

Sponsored by The Consortium on Children's Asthma Camps

asthma camp

I am Going to



this book
belongs to:

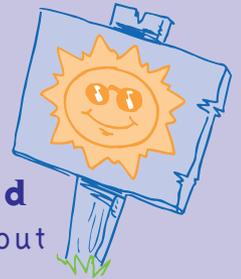
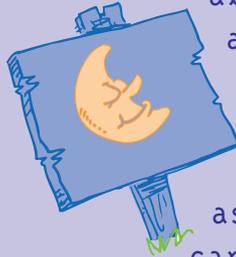


welcome



Hi, I'm **Dusty**, and I'm everywhere!! A lot people with asthma don't like me, but I'm not such a bad guy once you get to know me, and understand how to manage me. That's what this book is about - **managing your asthma** so you can have a great time at camp. It was prepared by the Consortium on Children's Asthma Camps - a group of people who understand what it's like to have asthma AND know how much fun you're going to have at camp!

Whether you'll be at **overnight or day camp**, this book will help you get ready. In it, you'll meet other campers who might be going through the same stuff you are, and we'll give you some questions and ideas to think about. Then you'll get to do some fun games and activities that will help you see some special ways asthma camp is even cooler than regular camp. You can read this book together with your **friends and family**, to help answer some of your questions about asthma camp. And remember to bring it with you to camp to compare your notes with the other campers.



special thank you

The
Consortium
on Children's
Asthma
Camps

The Consortium includes representatives from the American Academy of Allergy Asthma and Immunology; American Academy of Pediatrics, Section of Allergy Asthma and Immunology; American College of Allergy, Asthma and Immunology; American Lung Association; American Thoracic Society; and the Asthma and Allergy Foundation of America.

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ready, set, go!

Tasha liked her home. She had spent some time at friends' houses, and slept at her grandma's house now and then, but was always happy to be back sleeping in her own bed. And now her mom was talking to her about going to camp.

"Well, it would be a nice change of scenery," Tasha thought, "I mean, I like camping, and being outside, and it sounds really cool that all the other kids will be learning about their asthma, too. I don't know about this...I'll give it a try, but I wonder what it will be like..."

You will enjoy
camp activities when
you control your asthma!



something to think about...

What are you most excited about when you think about camp? Do you think there is anything you will miss from home?

JOURNAL

Use the space on the next page to write down any thoughts or concerns about camp; things you're excited to try; things you need to do to make sure you're ready...

camp!



Four sets of horizontal lines for writing, each set consisting of a top line, a middle line, and a bottom line. The top set is blue, the second and third are green, and the bottom one is orange.

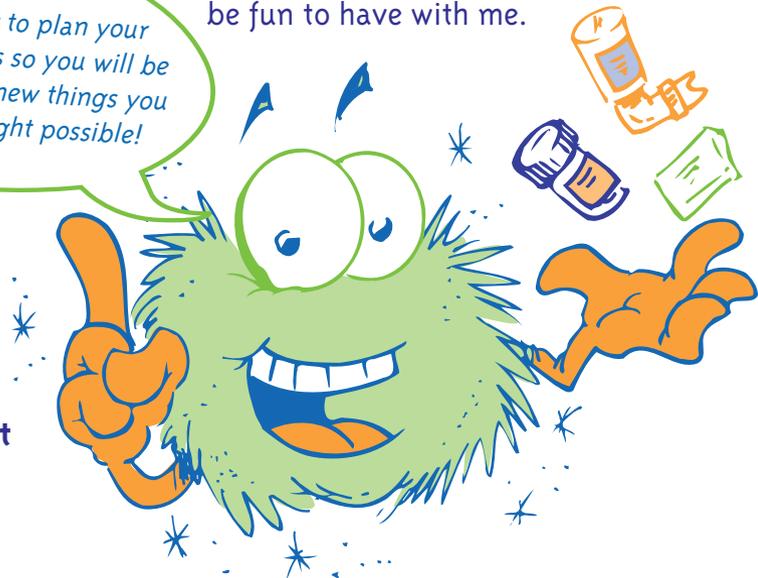


what should I take to camp?

