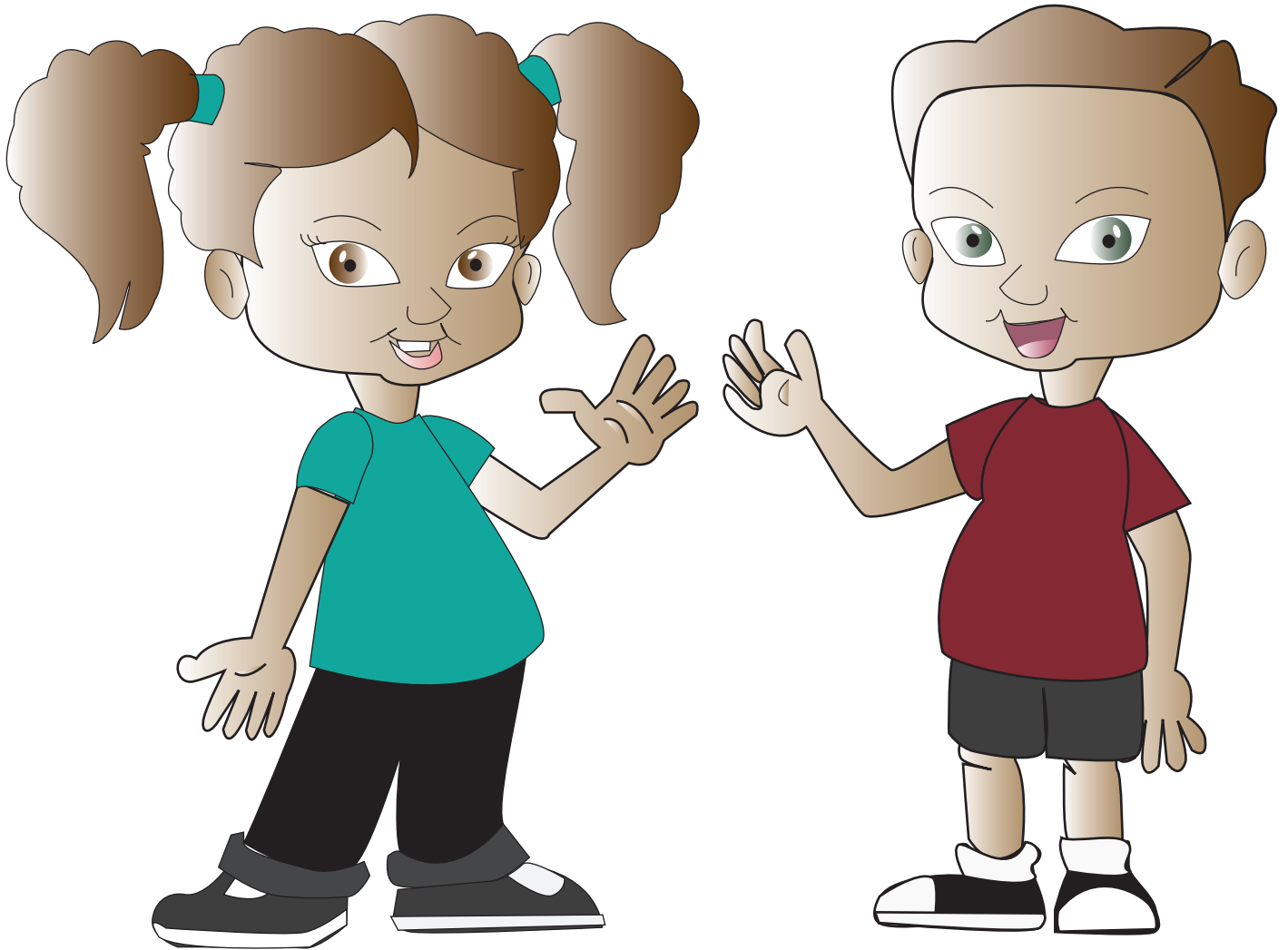


# Ally & Andy's

## Awesome Asthma and Allergy Activities



Asthma and Allergy  
Foundation of America



Dear Parents,

We hope you and your children enjoy this activity book, which was created by the Asthma and Allergy Foundation of America (AAFA) to provide children and their family members with a basic understanding of asthma and food allergies. Nearly seven million children in the U.S. have asthma, and millions more have food allergies. While these are chronic, serious conditions, children can live normal and full lives with proper treatment and intervention. This activity booklet, appropriate for children of all ages, will provide a fun way to help children learn how to recognize common triggers and to control their asthma and food allergy symptoms.

AAFA's mission is to improve the quality of life for people with asthma and allergic diseases through education, advocacy, and research. To learn more about AAFA's educational resources, to find AAFA services in your community, to read about the scientists whose research we support, to take action or become an advocate, or to support AAFA's not-for-profit endeavors, please visit our website at [www.aafa.org](http://www.aafa.org). If you don't find what you are looking for on our website, please feel free to call us toll-free at (800) 727-8462.

We wish you and your families continued health and happiness and hope you will turn to us for answers to your asthma- and allergy-related questions.

Sincerely,



Bill McLin  
President and CEO

On a bright, sunny day, Ally and Andy, two eight-year-old twins got ready to go on their class field trip, a Nature Walk! They were so happy to walk a trail and see all the animals that live in the wild.



