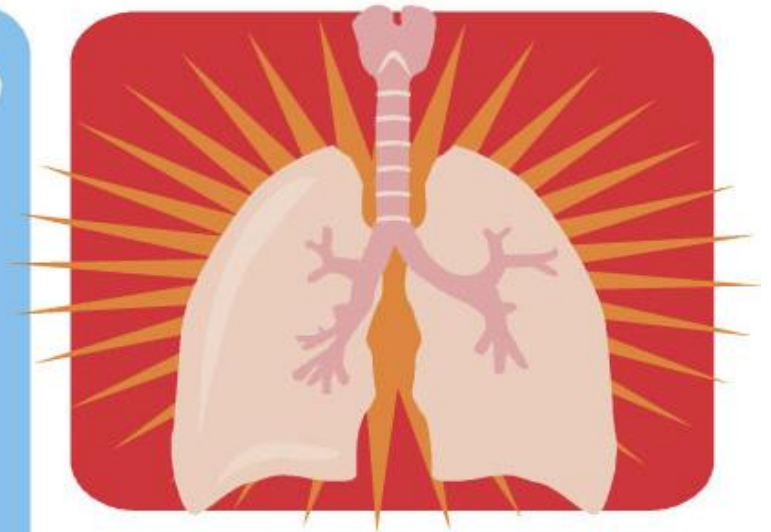
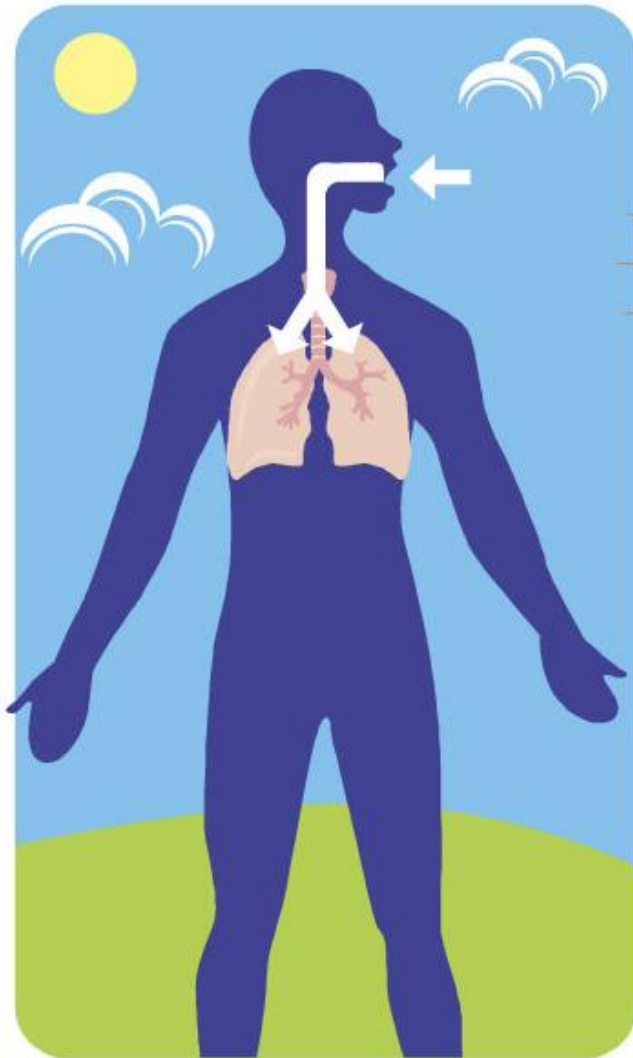


Asthma Lapbook



Designed for 3rd - 8th Grades



L-ASTH

Designed by
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Amy Moses

Asthma Lapbook
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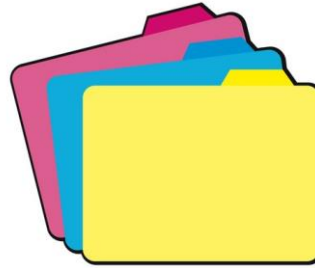
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Special thanks to Amy Moses, M.S.Ed. She is the author of the Study Guide that is included in this product. The Study Guide is being used with her permission and is now owned by Knowledge Box Central.

