

OPEN AIRWAYS FOR SCHOOLS[®]

*An empowering self-management program for
elementary school children with asthma*

Approved and
recommended by the
National Association
of School Nurses



**AMERICAN
LUNG
ASSOCIATION[®]**
Fighting for Air

- Helps kids recognize and manage their asthma symptoms
- Supports development of problem-solving skills
- Builds confidence

Give kids the skills and confidence to manage their asthma.

The American Lung Association's Open Airways For Schools® is a school-based curriculum that educates and empowers kids through a fun and interactive approach to asthma self-management.

Over 30,000 U.S. schools have used this state-of-the-art program to educate kids ages 8–11 about asthma.

The program strives to improve asthma self-management skills, decrease asthma emergencies, raise asthma awareness among parents/guardians and promote asthma management coordination among students, parents and schools.



Open Airways For Schools helps kids develop skills that enable them to:

- Take steps to prevent asthma symptoms
- Recognize asthma symptoms when they first occur, and carry out appropriate management steps
- Discuss and solve problems related to asthma with parents, medical professionals, teachers and friends
- Feel more confident about taking care of their asthma on a daily basis

How the program works:

Open Airways For Schools consists of six 40-minute sessions. Each lesson incorporates group discussion, stories, games and role play to involve and engage students in the learning process.

Topics include:

- Basic asthma information
- Identifying and controlling asthma triggers
- Recognizing and managing asthma symptoms
- Getting exercise, doing well at school
- Understanding asthma medicines

Comprehensive support simplifies program delivery.

Open Airways For Schools® Kit

The Open Airways For Schools classroom kits contain easy to use teaching materials available in English and Spanish.

The kit includes:

- Full-color Instructor's Curriculum Guide
- CD-ROM downloadable handouts for parents and children
- Instructional video
- Poster Flip Chart, featuring full-color posters in English and Spanish

Certified Facilitator Training Format

The Open Airways for Schools program is led by certified facilitators — a school nurse or other school personnel, parents, community volunteers, or anyone with an asthma background that has an interest in working with children. It's easy to become a certified facilitator. The blended learning training approach offers a self-paced course that guides participants through five online modules that integrate engaging activities, videos, scenario-based quizzes, and downloadable resources. When the online training is completed, participants attend a skill-building workshop to enhance facilitation skills. Training topics include:

- Asthma Basics
- Open Airways For Schools overview
- Why Open Airways For Schools works
- Skills to become a facilitator
- Implementation of the program

For more information about Open Airways for Schools, contact Beth Marolf at 785-246-0377 or bmarolf@breathehealthy.org