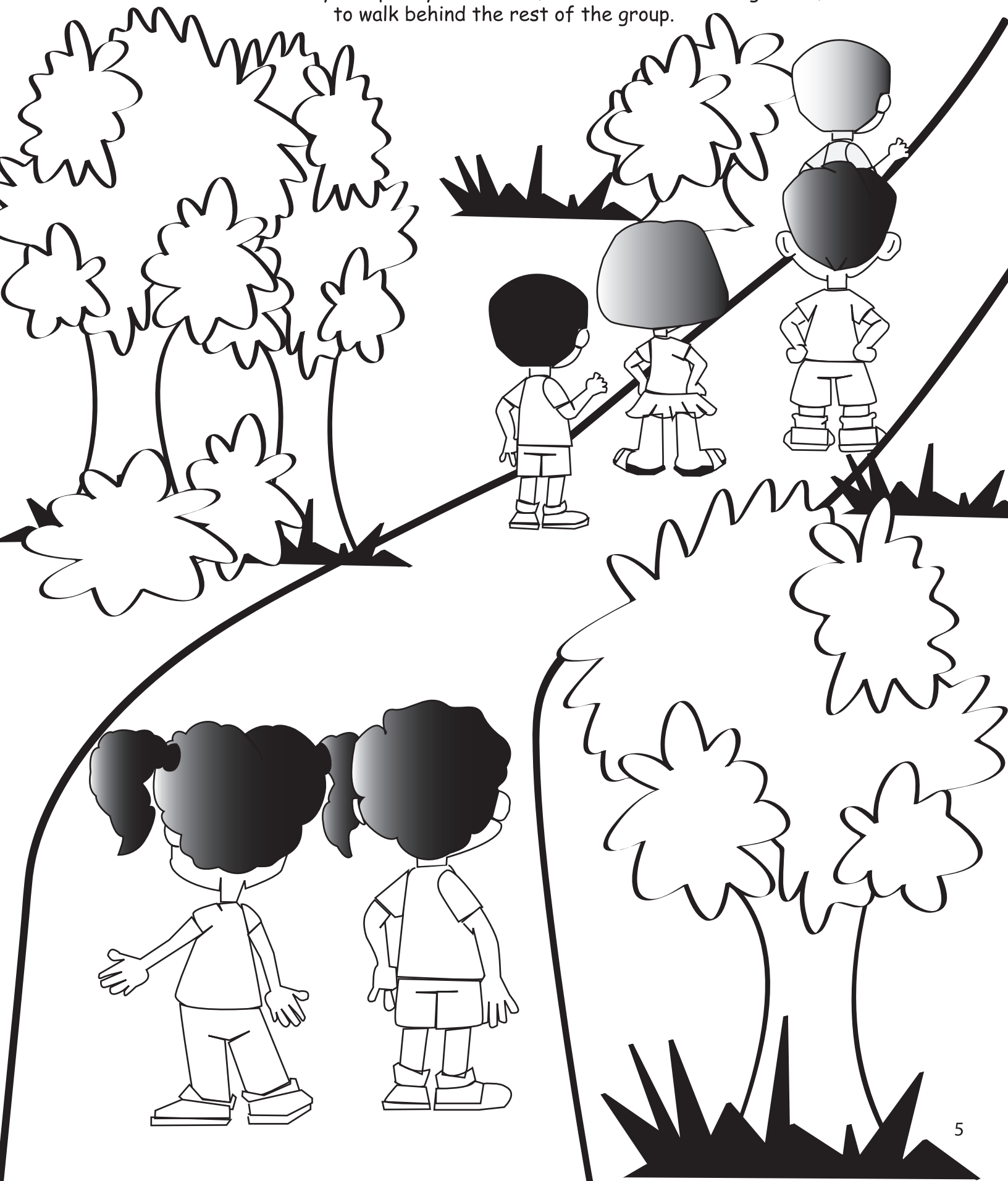
As they got on the bus, Miss Walker stopped them in front of the whole class to look in their backpacks. You see, You see, Andy has asthma and must always carry his inhaler with him, and Ally is allergic to peanuts and milk, so she must always carry her Epi-pen.



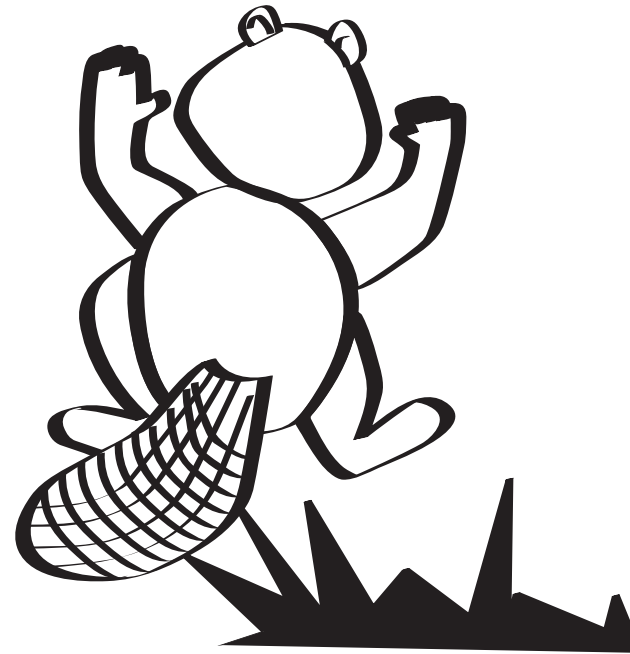
"Do you have your inhaler Andy?" asked Miss Walker. "Yes, Miss W." Andy mumbled. "What about you Ally? Do you have your Epi-pen with you?" Ally nodded her head "yes".



As they got on the bus, the class bully Tara yelled, "Hurry up, Wheezy and Sneezy, the rest of us want to go and do not want to wait for the 'special kids'!" Ally and Andy sat next to each other, trying to ignore Tara. Having Miss W. stop them and Tara tease them made the twins feel different and sad. They sat quietly on the bus, were the last ones to get off, and decided to walk behind the rest of the group.



