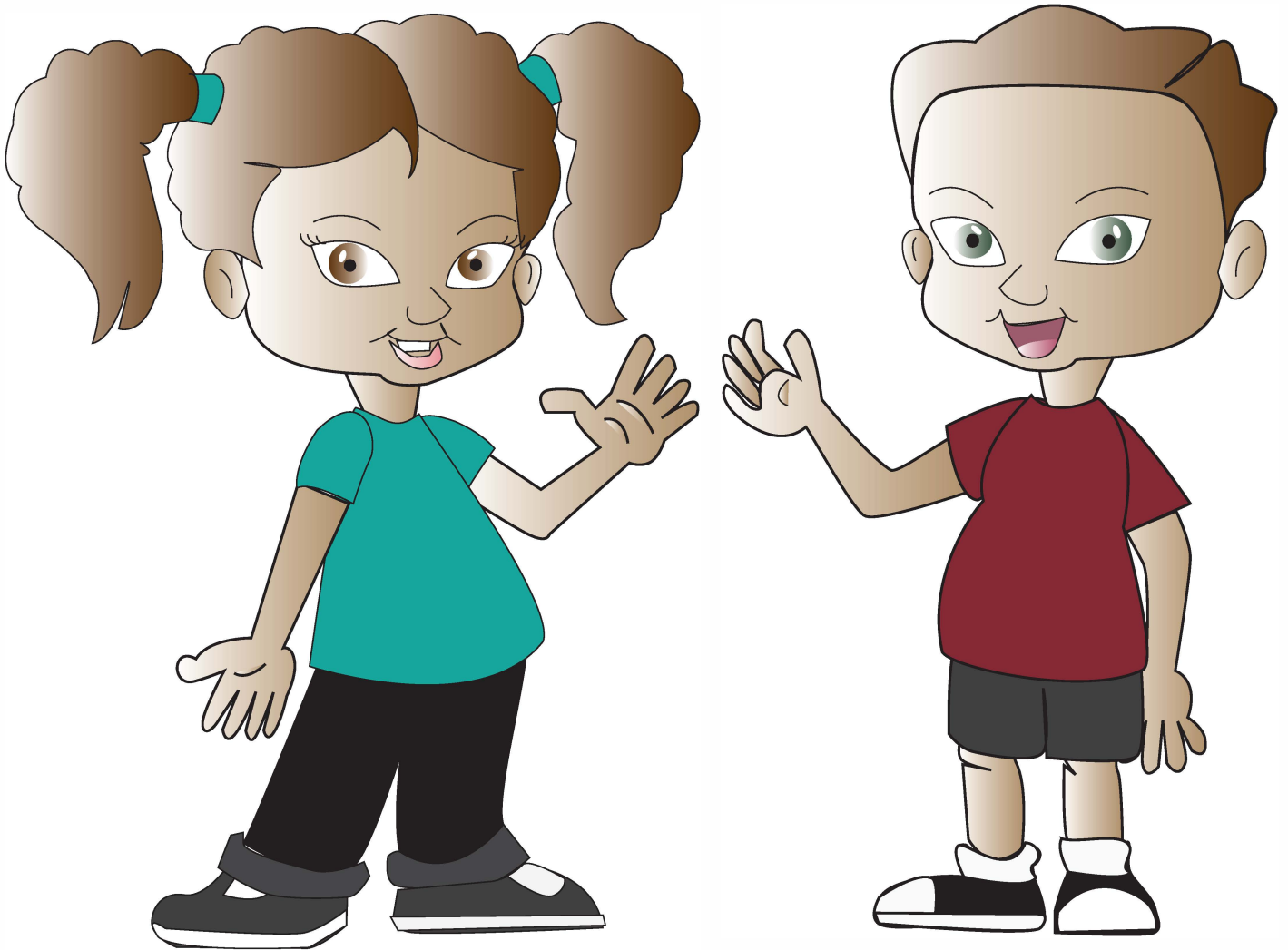


# Ally & Andy's

## Awesome Asthma and Allergy Activities



Asthma and Allergy  
Foundation of America



**KIDS WITH  
FOOD ALLERGIES**  
A Division of the Asthma and Allergy  
Foundation of America



Dear Parents,

Millions of children in the U.S. have asthma and food allergies. But your child can still live an active life when their asthma is under control. With the right support, they can avoid the foods they are allergic to and stay safe. We created this book to teach your child about asthma and food allergies so you can work together to manage them.

Even though asthma or food allergies can be overwhelming, know you are not alone. It is our mission to improve the quality of life of those with asthma and allergies through education, advocacy, support and research. Visit us at [www.aafa.org](http://www.aafa.org), [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org) or call us at 800-727-8462 for more resources.

We hope you and your child enjoy this activity book. We wish you the best as you manage your child's asthma or food allergies. Please reach out to us when you need more support. Together, we can help your child live life to its fullest.