"Let's see," Marcus said, "If I bring my boom box and CDs, most of my action figures, my coin collection, marker set, AND pillow, all I need to do is find a place to put my clothes... and my skateboard."

Carly, his sister, saw that all of Marcus' stuff was never going to fit. "Look," she said, "I'm just bringing a little backpack for day camp, and I figure they'll have most everything there already. I started by packing the stuff I NEED to bring, like a swimsuit, raincoat, sneakers, and stuff like that. Then, if I have room, I'll bring some of the other stuff that would be fun to have with me."

Remember to plan your asthma meds so you will be ready to try new things you never thought possible!

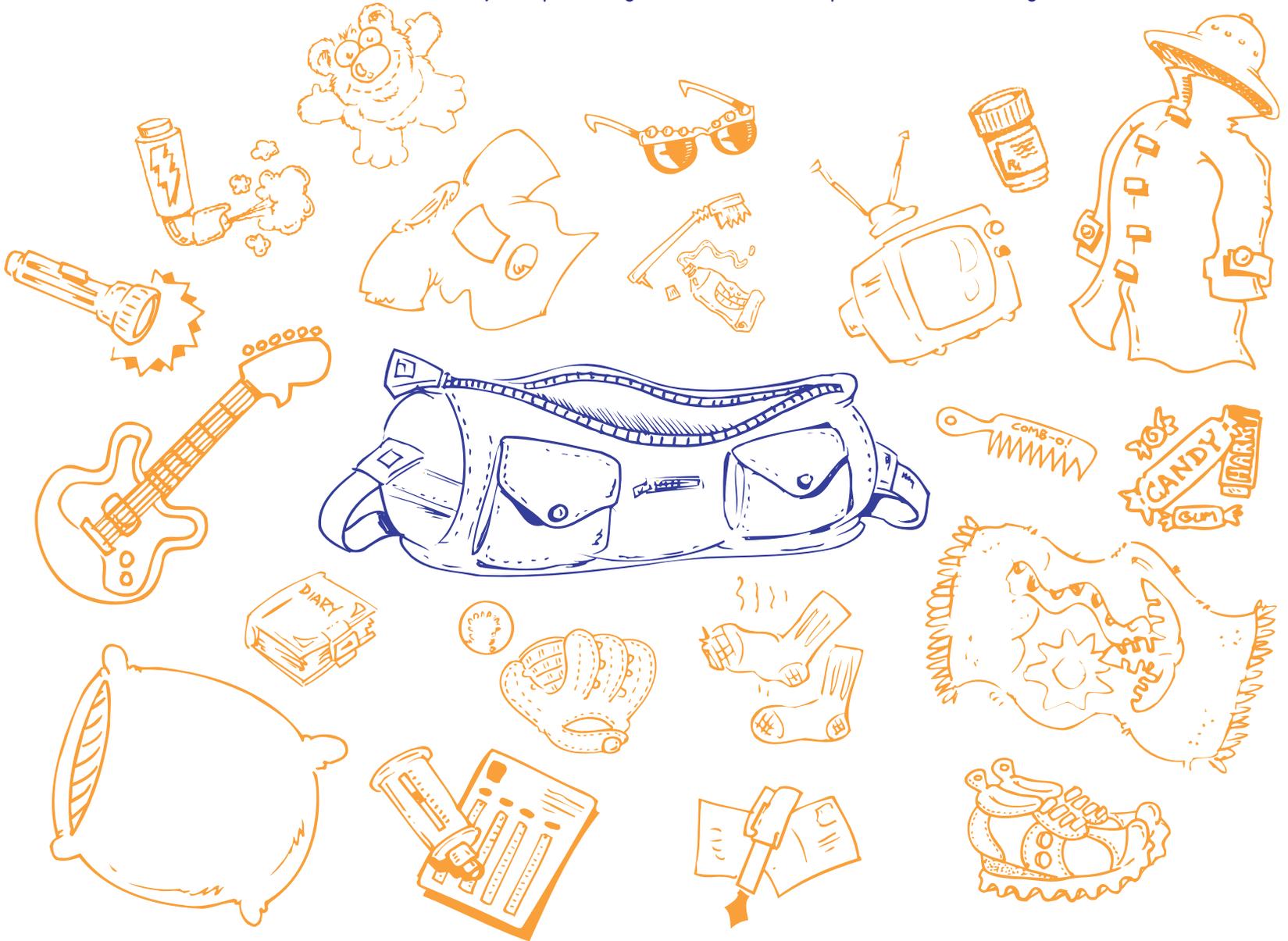


something to think about:

What is your one favorite personal item from home that you want to bring with you to camp? What things do you suppose they'll already have at camp?