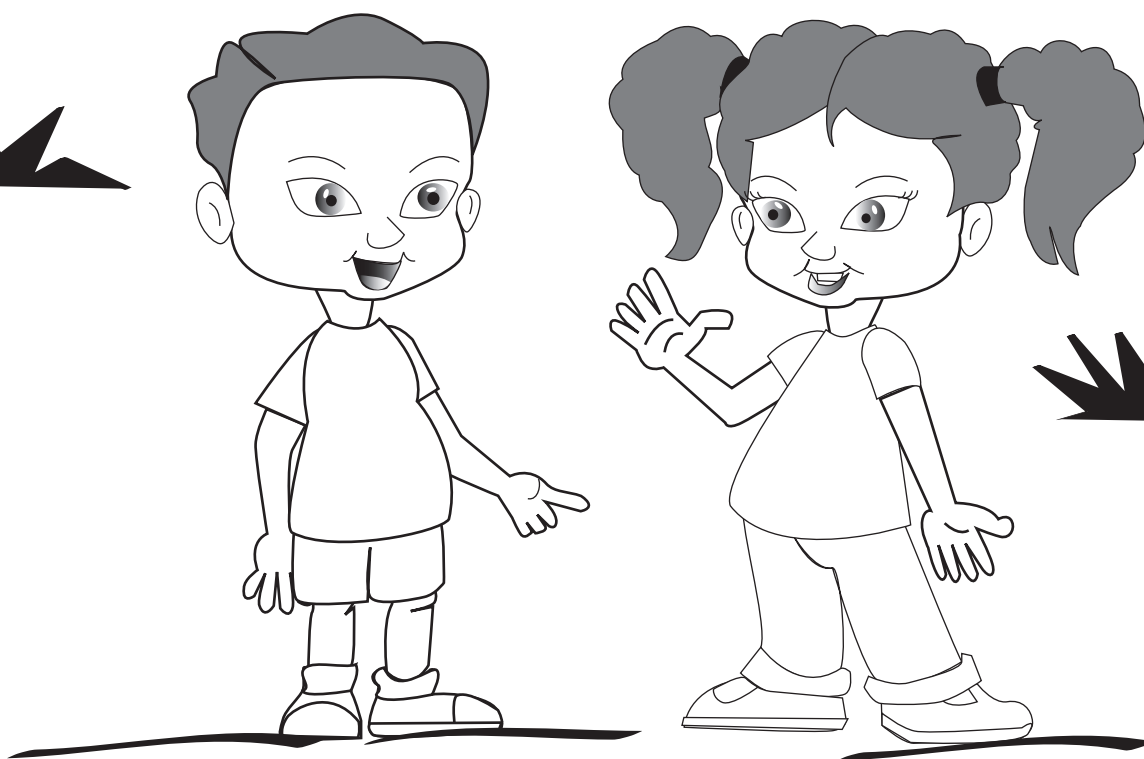
As they were walking, they heard some noise behind an oak tree that sounded like wrestling. "Who has ever heard of a squirrel who can't eat nuts, and a bunny with asthma? Squirrels need nuts to live and bunnies are known for their speed," said Bucky the Beaver as he pushed Scooter the Squirrel and Bink the Bunny against the tree. Bucky shook his head and ran away.



"Scooter, are you allergic to nuts?" gasped Ally. "Yeah, so what?" said Scooter. "Are you going to make fun of me like Bucky does? Ever since my mom had to give me my Epi-Pen when a nut fell into my stew of plants, Bucky thinks I'm weird." Ally smiled at her new friend. "I don't think you are weird Scooter. I had to use an Epi-Pen when I ate a brownie that had nuts in it and nobody told me," said Ally.



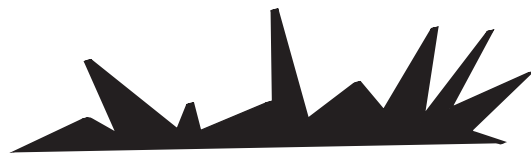
Andy chimed in, "Bink, do you have asthma?" Bink responded, "Yes, even animals who are supposed to hop around freely and run fast have trouble breathing sometimes." "We did not know animals could have asthma and allergies, too!" shouted the twins at the same time.



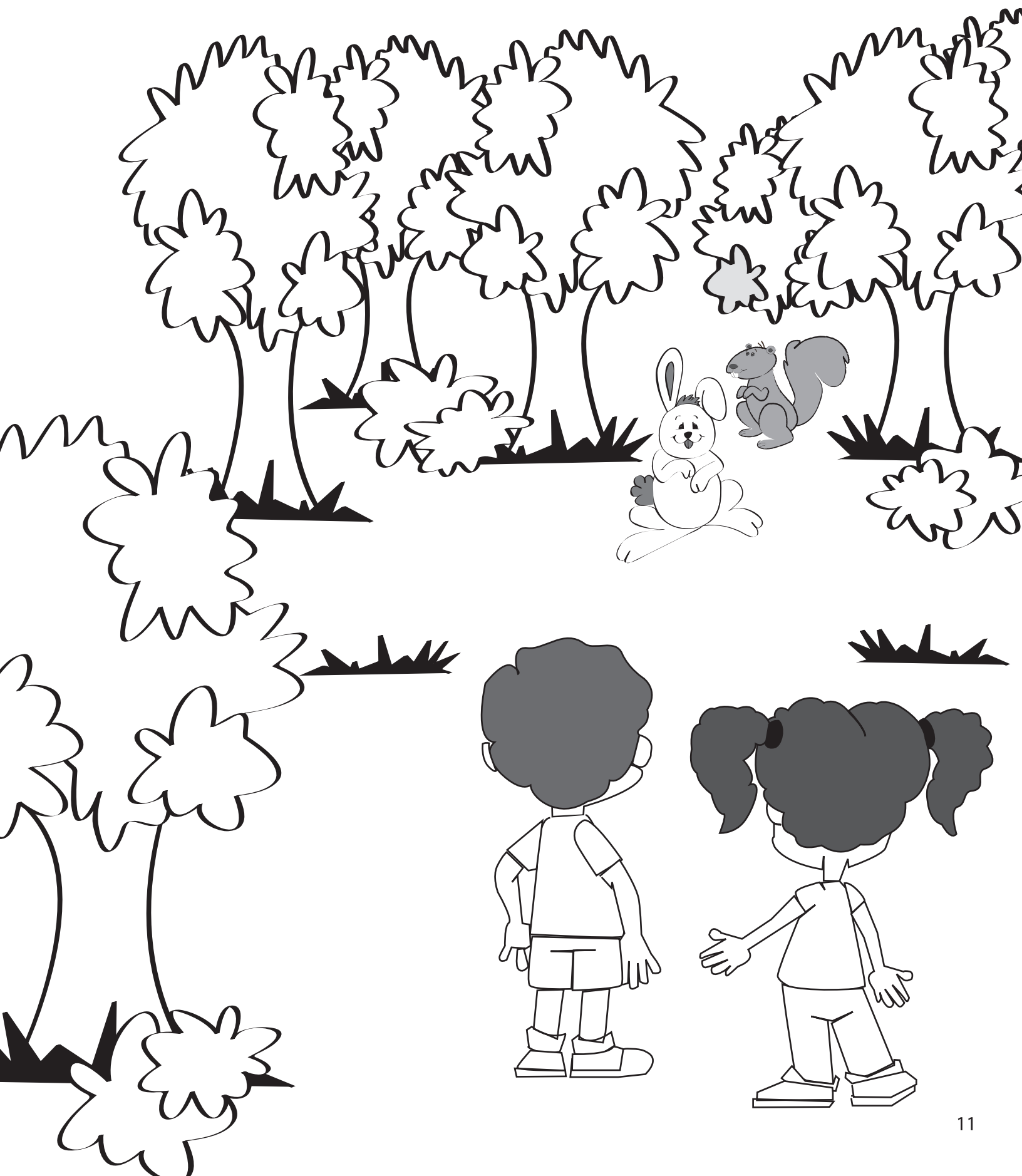
"Anyone can get asthma and allergies," said Bink. "Yeah, and my mom said that even though I can't eat tree nuts, it just means I get special treats, like honeysuckle and sweet berries more often," said Scooter.