Sincerely,

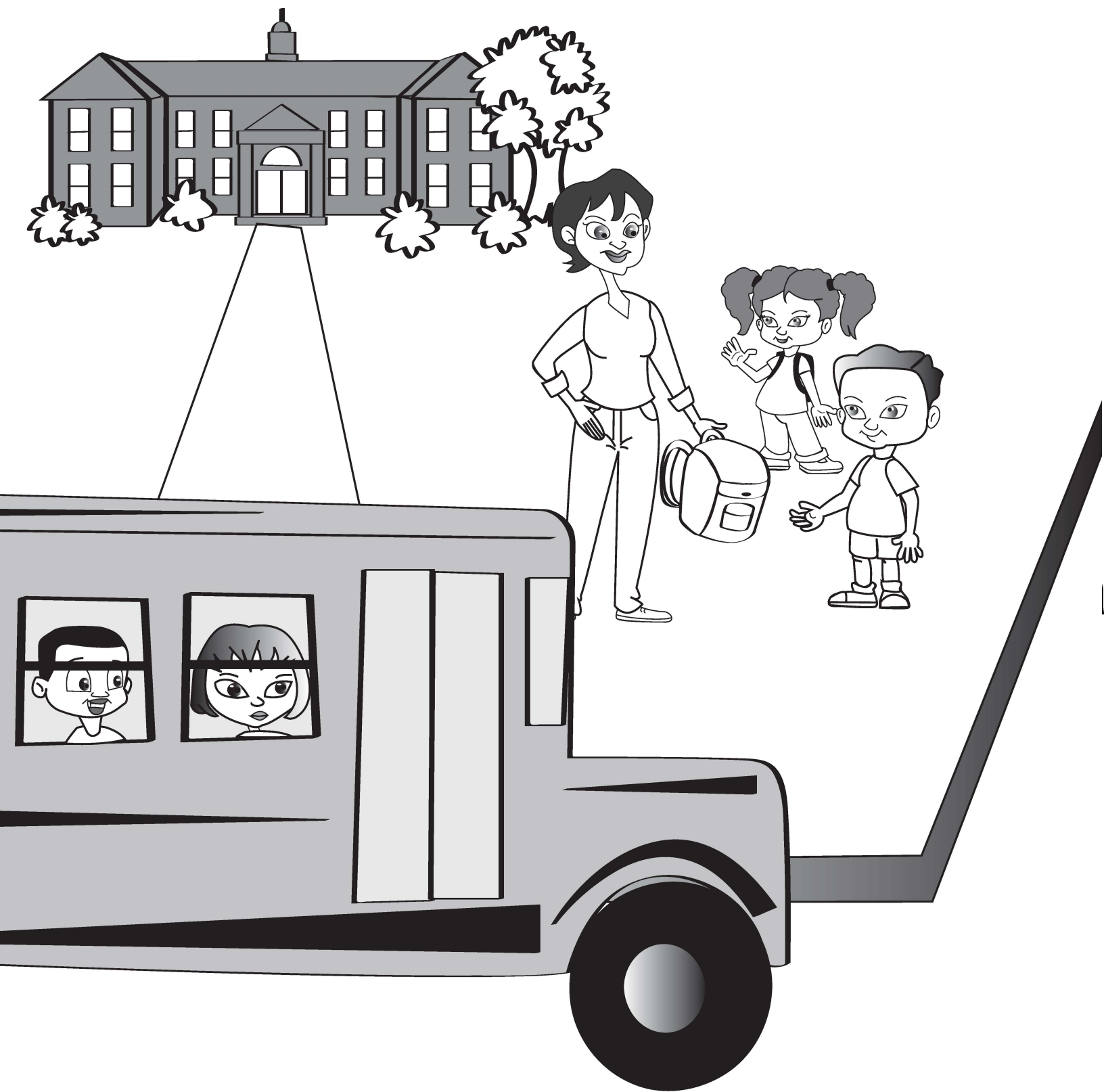
*Melanie Carver*

Melanie Carver  
Vice President, Community Services  
Asthma and Allergy Foundation of America

On a bright, sunny day, Ally and Andy, two 8-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, Andy has asthma and must always carry his inhaler with him. Ally is allergic to peanuts and milk, so she must always carry her epinephrine auto-injectors. Epinephrine (ep-uh-NEF-rin) is a life-saving medicine that can quickly treat a severe allergic reaction.



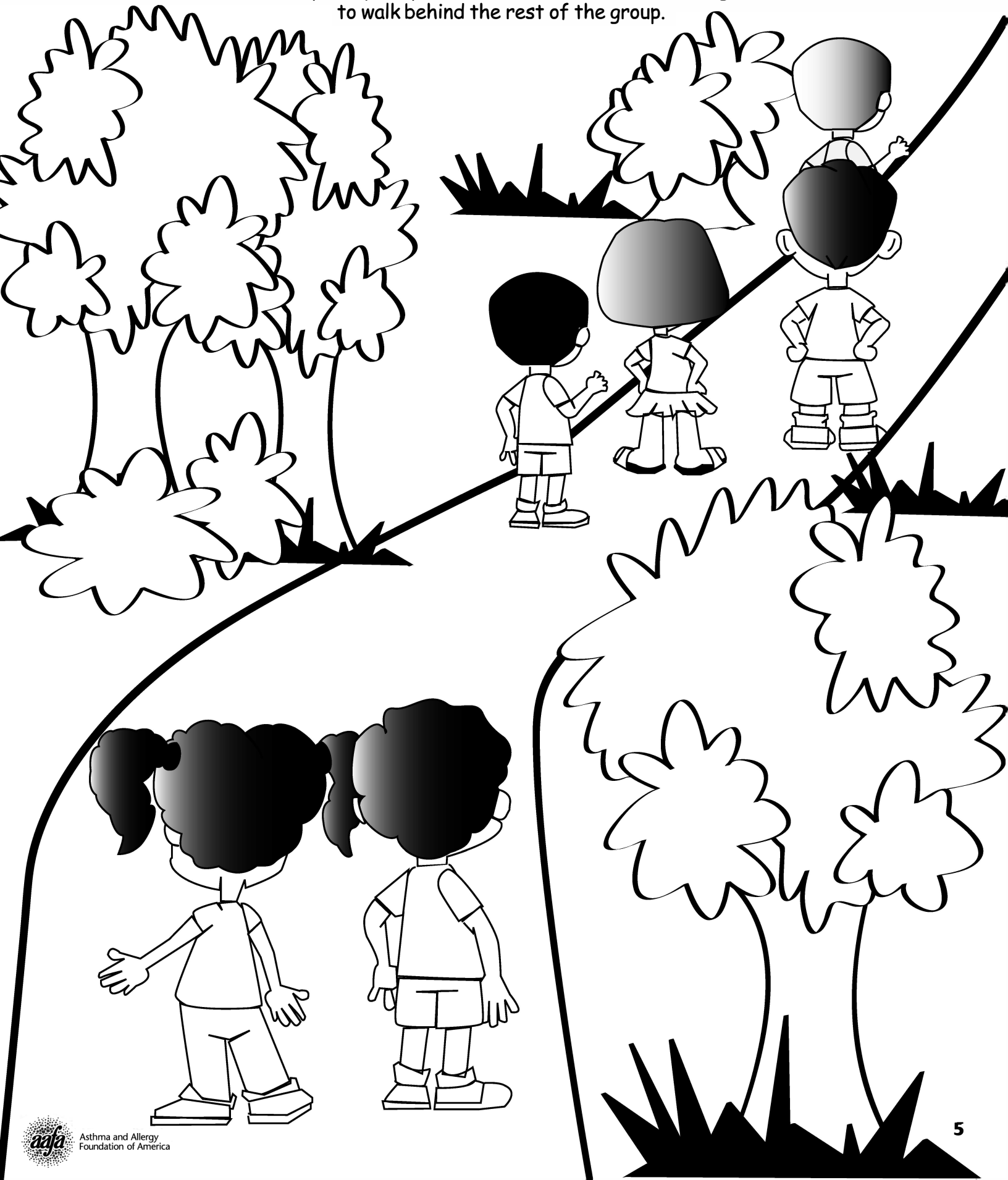
"Do you have your inhaler, Andy?" asked Miss Walker.

