

Emily Eases Her Wheezes

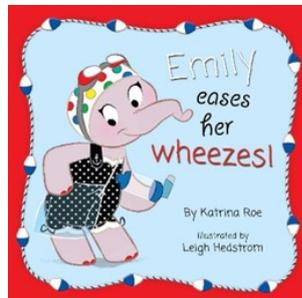
By Katrina Roe & Illustrated by Leigh Hedstrom

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If Emily tries to play basketball, she ends up puffing. What can you do when asthma stops you from playing with your friends? Join Emily and her friends as they find a way she can join in on the fun.



Themes:

- Asthma
- Helping friends
- Acceptance

Discussion Points

- Before reading the book, introduce the topic of asthma to the children and discuss what they know about it.
- Do you suffer from asthma or know someone who does?
- Why was Emily not allowed to be active when she had asthma?
- What happened to her when she had it and how did her friends react?
- Do you think their reaction to her asthma was fair? How did Emily feel when this happened?
- What were the things that affected her asthma and what did she have to do to help it from occurring?
- Emily had a 'puffer' that helped her asthma. Do you know how this helps people with asthma?
- Emily always felt that she missed out when she couldn't participate in the same activities as her friends. Have you ever had to miss out on something because of sickness or illness? How did you feel? How did your friends react? Did they help you?
- Emily's friends missed her too when she couldn't play with them. What sort of qualities did they show as friends when they tried to find an activity that she could do?
- Once Emily discovered that swimming was good for her asthma, she had swimming lessons and worked hard to improve. She set her goal to win the race and she succeeded. What does this tell you about trying your best and persisting with an activity? What are some other aspects of our lives that we can apply this to?

Activity:

- Research how and why swimming is good for asthma. Find out which famous swimmers in the world have suffered from it and how they managed their condition to become champions!