“You guys are right! Even though I can’t eat peanuts or have milk, I get my own special kind of ice cream and brownies that are only for me,” said Ally. “And even though I have asthma, I’m one of the fastest kids on my soccer team, and the leading scorer!” shouted Andy.

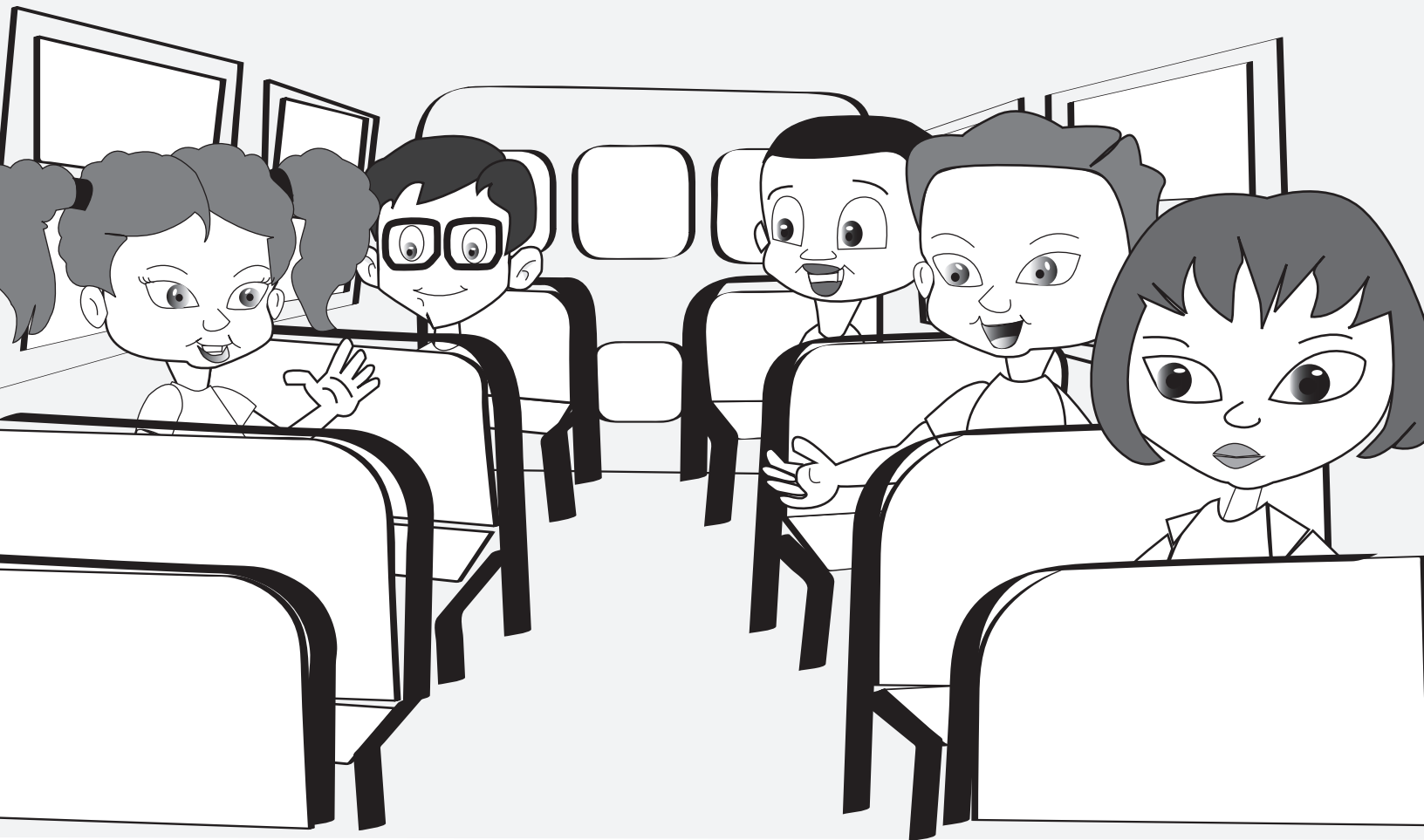


Then all the new friends shared a big hug as they realized they were not so different after all, and their differences are what made them unique. Bink and Scooter scampered back into the woods, glad that they had met their new, human friends.





As Ally and Andy got back on the bus, they saw that two of their friends had saved them a seat. When they sat down next to their buddies, they realized they had their asthma and allergies, but they had their friends too. And most of all-they had each other.



# Scooter's Food Allergy Find

Find the foods listed that people are allergic to, also called allergens.

EGGS  
FISH  
MILK  
PEANUTS

W	E	G	X	I	W	X	B	K	Y	X	P	S	H	K
I	G	O	K	F	D	D	S	Q	Q	I	L	T	S	Y
O	G	F	I	U	Y	Q	D	X	A	E	H	U	I	J
J	S	S	H	U	R	E	V	G	E	H	B	N	F	H
C	H	S	G	M	K	Y	Z	Q	F	X	B	A	L	Q
U	X	E	S	I	S	G	W	H	E	A	T	E	L	H
N	I	Y	T	L	O	V	I	O	I	S	Q	P	E	Y
P	U	B	U	K	Y	I	X	X	T	Y	Z	E	H	V
N	E	T	N	Q	O	S	L	Z	T	A	G	U	S	V
L	H	V	E	N	J	Z	Y	W	D	H	F	T	V	O
S	P	R	E	H	A	J	E	G	V	A	H	Z	Q	U
V	J	Y	R	A	E	M	L	G	U	U	M	V	O	I
P	S	M	T	C	E	T	L	G	N	N	Y	Q	Y	S
F	P	F	O	X	B	K	L	C	W	V	Z	L	I	I
C	J	A	X	N	Y	B	G	P	N	B	A	C	E	E