"Yes, Miss W.," Andy mumbled.

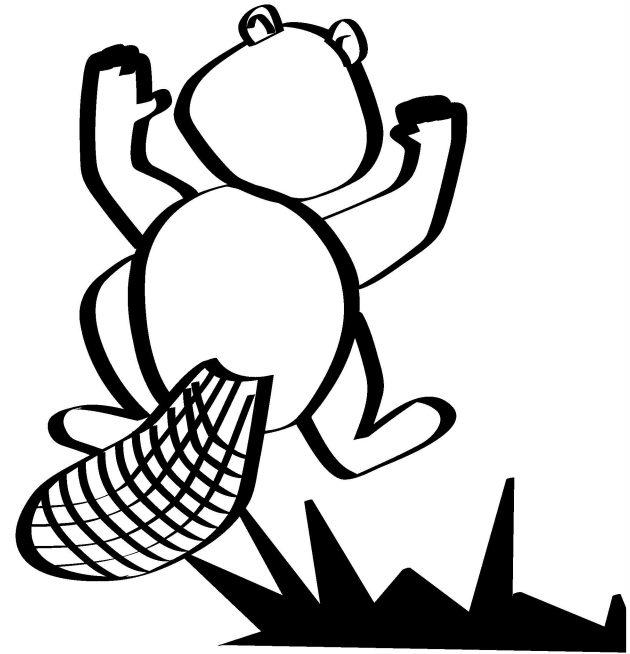
"What about you, Ally? Do you have your auto-injectors?" Ally nodded her head "yes."



As they got on the bus, Tara the class bully 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.



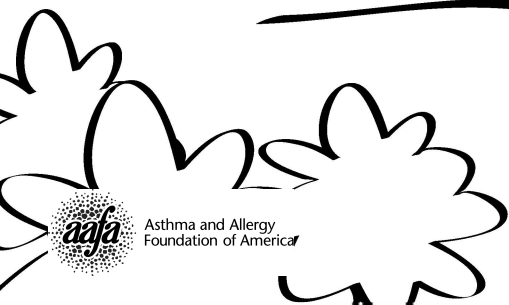
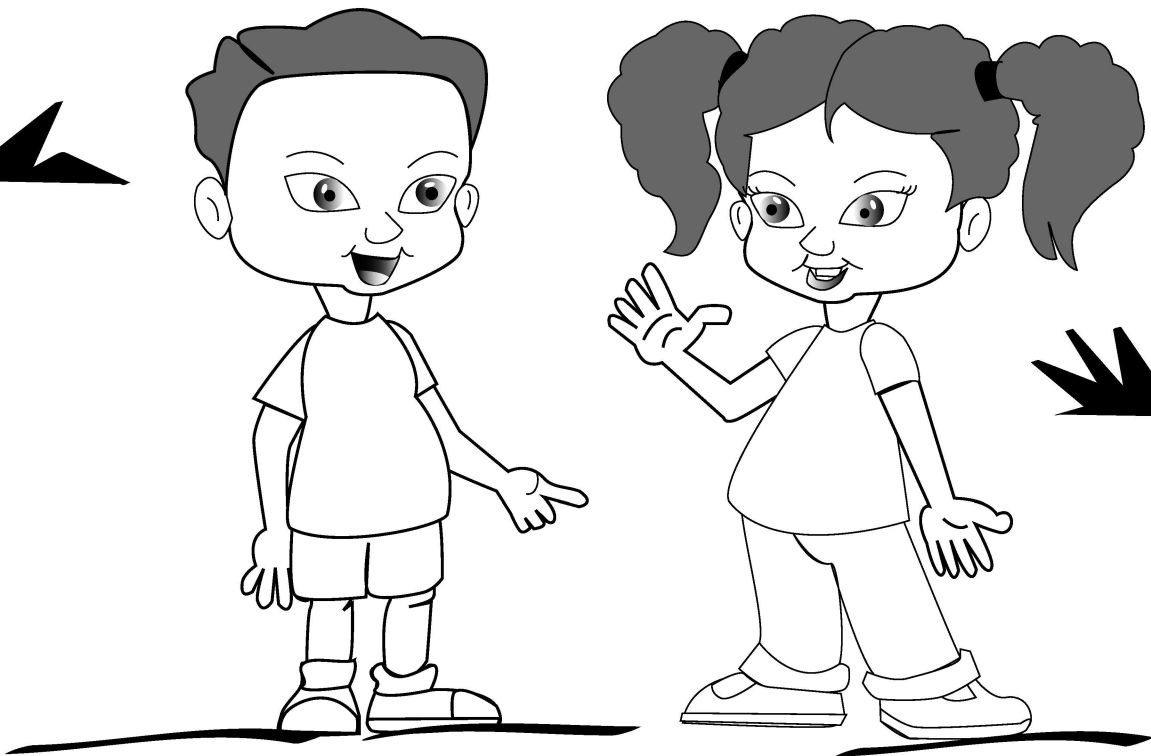
"Scooter, are you allergic to nuts?" gasped Ally.  
"Yeah, so what?" said Scooter. "Are you going to make fun of me like Bucky does? Ever since my mom had to give me a shot when a nut fell into my stew of plants, Bucky thinks I'm weird."  
Ally smiled at her new friend. "I don't think you are weird, Scooter. I had to use my auto-injector 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 didn't know animals could have asthma and allergies, too!" shouted the twins at the same time.

