asthma camp

I am going to

Sponsored by The Consortium on Children’s Asthma Camps
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.

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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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!

something to think about…
“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…”

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?

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?
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:


food

movie

color

book

school subject

music group

song

t.v. show

kind of pizza

sport
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.
Are there foods you need to avoid because of allergies?

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________

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.
Activity

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

ANSWERS: 1) Tomato 2) Orange 3) Squash 4) Taco 5) Apple 6) Bread 7) Carrot 8) Hot Dog
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.

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?
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:
You may be imagining camp. Think about some of the special things you hope to do and learn at camp. It's a great part of your year. As you look at this place, it's really cool!
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!
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!)

See you next year!

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