SHELLFISH  
SOY  
TREE NUTS  
WHEAT

# BINK's WORD SCRAMBLE

NOPLEL

--	--	--	--	--	--	--

10

KOMSE

--	--	--	--	--	--

12

COAKEHROCSC

--	--	--	--	--	--	--	--	--	--	--	--

8 1 4

MANLIA RADDEN

--	--	--	--	--	--	--	--	--	--	--	--	--

6

DLMO

--	--	--	--

HAKLC DUTS

--	--	--	--	--	--	--	--

2 7

STDU SEIMT

--	--	--	--	--	--	--	--

3 9

FUMREPE

--	--	--	--	--	--	--	--

11 5

--	--	--	--	--	--

1 2 3 4 5 6

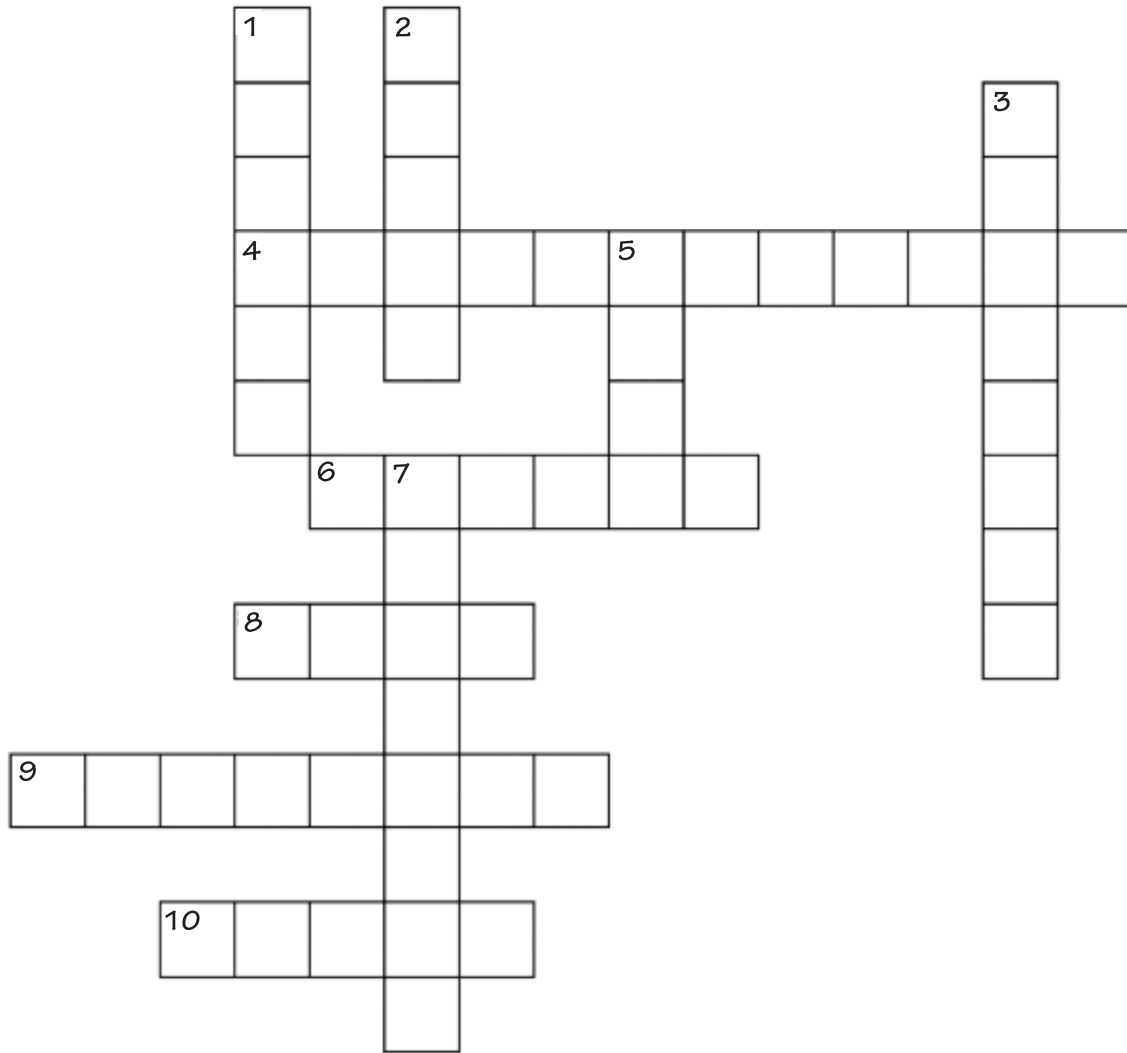
			G	G			
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7 8 9 10 11 12



# Ally's Food Allergy Frenzy

Use the clues below to complete the crossword puzzle.



## Across

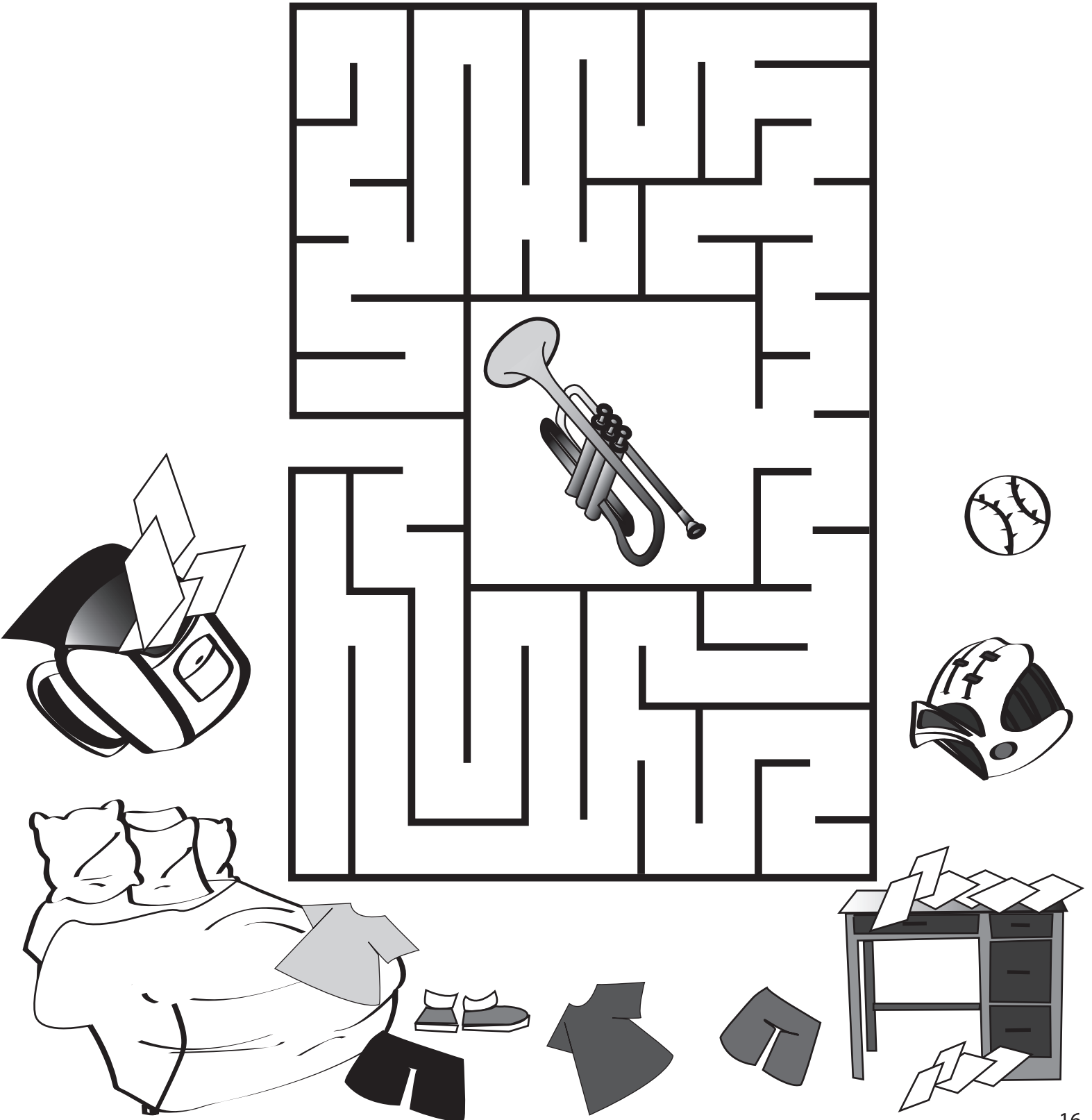
- 4. Jelly's partner
- 6. Most common tree nut allergy
- 8. What you put in cereal
- 9. The largest age group of people with food allergies
- 10. Itchy bumps that may occur when having a reaction