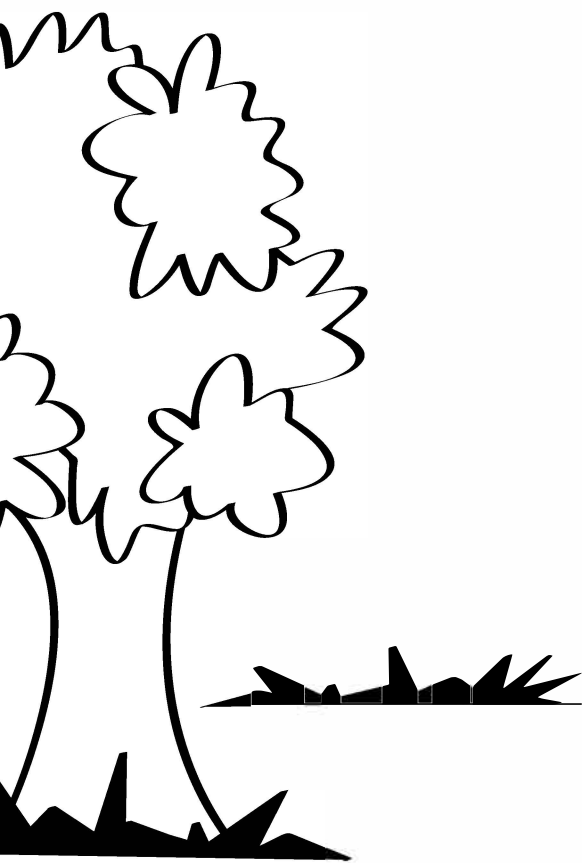


"Anyone can get asthma and allergies," said Bink. "Yeah, my mom said even though I can't eat tree nuts, it just means I get special treats, like honeysuckle and sweet berries more often," said Scooter.

