



ASTHMA+
LUNG UK

Going for Gold + Asthma

Your child's asthma and sport

To celebrate #AskAboutAsthma week and World Lung Day, we've teamed up with Breathe Buddies in St Helens, to bring you our 'Going for Gold' workshop.

Ready, Set, Breathe! Don't let asthma hold your child back from taking part in sports and clubs. Join our free online webinar on World Lung Day. We'll teach you and your child to sprint past asthma and score big in sports.

Breathe Buddies! At Asthma + Lung UK, we champion local organisations to help children manage their asthma. Breathe Buddies in St Helens support and listen to parents and carers. They run fantastic workshops for kids, incorporating arts, crafts and breathing techniques. This means that children and young people can take control of their breathing and get involved in clubs and sports. We'll be crafting along with Tracy in our workshop. Tracy will teach your child to make a 'Party Blower Ice Skater'.

Sorcha soars! From shortness of breath to skating success. We'll be hearing from young ice skater Sorcha and her mum Kate. Sorcha has asthma but has learnt how to stay cool under pressure. Sorcha and Kate will be telling us about their asthma journey and how they skate through any asthma obstacles in their way.

Date: 25th September 2024

Time: 6pm – 7.15pm

Where: Online via Zoom



To sign up to this free online workshop:

email: supportgroups@asthmaandlung.org.uk

Telephone: 0300 222 5800

Visit: asthmaandlung.org.uk/groups-support/parent-carer-support-network

How to make a Party Blower Ice Skater

For #AskAboutAsthma week, we've teamed up with Breathe Buddies in St Helens to create a fun arts + crafts activity. This activity is inspired by young ice skater Sorcha & will help you to practice your breathing. Sorcha lives with asthma & loves sports. Take a big breath and blow out, to send Sorcha soaring across the ice.

Why do we breathe in?

You need oxygen so that your body can turn food into energy. Energy allows you to grow, repair and move. Your lungs take in oxygen from the air you breathe in. Oxygen then moves into your bloodstream, so that it gets to every part of your body.

Why do we breathe out?

When your body produces energy, it also makes a gas called carbon dioxide as a waste product. This is also released into the bloodstream. Your lungs get rid of this waste when you breathe out.

Blowing into a party blower helps you to practice your breathing control. You should take a big deep breath first. This helps you to get oxygen into your lungs. Blow into the party blower as hard as you can. This helps you to breathe out carbon dioxide. This is also good practice for a peak flow test.

Kit List

1. Ice skater template (download [HERE](#))
2. Scissors
3. Glue/glue dots
4. Party blower
5. Thin stick (optional)



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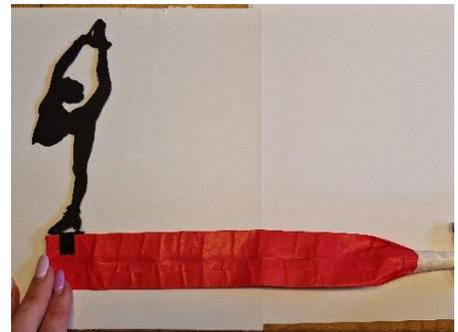
Step 1

Carefully cut out your ice skater template (thick card is best). Ask an adult for help if you need to. Make sure you don't cut off the rectangle under the boot, as you will need this attached. If you like, you can decorate your ice skater.



Step 2

Uncurl the party blower and attach the rectangle shape (underneath the skater's boot) to the end of the party blower. Use glue or glue dots. It should look like the skater is on top of the blower.



Step 3

TOP TIP! Use a thin stick to support the ice skater's leg, as it helps her stay upright. We used a diffuser stick, but you could use a skewer, a lollipop stick, or a straw.



Step 4

Carefully roll the party blower back up. Now blow into the party blower and watch your skater twirl using your breath!