## Down

- 1. What you should carry with you at all times
- 2. Avoid eating crackers if you are allergic to \_\_\_\_\_
- 3. Symptom of a food allergy
- 5. A common type of soy products
- 7. Peanuts are an example of an \_\_\_\_\_

# Andy's Messy Maze

Andy uses a peak flow meter to help him control his asthma. A peak flow meter measures how well air moves out of your lungs. It can tell if your airways are closing in and if you need to take your medicine. Ever since Andy started keeping a peak flow diary he has been able to go back to playing his trumpet, but he lost it in his messy room. Help Andy find his trumpet so he can get back to playing.

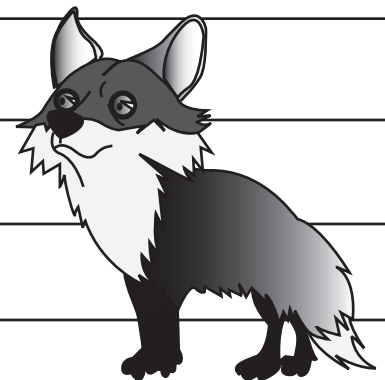
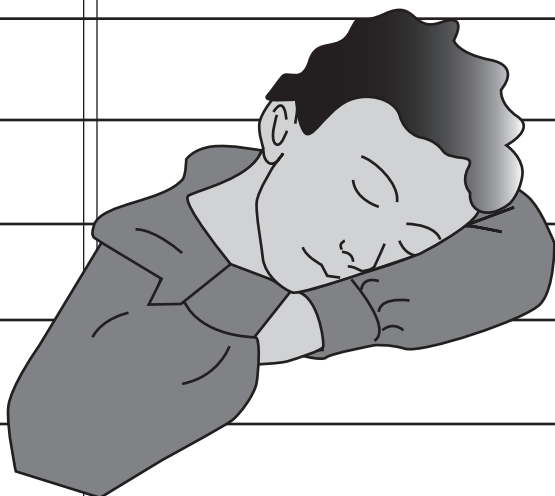
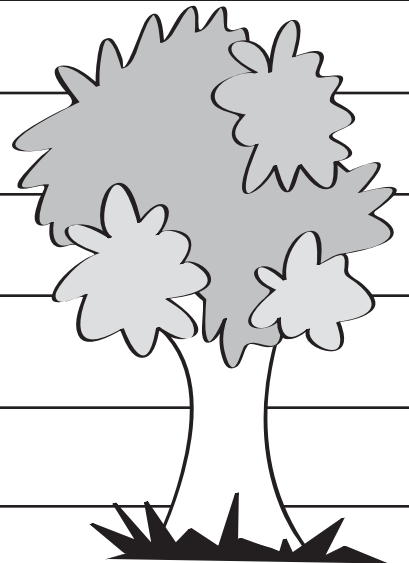
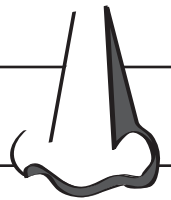


# ANAPHYLAXIS

It is pronounced an-uh-fuh-LAK-sis and is a severe allergic reaction to a substance such as food, stinging insects, medications and latex.

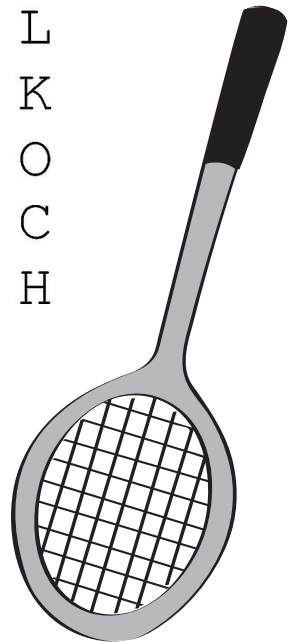
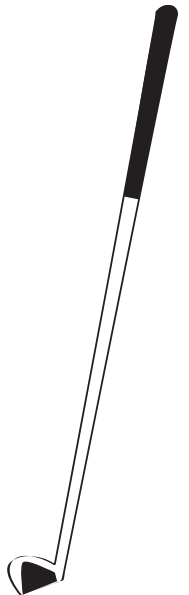
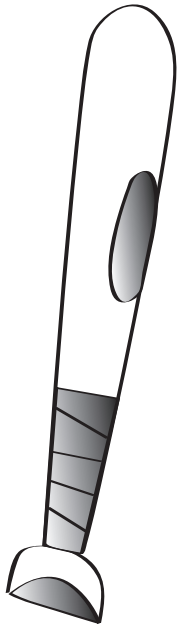
How many words can you make out of the letters in  
**ANAPHYLAXIS?**

Some clues are drawn for you.