AcTiViTy

There is so much you WANT to bring, but only 10 things will fit in your bag. Which 10 would you choose to bring? Circle each.



Kevin was attending camp for the first time. There were 4 kids in Kevin's cabin who went to camp last year. They were happy to see each other again, and hung out together. Kevin wasn't too excited about being the new kid. One of the guys, a kid named Jake, noticed that Kevin was shuffling through his baseball cards, and told him that he had brought baseball cards, too. Pretty soon, the whole cabin was sharing cards, telling stories, and listening to music. And, on top of ALL that, when they started talking about their asthma, Kevin realized he had NEVER been in a group of kids that ALL had asthma before. They were a lot like him, and understood what his life was like. Kevin thought "This is a cool place..."

**something to
think about...**

What do you think your counselor and the other kids at camp will be like? If you need help managing your asthma, do you think they'll know what to do?

who will I meet at camp?

AcTiViTy

● Fill in these blanks yourself, and ask a friend from home to answer them, too. Once at camp, compare them with friend's there. Consider how you are alike, and how you are different. Can you guess any of their answers?

My three favorite things to do are:



Special medicines I need to take:



This is what I think people like about me:

The funniest thing that ever happened to me was:



favorites

food _____

movie _____

color _____

book _____

school subject _____

music group _____

song _____

t.v. show _____

kind of pizza _____

sport _____

a little help from my friends!

It's great to be at camp with terrific people who understand what it is like to have asthma!!



something to
think about...

Have you ever had your feelings hurt or have you ever hurt anyone else's? Think about how it felt when you made someone feel better.

Sara had never been to camp before. As a matter of fact, she had never slept away from home before. She had only been at camp one night, and it seemed like fun, but she was really missing her family. And, she sure didn't need the other kids making fun of her for it.

One of the other kids in her cabin, a girl everyone called Specs, could tell something was bothering Sara, and asked if everything was OK. Sara thought that was nice, and told Specs how she felt. Specs told her that she had been feeling that way too, but then she just had more and more fun at camp and forgot all about it. It helped Sara to talk about it.

The next day, Sara got a letter from home, and that made her feel great. She still thought about her family and friends, but didn't feel lonely at all! She also took some time to write postcards to friends about all of the great things at camp.

AcTiViTy ● With family and friends, use body language to match your bodies with one of the emotions shown on Dusty's face.



Sad

Embarrassed



Surprised



Afraid



Bashful



Angry

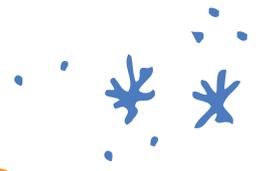
Proud



Happy



you expect me to eat that?



Pete absolutely hated foods that squished when he bit into them. He was a crunch guy, all the way. And, he couldn't believe his eyes as his friend Nick was actually eating that gross, squishy stuff on his plate. I mean, Nick went for seconds!!

Pete thought "What is this stuff anyway? Hmmm, looks like mashed potatoes... Too bad it is NOT on my list of allergies..." He smelled it...he moved it around on his plate...he touched it... he put a teeny, tiny bit on his fork and... the next thing HE knew he was going back for seconds, too.

1 _____

2 _____

3 _____

4 _____

something to
think about:

Are there foods you need to
avoid because of allergies?

Unscramble these word jumbles to find out what kinds of foods Dusty is allergic to (or just doesn't enjoy)!

Dusty is allergic to foods that

A fruit or a vegetable?

ATOOMT _____

1

There is no rhyme for this juicy gem.

NRGOEA _____

2

Something you find in the garden in the fall.