How do I get started?

First, you will want to gather your supplies.



*** Assembly:

***Folders:** We use colored file folders, which can be found at Walmart, Sam's, Office Depot, Costco, etc. You will need between 1 and 4 file folders, depending on which product you have purchased. You may use manila folders if you prefer, but we have found that children respond better with the brightly colored folders. Don't worry about the tabs...they aren't important. Within this product, you will be given easy, step-by-step instructions for how to fold and assemble these folders. *If you prefer, you can purchase the assembled lapbook bases from our website.*

***Glue:** For the folder assembly, we use hot glue. For booklet assembly, we use glue sticks and sometimes hot glue, depending on the specific booklet. We have found that bottle glue stays wet for too long, so it's not a great choice for lapbooking. For gluing the folders together, we suggest using hot glue, but **ONLY** with adult supervision. These things get **SUPER** hot, and can cause **SEVERE** burns within seconds.



***Other Supplies:** Of course, you will need scissors. Many booklets require additional supplies. Some of these include metal brad fasteners, paper clips, ribbon, yarn, staples, hole puncher, etc.



You may want to add decorations of your own, including stickers, buttons, coloring pages, cut-out clipart, etc. Sometimes, we even use scrapbooking supplies. The most important thing is to use your imagination! Make it your own!!



Ok. I've gathered the supplies. Now how do I use this product?

Inside, you will find several sections. They are as follows:

1. **Layout and Pictures:** This section gives instructions and diagrams that will tell the student exactly how to assemble the lapbook base and where to glue each booklet into the base. Depending on the student's age, he or she may need assistance with this process, especially if you choose to allow the student to use hot glue.

2. **Student Instruction Guide:** This section is written directly to the student, in language that he or she can understand. However, depending on the age of the child, there may be some parent/teacher assistance needed. This section will also tell the student exactly what should be written inside each booklet as he or she comes to it during the study.

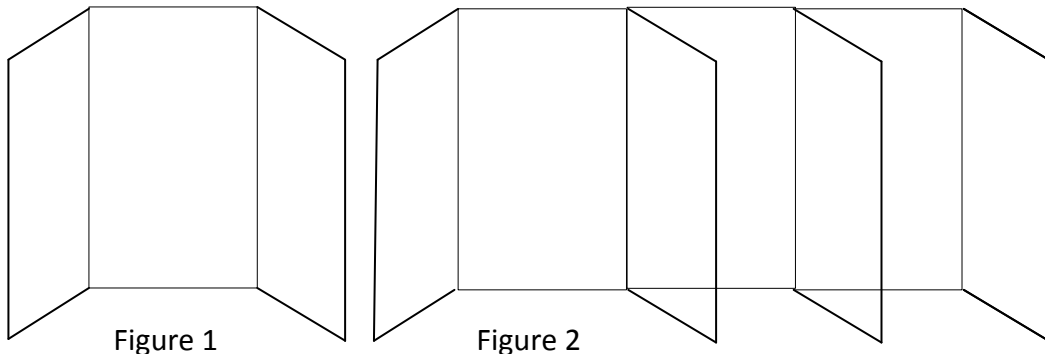
3. **Booklet Templates:** This section includes ALL of the templates for the booklets. These have been printed on colors that will help to improve retention of the information presented, according to scientific research on color psychology.

4. **Teacher's/Study Guide:** This section includes a Study Guide that can be used to teach this subject. It includes all information for completing the booklets in this lapbook.