# Athletes with Asthma

You CAN play sports even if you have asthma. Try to find Andy and Bink's friends who are well known athletes with asthma in the word search. These athletes all know that sports or activities that call for short bursts of activity are least likely to cause asthma symptoms. When there are built-in rest periods, like those available in baseball, football, wrestling, volleyball, softball, tennis, downhill skiing, golf and some track and field events it may be easier to regain breathing control.



S	S	T	D	Z	Y	O	S	Y	E	Z	E	I	A	P
Y	I	R	O	L	C	D	C	H	G	T	T	R	K	M
W	N	T	N	M	F	Q	Q	Y	O	I	T	N	U	H
X	A	E	T	S	D	P	Q	R	Z	M	M	M	M	K
T	G	J	Y	E	T	O	G	U	O	N	F	A	T	H
Y	U	Z	W	J	B	T	L	N	W	T	Z	B	C	U
A	O	S	C	D	R	E	K	A	E	U	J	W	Q	V
F	L	S	L	U	T	Q	M	B	N	Q	M	T	G	B
S	G	R	K	F	W	C	A	O	Z	O	F	H	K	I
X	E	P	C	J	T	C	U	Y	R	M	U	G	B	L
W	R	S	J	I	M	H	U	N	T	E	R	N	O	L
Z	G	A	D	K	I	I	F	I	L	O	J	G	M	K
L	N	R	L	B	I	I	O	X	Q	G	K	S	I	O
W	O	I	L	G	S	J	E	R	T	Q	M	N	J	C
P	M	G	X	U	P	X	G	E	M	L	D	A	O	H

ART MONK

BILL KOCK

GREG LOUGANIS

JEROME BETTIS

JIM HUNTER

KURT GROTE

TOM DOLAN



# Help Ally write a letter to Grandma

Fill in the blanks below to complete Ally's letter to their Grandma about what the twins did today.

Dear Grandma,

Today we went on a \_\_\_\_\_ with our class. We made sure to bring Andy's

\_\_\_\_\_ and my \_\_\_\_\_ just in case. While walking in the woods, we

met two new friends, \_\_\_\_\_ the Bunny and \_\_\_\_\_ the Squirrel. We

were surprised to find that Scooter was allergic to \_\_\_\_\_ and Bink had

\_\_\_\_\_. We talked about how our differences did not make us weird at all.

Scooter told us his mom gives him special treats like \_\_\_\_\_ and \_\_\_\_\_.

Then Andy told Bink that his asthma doesn't keep him from being one of the

fastest kids on the \_\_\_\_\_ team. We never knew that animals could have

asthma and allergies too! Maybe our class will go on another Nature Walk so we

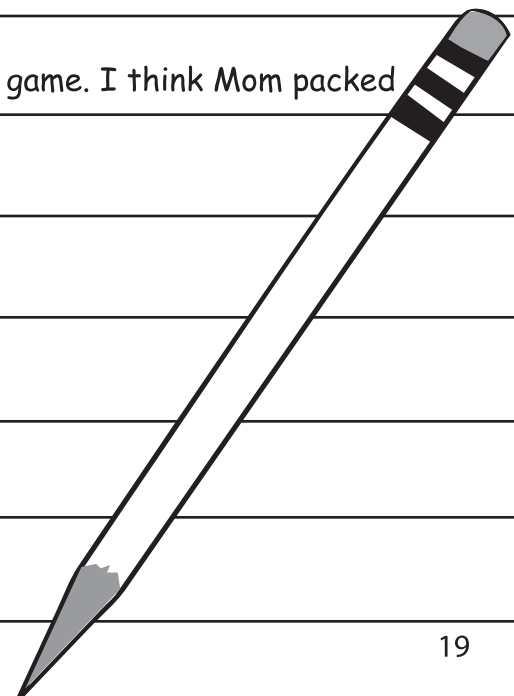
can meet up with our new friends.

I have to go because it is time for Andy's soccer game. I think Mom packed

some special \_\_\_\_\_ just for me. See you soon!

Love,

Ally



# Attack of the Allergens

Help Ally and Andy find possible allergens in their classroom.



# What triggers my asthma?

Asthma attacks (or episodes) are usually triggered by things you are allergic to (allergens) such as a pet or by irritants such as tobacco smoke. Decorate the book mark with pictures of the things that sometimes set off your asthma. Is it from laughing too hard at your friend's joke or visiting your grandma who has a cat? Whatever it is, it will help to have a reminder with you in case you forget.

Directions: Color and cut out the pictures that trigger your asthma and then glue each of them to your bookmark.

Cut out the bookmark and use it to help keep your place while reading a story.

Hint: To make the bookmark last longer use cut out cardboard from an old cereal box and glue to the back of the bookmark.

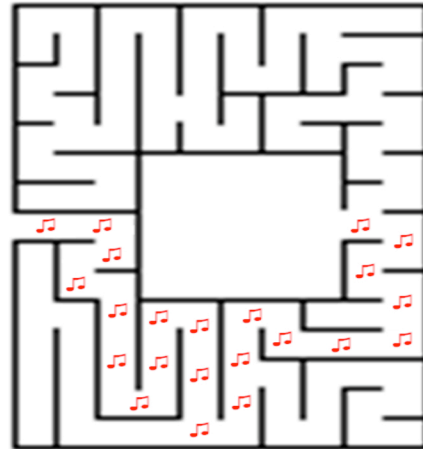


# Answer Key

## Scooter's Food Allergy Find

W E G X I W X B K Y X P S H K  
I G O K F D D S Q Q I L T S Y  
O G F I U Y Q D X A E H U I J  
J S S H U R E V G E H B N F H  
C H S G M K Y Z Q F X B A L Q  
U X E S I S G W H E A T E L H  
N I Y T L O V I O I S Q P E Y  
P U B U K Y I X X T Y Z E H V  
N E T N Q O S L Z T A G U S V  
L H V E N J Z Y W D H F T V O  
S P R E H A J E G V A H Z Q U  
V J Y R A E M L G U U M V O I  
P S M T C E T L G N N Y Q Y S  
F P F O X B K L C W V Z L I I  
C J A X N Y B G P N B A C E E