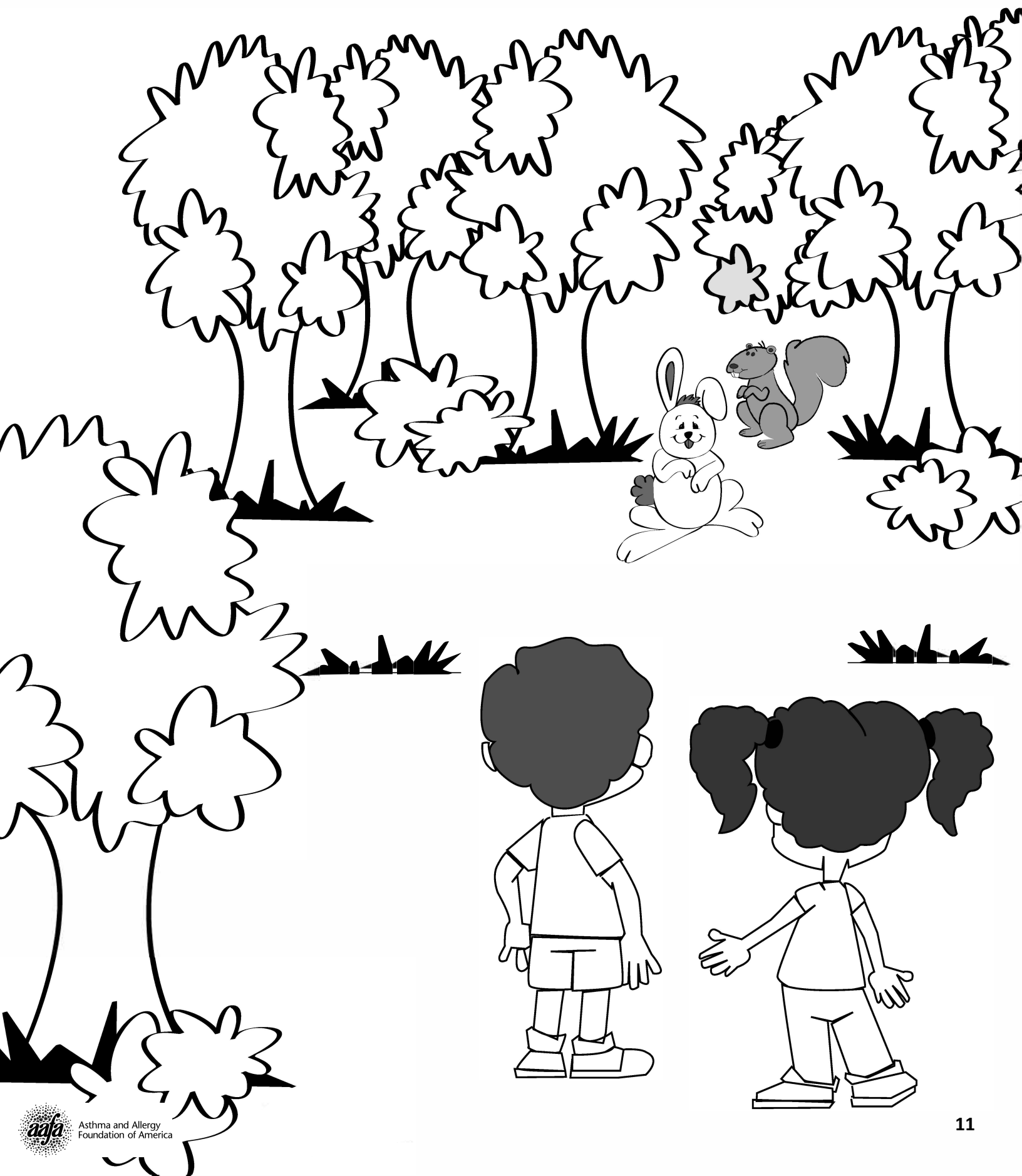




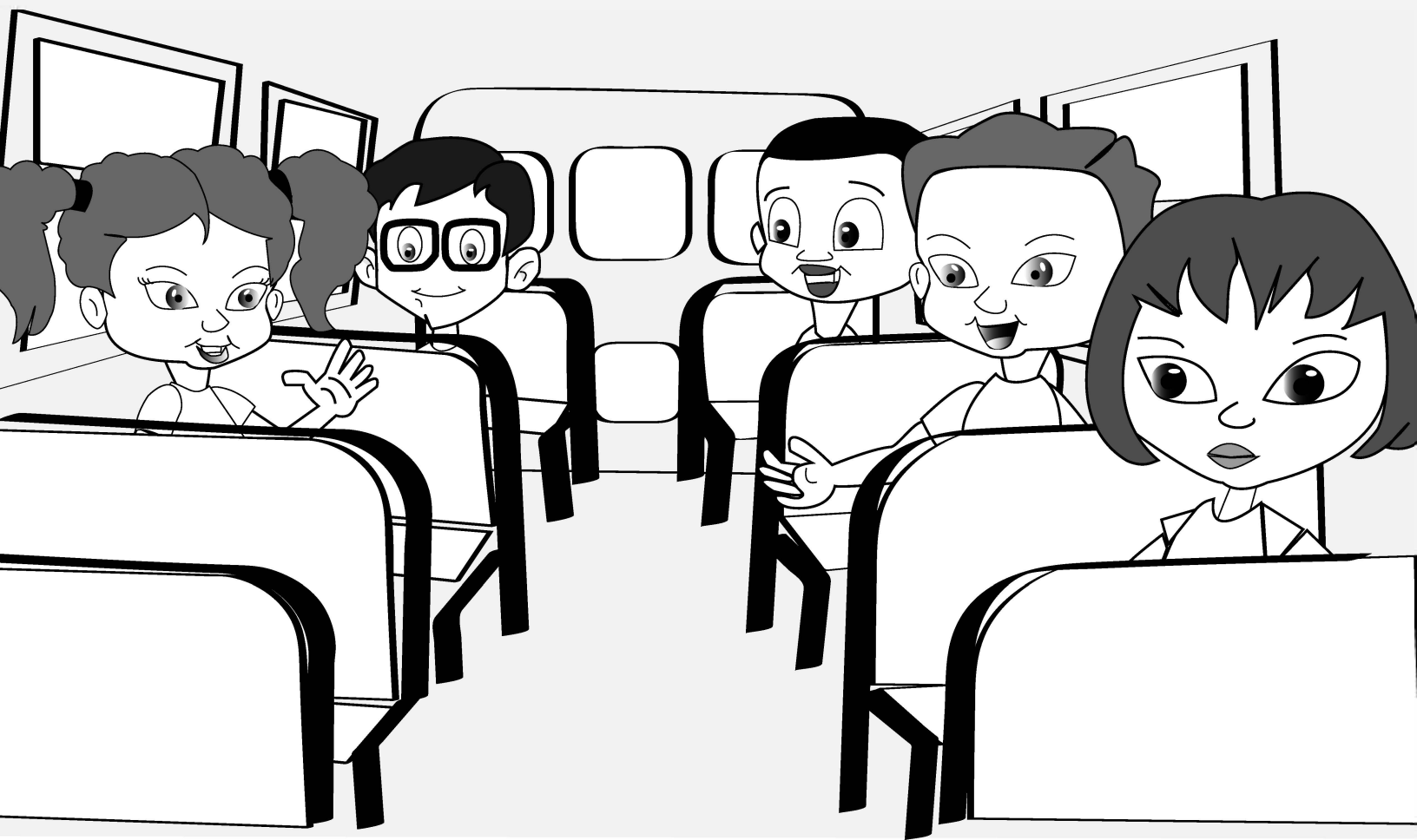
“You guys are right! Even though I can’t eat peanuts or have milk, I get my own special kind of ice cream and brownies that are only for me,” said Ally. “And even though I have asthma, I’m one of the fastest kids on my soccer team and the leading scorer!” shouted Andy.



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

			<b>G</b>	<b>G</b>			
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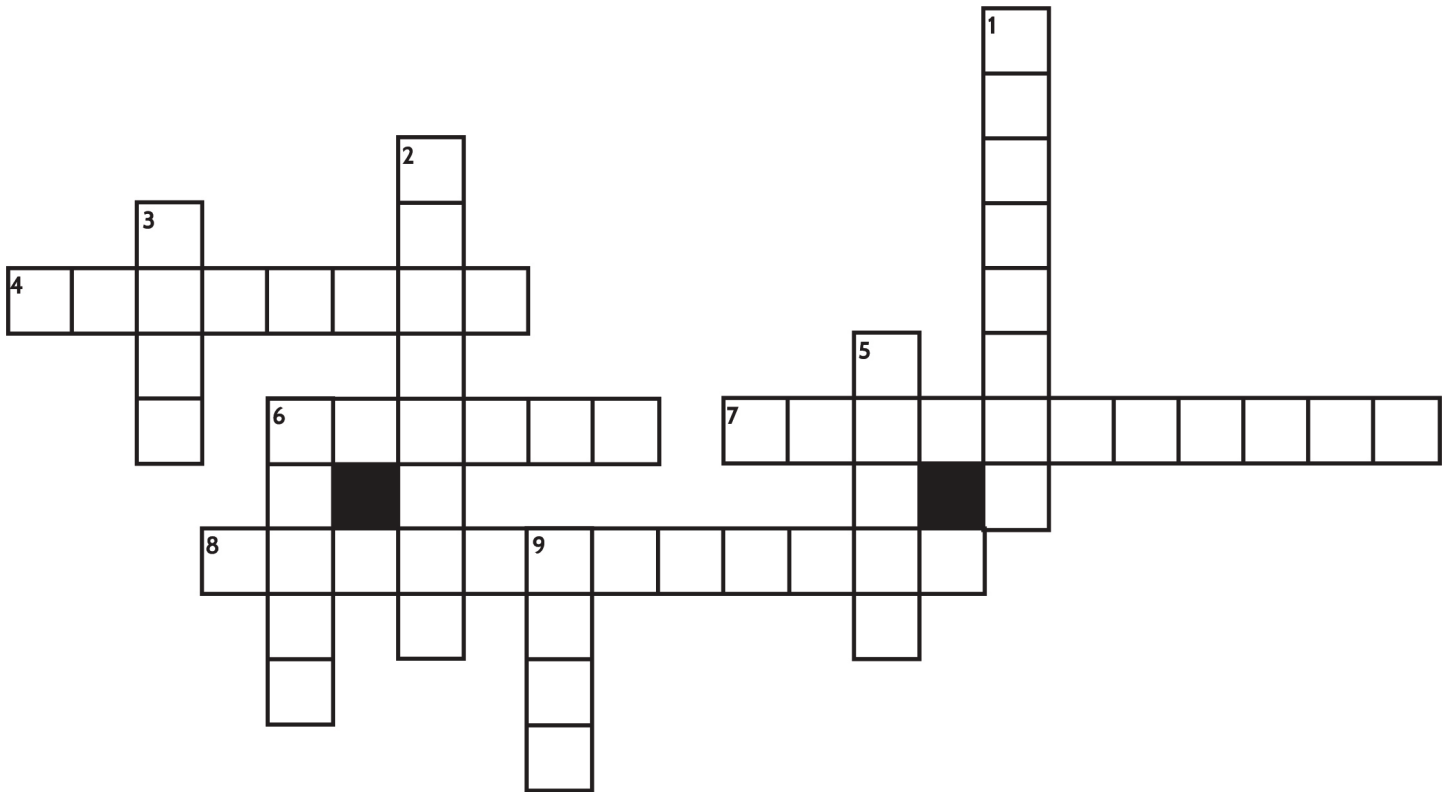
7 8 9 10 11 12