AHSUSQ _____

3

A Mexican "burger." ACOT _____

4

One of these fell on

Sir Isaac Newton's head. PLEPA _____

5

This is what toast used to be. RDAEB _____

6

Why rabbits have such good eyesight. RACRTO _____

7

Huff & Puff, Wag-Wag!

GDTOHO _____

8

1 2 3 4 5 6 7 8 !!



what will **we**

do there?



Mollie had never thought much about canoeing. But, now that her friend Mai was asking her if she'd share a canoe with her, she was thinking A LOT about canoeing. She was a pretty good swimmer, but was nervous about stepping into a wobbly little boat - even with a life jacket on. But, Mai wanted her to come, and it DID look like fun. Mollie knew that if Mai could do it, then she could at least try it, too.

She had followed her medical plan faithfully, and knew she had nothing to worry about. So, all she needed to think about was keeping the canoe right side up!

AcTiViTy

● It's the day of the Camp Olympics. Liza and Abby are both in the big relay race. They know that they need to take their medications before the race so they're able to do their best. Help them find their way from their cabin to the Health Center.

something to
think

about: Think of things you haven't had the opportunity to try because you haven't been to camp. What have you always wanted to try doing? What have you never wanted to try doing? How did you feel when you accomplished something you thought you couldn't do, like horseback riding, hiking or swimming?

Where will I sleep and hang out?

Lori thought her cabin looked cool on the outside, but seemed sort of “rustic” on the inside. It had wood floors and walls and screen windows. Just as she was getting settled in and feeling like it was kind of cool to be “roughing it,” something creepy happened - She saw a spider! Lori was deathly afraid of bugs...What could she do?

You may be imagining camp as a wild and woolly place, but it's really cool!

As you look at this picture of “Camp Nightmare”,

think about some of the special things you hope

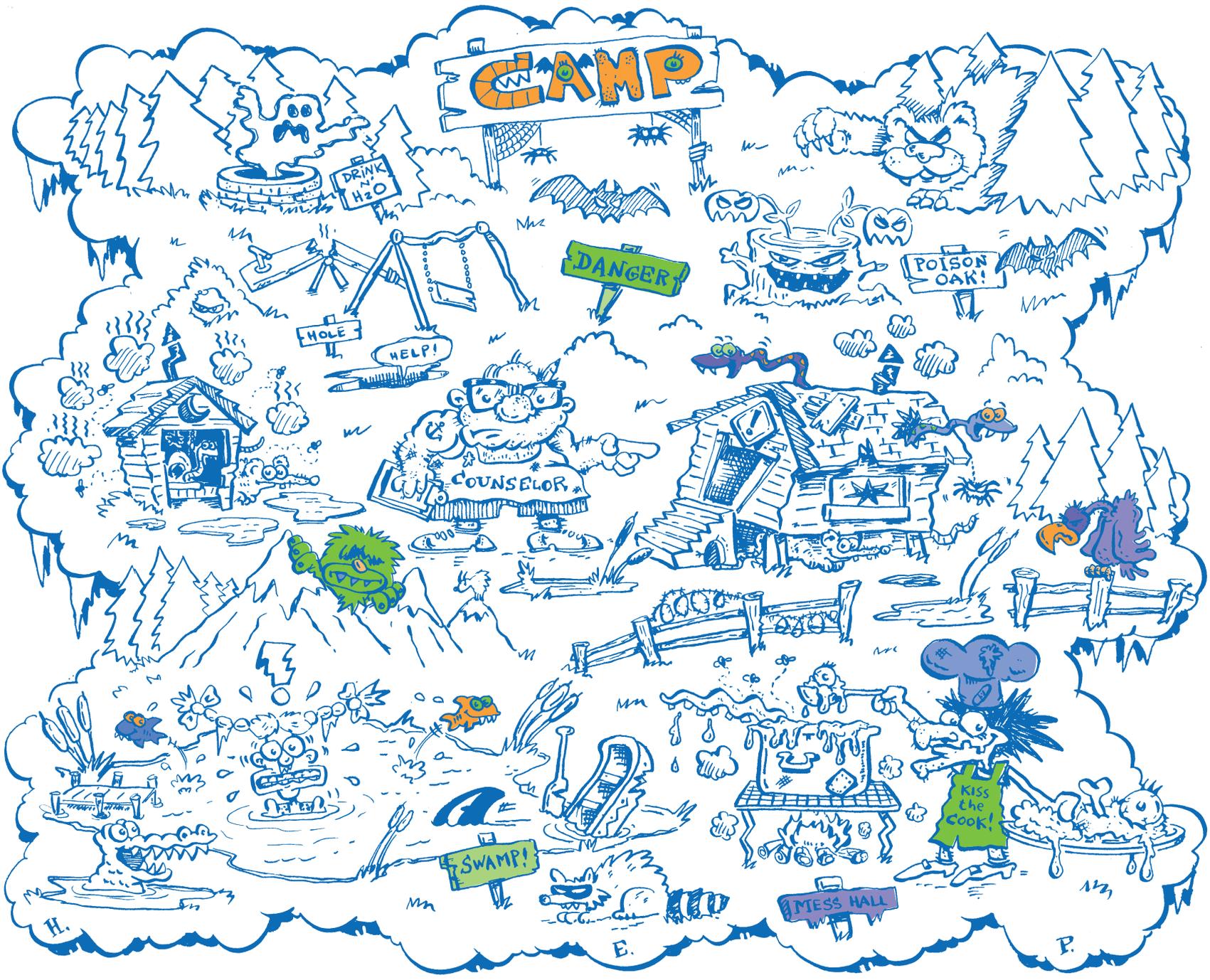
to do and learn at camp to make it a great part of your year.