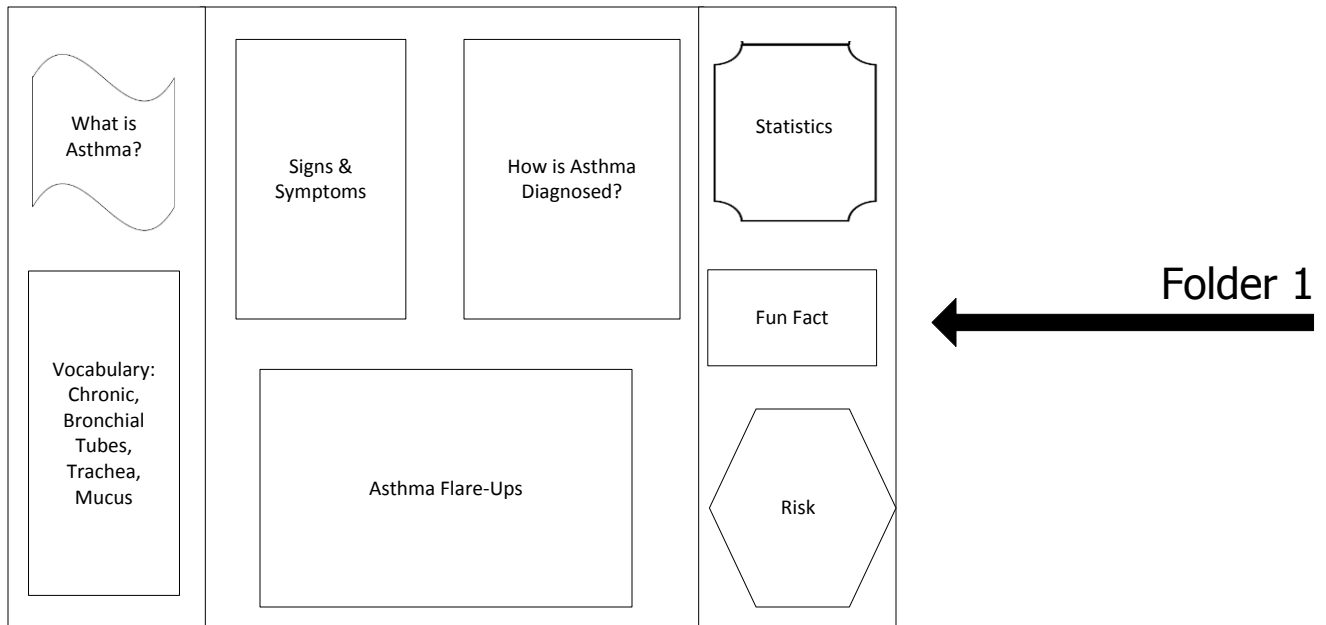
Asthma Lapbook

Layout & Pictures

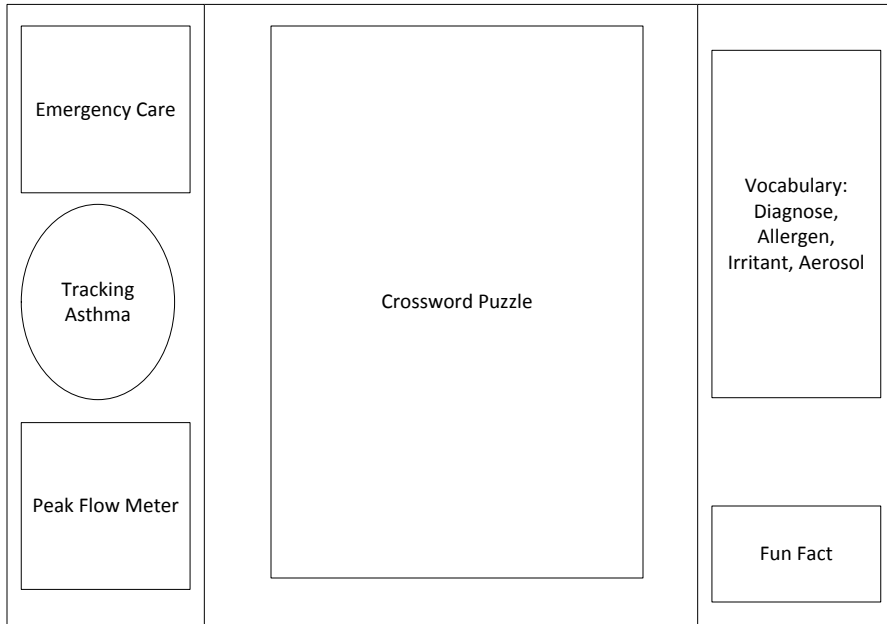
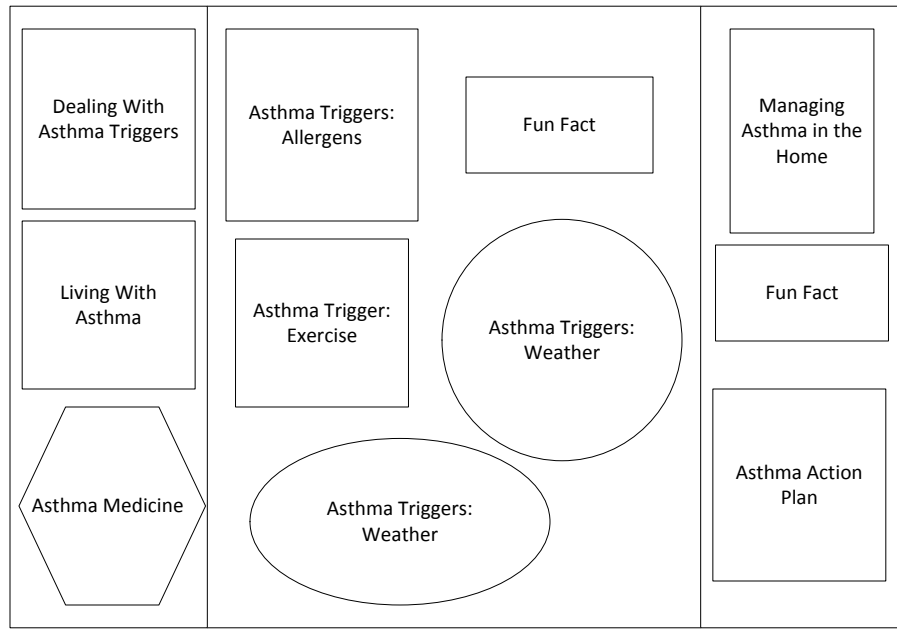
You will need 3 folders of any color. For each folder, you will fold both sides toward the original middle fold and make firm creases on these folds (Figure 1). Then glue the folders together along one flap (Figure 2).



This is the "Layout" for your lapbook. The shapes are not exact on the layout, but you will get the idea of where each booklet should go inside your lapbook.