# Ally's Food Allergy Frenzy

Use the clues below to complete the crossword puzzle.



## Across

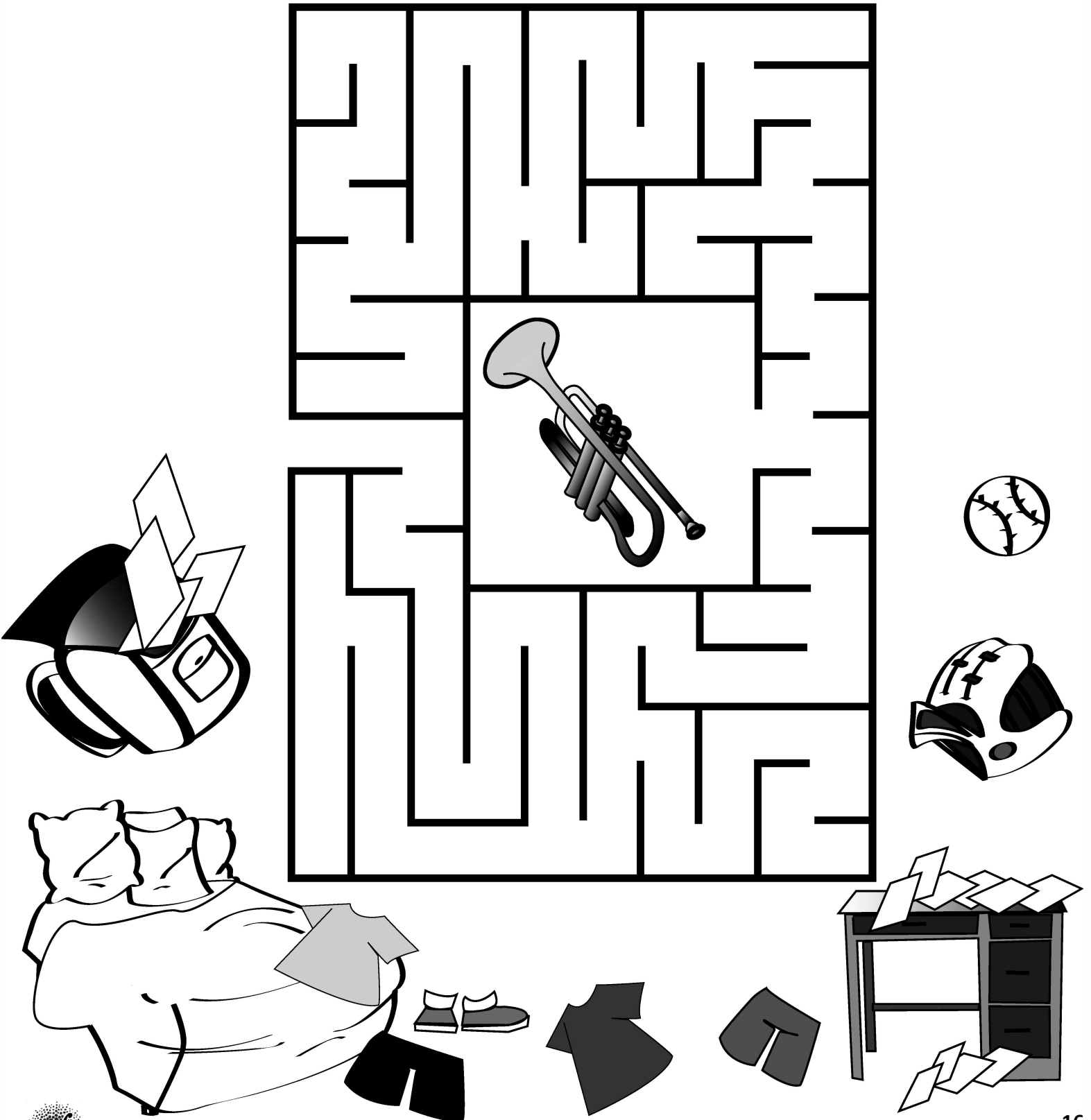
- 4. The largest age group of people with food allergies
- 6. A common tree nut allergy
- 7. What you should carry with you at all times
- 8. Jelly's partner

## Down

- 1. Peanuts are an example of an \_\_\_\_\_
- 2. Symptom of food allergy
- 3. What you put in cereal
- 5. Itchy bumps you may get when you have a reaction
- 6. Avoid eating crackers if you are allergic to \_\_\_\_\_
- 9. A common type of food made from soy

# 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 play it again.

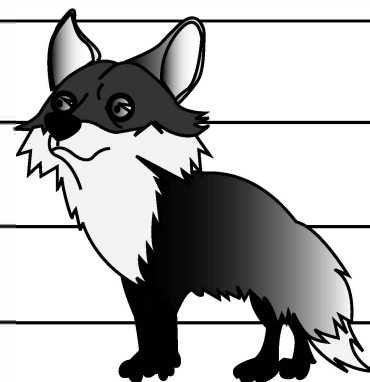
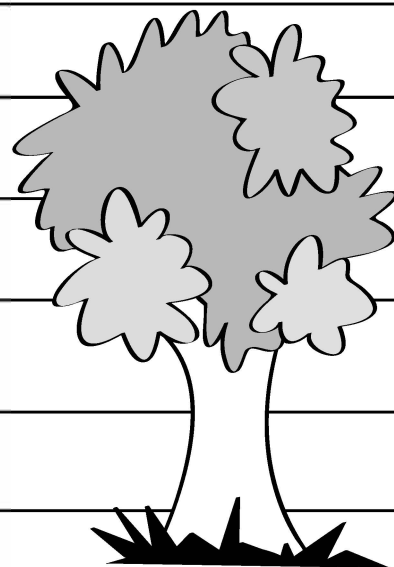


# ANAPHYLAXIS

It is pronounced anna-fih-LACK-sis. It is a severe allergic reaction to a substance like foods, stinging insects, medicines and latex.