## Andy's Messy Maze



## Bink's Word Scramble

NOPELE      P O L L E N  
KOWSE      S M O K E  
COAKEHROSC      C O C K R O A C H E S  
MANLIA RADDEN      A N I M A L      D A N D E R  
DLMO      M O L D  
HAKLC DUTS      C H A L K      D U S T  
STDU SEIMT      D U S T      M I T E S  
FUMREPE      P E R F U M E  
A S T H M A      T R I G G E R S

## Anaphylaxis

AIL	LAY	PANSY	SHINY
AILS	LIP	PAY	SHIP
ALAS	LIPS	PAYS	SHY
ALIAS	LISP	PIN	SIN
ALPHA	LYNX	PINS	SIP
ALPS	NAIL	PIXY	SIX
ASH	NAILS	PLAIN	SLAIN
ASHY	NAP	PLAINS	SLAP
AXIAL	NAPS	PLAN	SLAY
HAIL	NASAL	PLANS	SLIP
HAILS	NIP	PLAY	SLY
HAS	NIPS	PLAYS	SNAIL
HAY	PAIL	PLY	SNAP
HIP	PAILS	SAIL	SNIP
HIPS	PAIN	SAP	SPA
HIS	PAINS	SAX	SPAN
INLAY	PAL	SAY	SPIN
LAP	PALS	SHIN	SPINY
	PAN		SPY

## Ally's Food Allergy Frenzy

### Across

4. Peanut Butter
6. Walnut
8. Milk
9. Children
10. Hives

### Down

1. EpiPen
2. Wheat
3. Swelling
5. Tofu
7. Allergen

## Athletes with Asthma

S S T D Z Y O S Y E Z E I A P  
Y I R O L C D C H G T T R K M  
W N T N M F Q Q Y O I T N U H  
X A E T S D P Q B Z M M M K  
T G J Y E T O G U O N F A T H  
Y U Z W J B T I N W T Z B C U  
A O S C D E E K A E U J W Q V  
F L S L U T Q M B N Q M T G B  
S G R E F W C A O Z O F H K I  
X E P C J T C U Y R M U G B L  
W R S O I M H U N T E E N O L  
Z G A D K I I F I L O S G M K  
L N R L B I I O X Q G K S I O  
W O I L G S J E R T Q M N J C  
P M G X U P X G E M L D A O H

## **Help Ally Write a Letter to Grandma**

1. nature walk
2. inhaler
3. Epi-pen
4. Bink
5. Scooter
6. nuts
7. asthma
8. honeysuckle
9. sweet berries
10. soccer
11. ice cream or brownies

## **Attack of the Allergens**

Chalk dust on blackboard  
Peanut Butter on desk  
Rug on the floor  
Hamster cage  
Stuffed animal  
Potted plant  
Cockroach

## Website Resources for Kids

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### *Preschool Age (Ages 3 to 6)*

#### **AAAAI Just for Kids**

Main kid's resource page, with links to a coloring book, story book, videos, puzzles and more.

<http://www.aaaai.org/patients/just4kids/default.stm>

#### **EPA Dusty the Asthma Goldfish Activity Book**

Activity book including a variety of games (mazes, word finds, coloring, etc). Info on asthma triggers and prevention. PDF format, available in Spanish. Website also has resources for parents.

<http://www.epa.gov/asthma/partners.html>

#### **The Lung Association - Asthma Action Program**

Canadian Lung Assoc. operates this site, where you can order materials for 2-6 year olds or 7-12 year olds. Fact sheets available in several languages.

<http://www.on.lung.ca/Our-Programs/Asthma-Action/Resource-Centre/>

#### **Everydaykidz Program**

Administered by AstraZeneca, this site provides information and resources for parents and children, including videos and arts & crafts ideas.

[http://www.everydaykidz.com/about\\_program/index.asp](http://www.everydaykidz.com/about_program/index.asp)

### *Elementary Age (Ages 7-12)*

#### **NIEHS Kid's Pages - Asthma & Allergies**

Basic information and a link to a "Dust game." Resources available in Spanish (main page)

<http://www.niehs.nih.gov/kids/asthma.htm>

#### **Asthma-Kids**

The Asthma Society of Canada sponsors this colorful and interactive site for kids, with info, games, a "kids like you" section, and resources for parents.

<http://www.asthma-kids.ca/>

#### **Food Allergy News for Kids**

Basic info, ideas for school projects, "Clubhouse" interactive forum, and links available.

<http://www.fankids.org/>

### **Asthmabusters**

This is an online club for kids with asthma, sponsored by the American Lung Association. Kids can join the club and have access to a members' area. There is also a kids' newsletter available.

<http://www.asthmabusters.org/>

### **KidsHealth for Kids - Asthma**

Great general information on asthma, as well as explanations of what it is and how it's treated. Use the search tool to look up other articles on asthma and allergies, too. Available in Spanish.

[http://www.kidshealth.org/kid/asthma\\_basics/what/asthma.html](http://www.kidshealth.org/kid/asthma_basics/what/asthma.html)

## **Asthma & Allergy Resource Directory**

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### **Asthma & Allergy Foundation of America (AAFA)**

800-7-ASTHMA

[supportgroups@aafa.org](mailto:supportgroups@aafa.org)

[www.aafa.org](http://www.aafa.org)

### **Allergy & Asthma Network / Mothers of Asthmatics, Inc. (AAN/MA)**

800-878-4403

[www.aanma.org](http://www.aanma.org)

### **American Academy of Allergy Asthma & Immunology (AAAAI)**

414-272-6071

[www.aaaai.org](http://www.aaaai.org)

### **American College of Allergy Asthma & Immunology (ACAAI)**

800-842-7777

[www.acaai.org](http://www.acaai.org)

### **American Lung Association (ALA)**

800-LUNG-USA (800-586-4872)

[www.lungusa.org](http://www.lungusa.org)

### **Food Allergy & Anaphylaxis Network (FAAN)**

800-929-4040

[www.foodallergy.org](http://www.foodallergy.org)



**National Jewish Health**

1-800-222-5864

[www.nationaljewish.org](http://www.nationaljewish.org)

**Healthy Kids: The Key to Basics**

617-965-9637

[www.healthy-kids.info](http://www.healthy-kids.info)

**Kids With Food Allergies, Inc.**

215-230-5394

<http://www.kidswithfoodallergies.org>

**Asthma Camp Consortium**

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For asthma camps nationwide check the regularly updated list at

[www.asthmacamps.org](http://www.asthmacamps.org) or 651-227-8014.

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