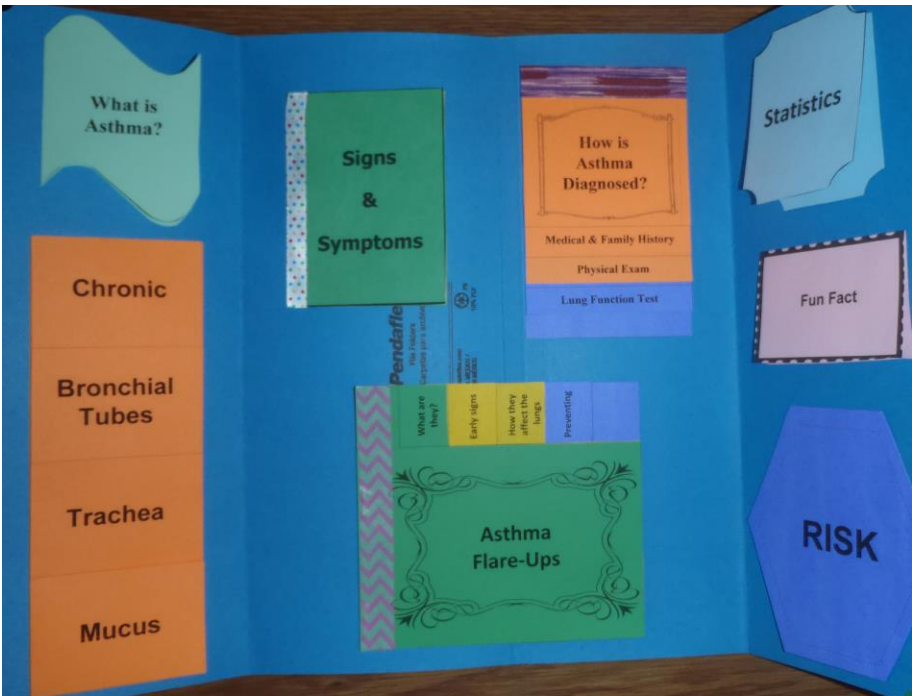
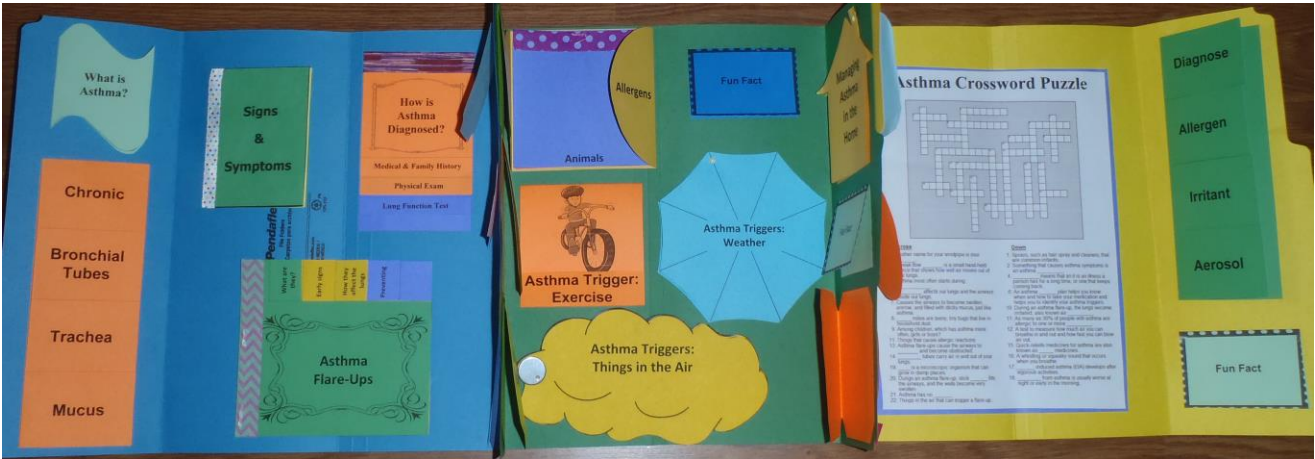
Folder 2