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

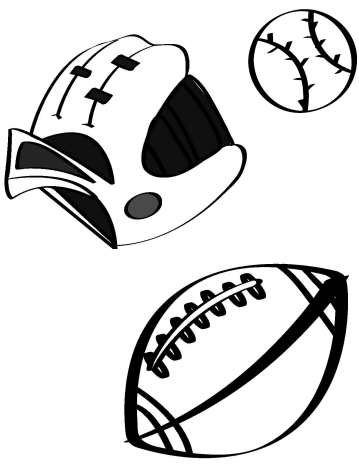
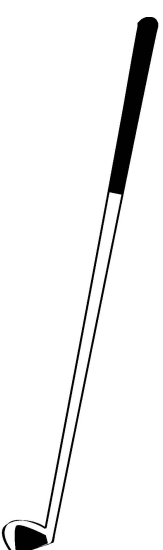
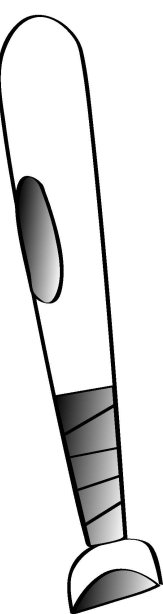
Some clues are drawn for you.



# Athletes with Asthma

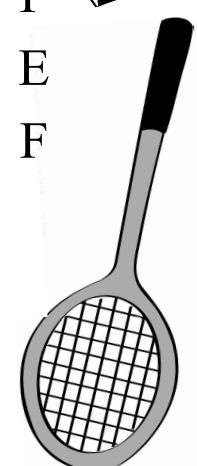
You CAN play sports even if you have asthma. Try to find Andy and Bink's friends who are well known athletes with asthma in the word search. These athletes all know that sports or activities that call for short bursts of activity are least likely to cause asthma symptoms. When there are built-in rest 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 A S X R V T F T D V T F Z O F G M Y P  
I M R E H C S I F J T Q O D S A T F A A  
N Y Y Q L A C M Z H W U A M R T J A A U  
A V E D D I E L A C Y V W S D V T Q K L  
G A T Z U I F A N U I G W I N O A K R A  
U N Q C B E V E D D I Q H B P U L I E R  
O D A S I T T E B E M O R E J X Q A D A  
L Y U X V L D E N N I S R O D M A N N D  
G K T B P Q C U G F J H Y T I Z N D A C  
E E S R E K R E N Y O J E I K C A J V L  
R N V Q H H Y F C F P J P E S N F L R I  
G R I A R K T I K N Z H R J S H F J E F  
G Q M Y F O D B B S Y E N B Y I V P T F  
R A S H A D J E N N I N G S T T G E E E  
S Y N H D U D H S M T K P I Y C G O P F



David Beckham  
Jerome Bettis  
Tom Dolan  
Amy Van Dyken  
TJ Fischer  
Rashad Jennings

Jackie Joyner-Kersey  
Eddie Lacy  
Greg Louganis  
Paula Radcliffe  
Dennis Rodman  
Peter Vanderkaay



# 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

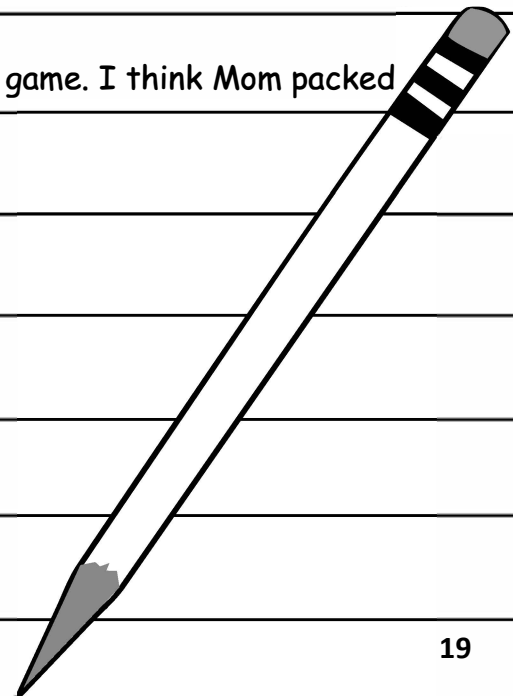
meet up with our new friends.