something
to think about...

What do you imagine your cabin or tent will be like? What could you bring that will make it feel more like home?

Write your thoughts and ideas down here:





CAMP

DRINK IN H₂O

DANGER

POISON OAK!

HOLE

HELP!

COUNSELOR

MESS HALL

KISS THE COOK!

SWAMP!

H.

E.

P.

saying goodbye.

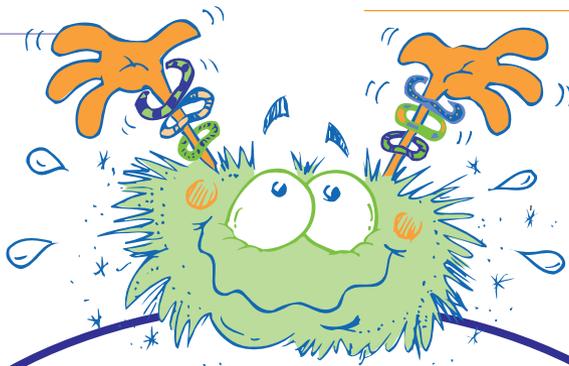
When Meghan got off the camp bus, she was really happy to be back home, but she missed camp, too. It was such a special time - so different from her routine at home.

She was happy she had taken so many pictures of her new friends, and gotten their addresses. She even had her collection of "perfect skipping stones." She thought they'd look nice in a bowl on her desk, and she could look at them as she sat there, writing letters to her camp friends.

Activity

● Turn a shoe box into a **Camp Scrap Box!** Collect camp mementos (pine cones, stones, letters from home) and **decorate** the box with things you **gather** during your time at camp. Take materials to make **friendship** bracelets with your new friends — and don't forget me!





FRiEnDsHip BrACeLetS!