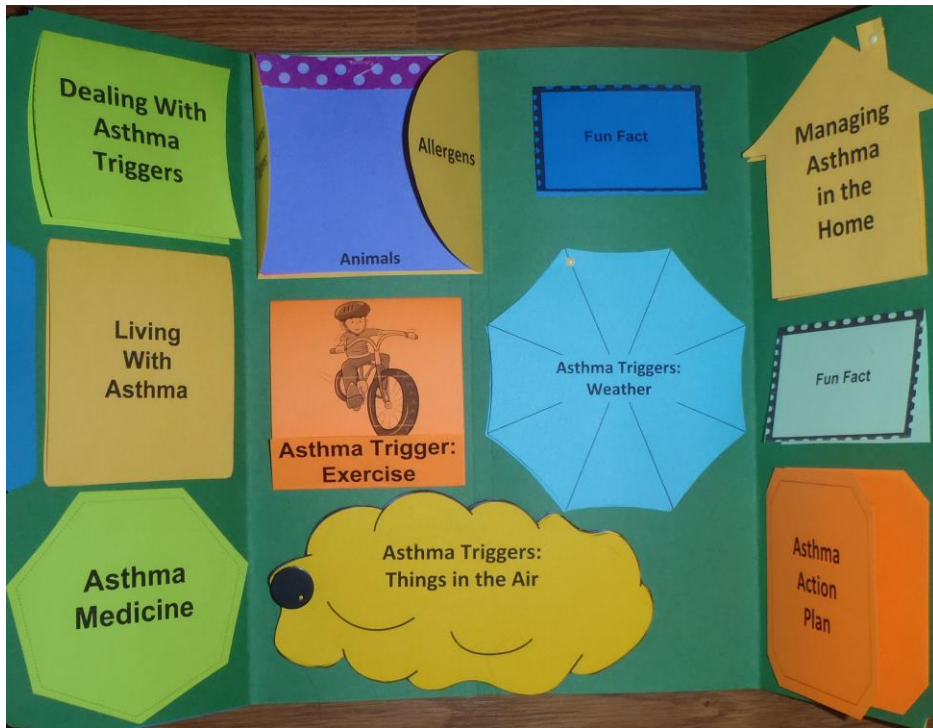
Folder 3



Below is a picture of a completed lapbook!!! This should help in figuring out how to assemble the booklets and then how to put them all together!



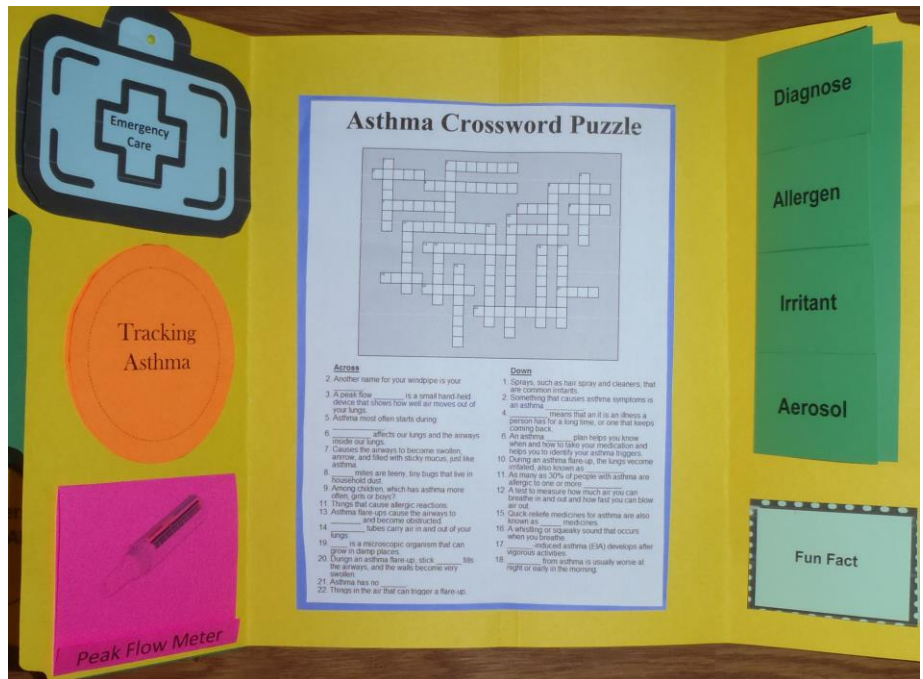
← Folder 1



Folder 2



Folder 3



Asthma Lapbook

Student Instruction Guide

Booklet 1: What is Asthma?

Assembly Instructions: Cut out along the outer black line edges of the booklet. Fold along the center line so that the title is on the front.

Completion Instructions: Inside this booklet, explain what asthma is.

****PLACE in Folder #1 (see layout).**

Booklet 2: Vocabulary: Chronic, Bronchial Tubes, Trachea, & Mucus

Assembly Instructions: Cut out along the outer black line edges of the booklet. Fold along the center line so that the words are on the front. Cut along the short, dotted lines to create flaps.

Completion Instructions: Under each flap, write the definition of the word.