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,

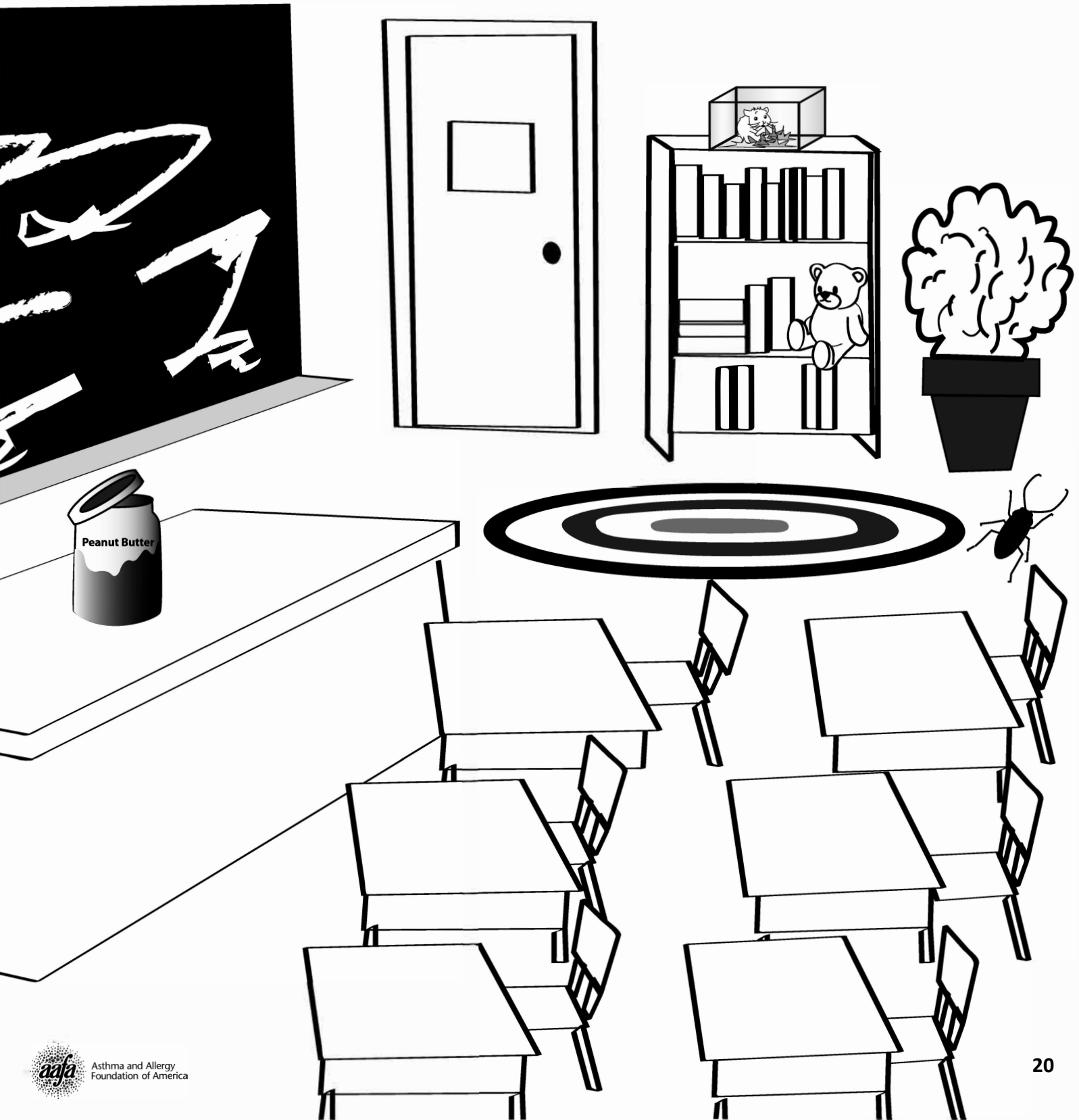
Ally





# 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), like a pet or by irritants like tobacco smoke. Decorate the bookmark 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, glue the bookmark to a piece of cutout cardboard, like from an old cereal box.

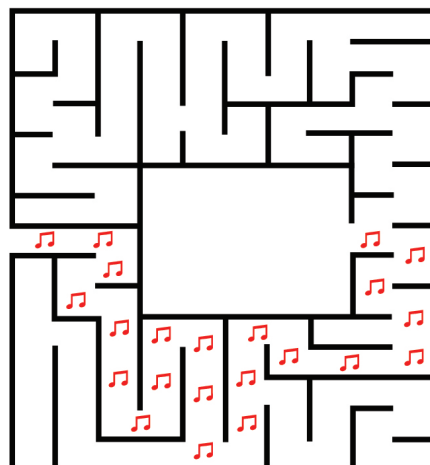


# Answer Key

## Scooter's Food Allergy Find

W E G X I W X B K Y X P S H K  
I G O K E 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

NOPLLE **POLLEN**  
KOMSE **SMOKE**  
COAKEHROSC **COCKROACHES**  
MANLIA RADDEN **ANIMAL DANDER**  
DLMO **MOLD**  
HAKCL DUTS **CHALK DUST**  
STDU SEIMT **DUST MITES**  
FUMREPE **PERFUME**  
**ASTHMA TRIGGERS**

## Anaphylaxis

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

## Ally's Food Allergy Frenzy

### Across

4. children
6. walnut
7. epinephrine
8. peanut butter

### Down

1. allergen
2. swelling
3. milk
5. hives
6. wheat
9. tofu

## Athletes with Asthma

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

## Help Ally Write a Letter to Grandma

1. nature walk
2. inhaler
3. epinephrine auto-injector
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 the blackboard  
Peanut butter on the 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)*

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

The main kid's resource page has links to a coloring book, storybook, videos, puzzles and more.

[www.aaaai.org/patients/just4kids/default.stm](http://www.aaaai.org/patients/just4kids/default.stm)

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

This activity book includes a variety of games (mazes, word finds, coloring, etc.).

It also has information on asthma triggers and prevention. Available in PDF format.

<https://www.epa.gov/asthma/dusty-asthma-goldfish-and-his-asthma-triggers-funbook>

#### **The Breathe Easies**

Learn about childhood asthma from activity books and videos from The Breathe Easies.

<http://noattacks.scgcorp.com>

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

The Canadian Lung Association operates these sites, where you can download materials for 2 to 6 year olds or 7 to 10 year olds. Fact sheets are available in several languages.

<https://www.on.lung.ca/sslpage.aspx?pid=526>

<http://lung.healthdiary.ca/Guest/SearchResults.aspx?C=27&M=0&K=&N=&S=1&P>

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

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

This site has basic information and a link to a dust game. Resources are also available in Spanish.

<https://kids.niehs.nih.gov/topics/pollution/asthma-and-allergies/index.htm>

#### **Asthma Kids**

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

<http://www.asthmakids.ca/>

#### **KidsHealth for Kids – Asthma**

Find 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. Also 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 and Allergy Foundation of America (AAFA)**

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

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

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

**800-7-ASTHMA**

**Kids With Food Allergies**

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

**215-230-5394**

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

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

**414-272-6071**

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

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

## Asthma Camps

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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.**

### **Acknowledgements**

**Thank you for your contributions to this project.**

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