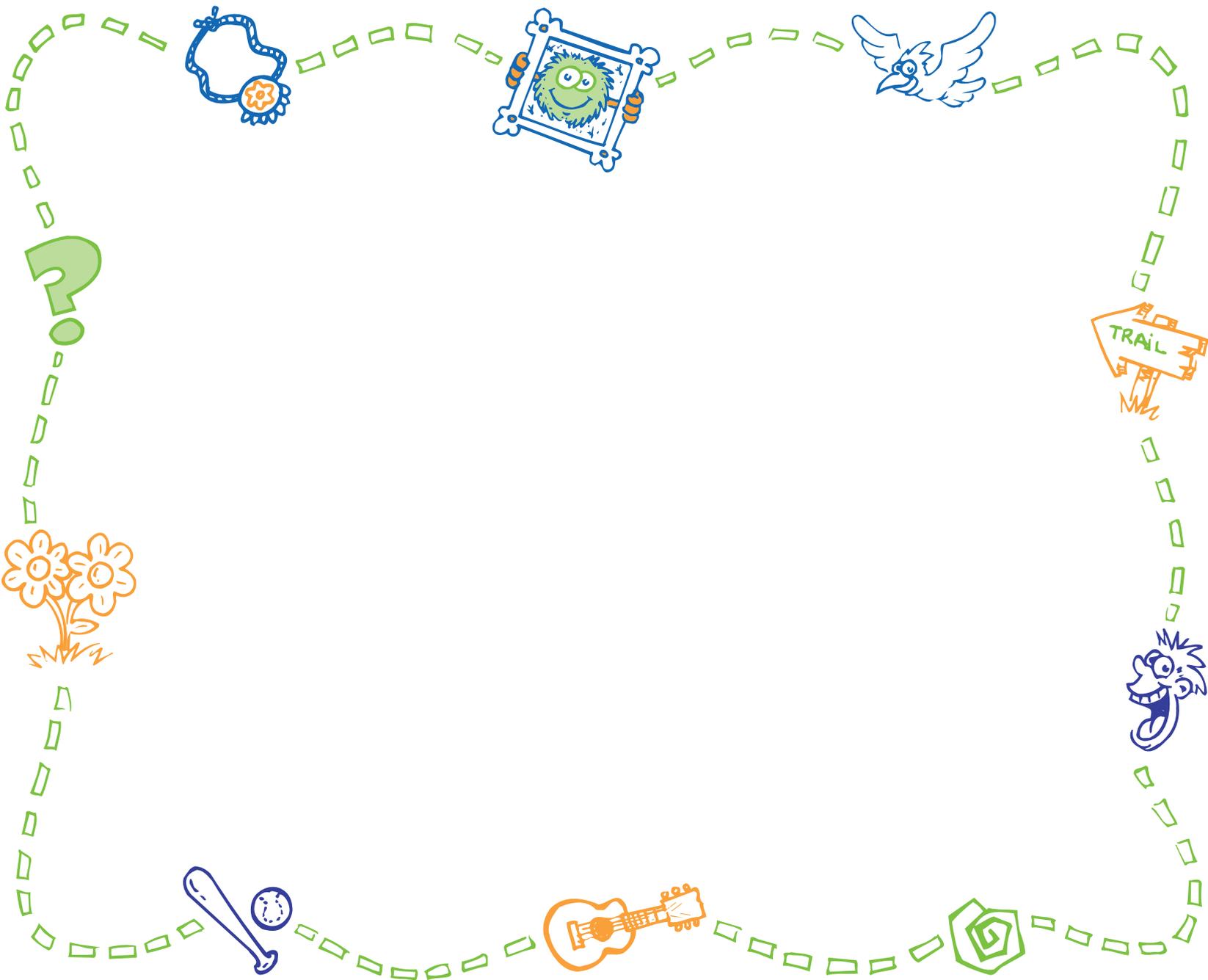
YOU WILL NEED: Two 30-inch strings of one color, and two 30-inch strings of a second color.

- 1 Place the four strings together, fold over in half and tie a knot at the center. You will now have 8 total strings.
- 2 Tape knotted end to a flat surface. Arrange strings so that you have similar colors together, giving you four groups, two of each of the colors.
- 3 Now you can begin weaving the strings together, be sure to pull the strings tightly after each weave. Once the braid is long enough to fit around a wrist, tie the ends together in a knot.
- 4 To close bracelet, pull the ends of the braid through the hoop and tie final knot.



Draw, write or collect & paste items that will bring you memories of camp after you're home.







Have **friends**, counselors, the cook or even the nurse **sign** your book. It is a **nice** way to take everyone home - and **me** too! **Show off** your **Camp Book** filled with all your camp **memories** to friends, family, and teachers to express what a **great time** you had at camp.





Place favorite
camp memory
photo here

Camper Sign-Off

(have your new camp friends sign this page!)



Keep track of your **Peak Flow Readings** while you are at camp to show your doctor/nurse:

DAY	1	2	3	4	5	6	7