****PLACE in Folder #1 (see layout).**

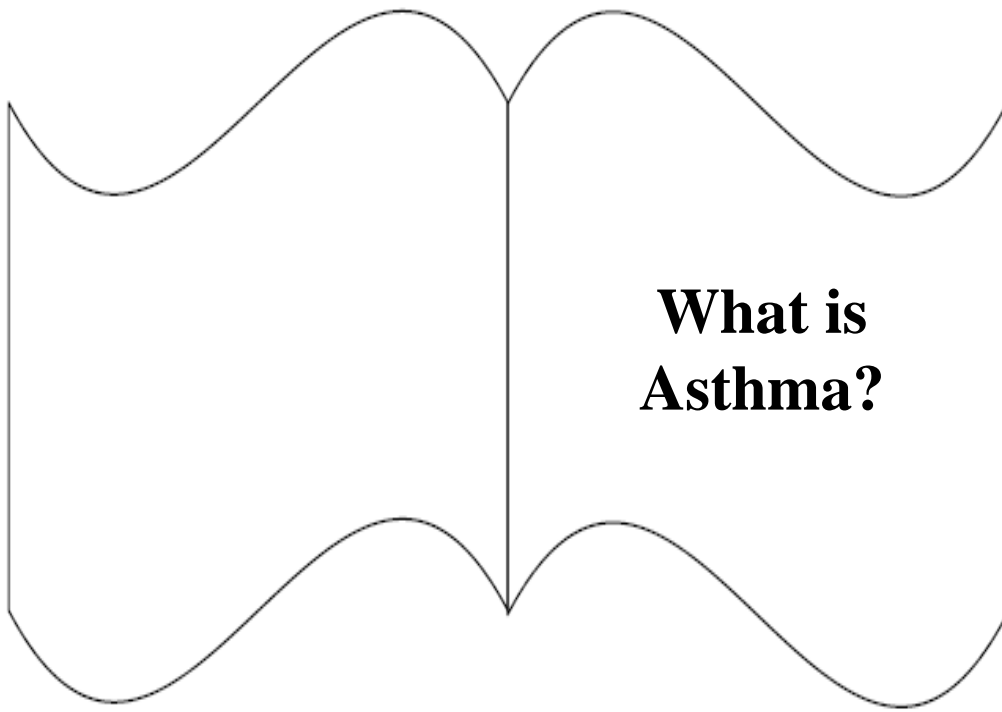
Booklet 3: Statistics

Assembly Instructions: Cut out along the outer black line edges of booklet. Fold along the center line so that the title is on the front.

Completion Instructions: How many people in the United States have asthma? How many of those are children? Tell these important statistics inside the booklet.

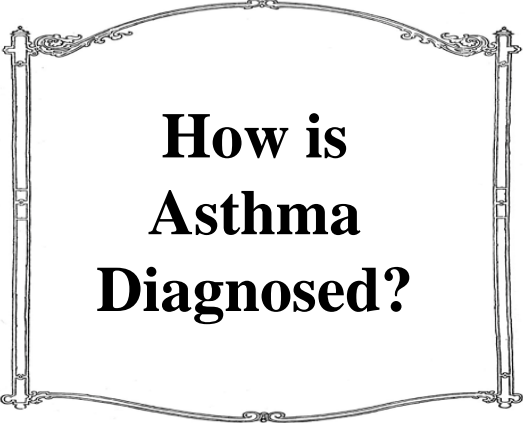
****PLACE in Folder #1 (see layout).**





**What is
Asthma?**

	Chronic
	Bronchial Tubes
	Trachea
	Mucus



**How is
Asthma
Diagnosed?**

Medical & Family History

Physical Exam

Lung Function Test

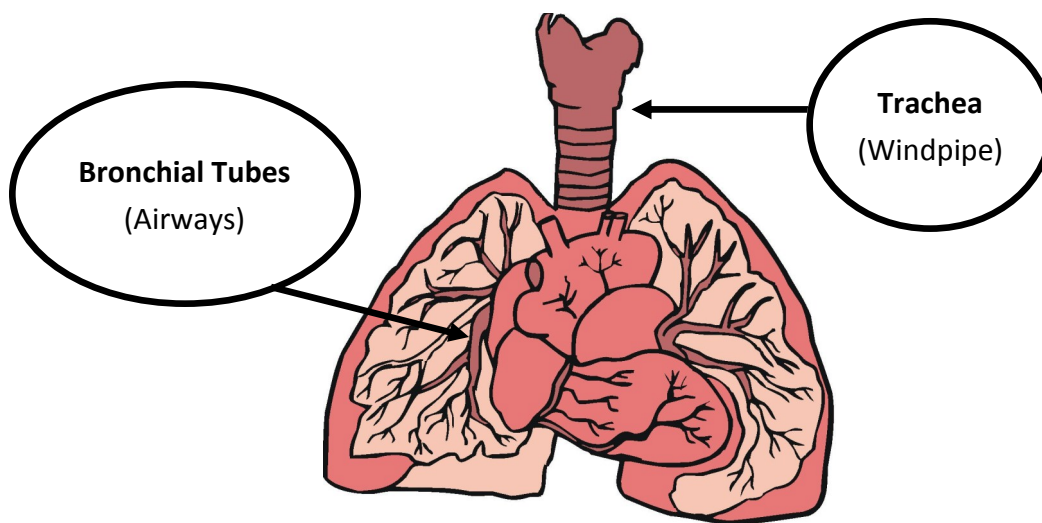
Asthma...what is it?

What is asthma?

Asthma (say: az-muh) is a chronic disease. "Chronic" means that it is an illness (or, disease) a person has for a long time, or one that goes away and keeps coming back. Asthma affects our lungs and the airways inside of our lungs. Airways are tubes that carry air in and out of your lungs. These airways are called "bronchial tubes."

If you have asthma, the inside walls of your airways become sore and swollen. The tubes that take air to your lungs get too tight (kind of like a pinched straw) and this makes it hard for you to breathe.

The Lungs



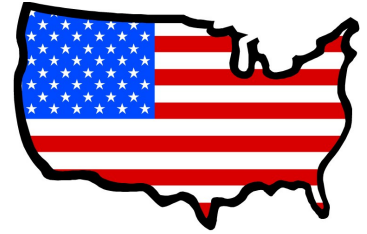
When someone breathes normally, air is taken in through the nose or mouth. It then goes into the trachea (say: tray-kee-uh), passing through the bronchial tubes, into the lungs, and finally back out again. If you have asthma, your airways produce lots of thick mucus. Mucus is a sticky, thick liquid that can make the airways even more narrow.

If you have asthma, you may be overly sensitive to certain things, like exercise, dust, or cigarette smoke. This causes the smooth muscle that surrounds the airways to tighten up. So, the combination of airway inflammation and muscle tightening makes the airways very narrow, which in turn makes it difficult for air to move through.

Asthma...what's the big deal?

Did you know...

In the United States, about 20 million people have asthma. Nearly 9 million of them are children. Since children have smaller airways than adults, it makes asthma especially serious for them.



Anyone can have asthma, even infants. It is very common among kids and teens. Asthma symptoms include coughing, wheezing, and shortness of breath.

Asthma has no cure. Even when you feel fine, you still have the disease. And, it can flare up at any time. The good news is that with treatment, most people with asthma are able to control their disease. They have few, if any, symptoms. They can live normal, active, lives and sleep through the night without interruption from asthma.

Who Is at Risk for Asthma?

Asthma affects people of all ages, but it most often starts during childhood. Young children who often wheeze and have respiratory infections, as well as certain other risk factors, are at the highest risk of developing asthma that continues beyond 6 years of age. The other risk factors include having allergies, eczema (an allergic skin condition), or parents who have asthma.



Among children, more boys have asthma than girls. With adults, the disease affects men and women equally. Most people who have asthma also have allergies.

Some people develop asthma because of contact with certain chemical irritants or industrial dusts in the workplace. This type of asthma is called occupational asthma.