



The LEGEND OF TAHNEE, The Wolf

My Asthma Journey



UNIVERSITY OF ALBERTA
FACULTY OF MEDICINE & DENTISTRY
Alberta Asthma Centre



The Legend of Tahnee, the Wolf: My Asthma Journey

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The Legend of Tahnee, the Wolf



Introduction

How the Wolf Got Her Howl

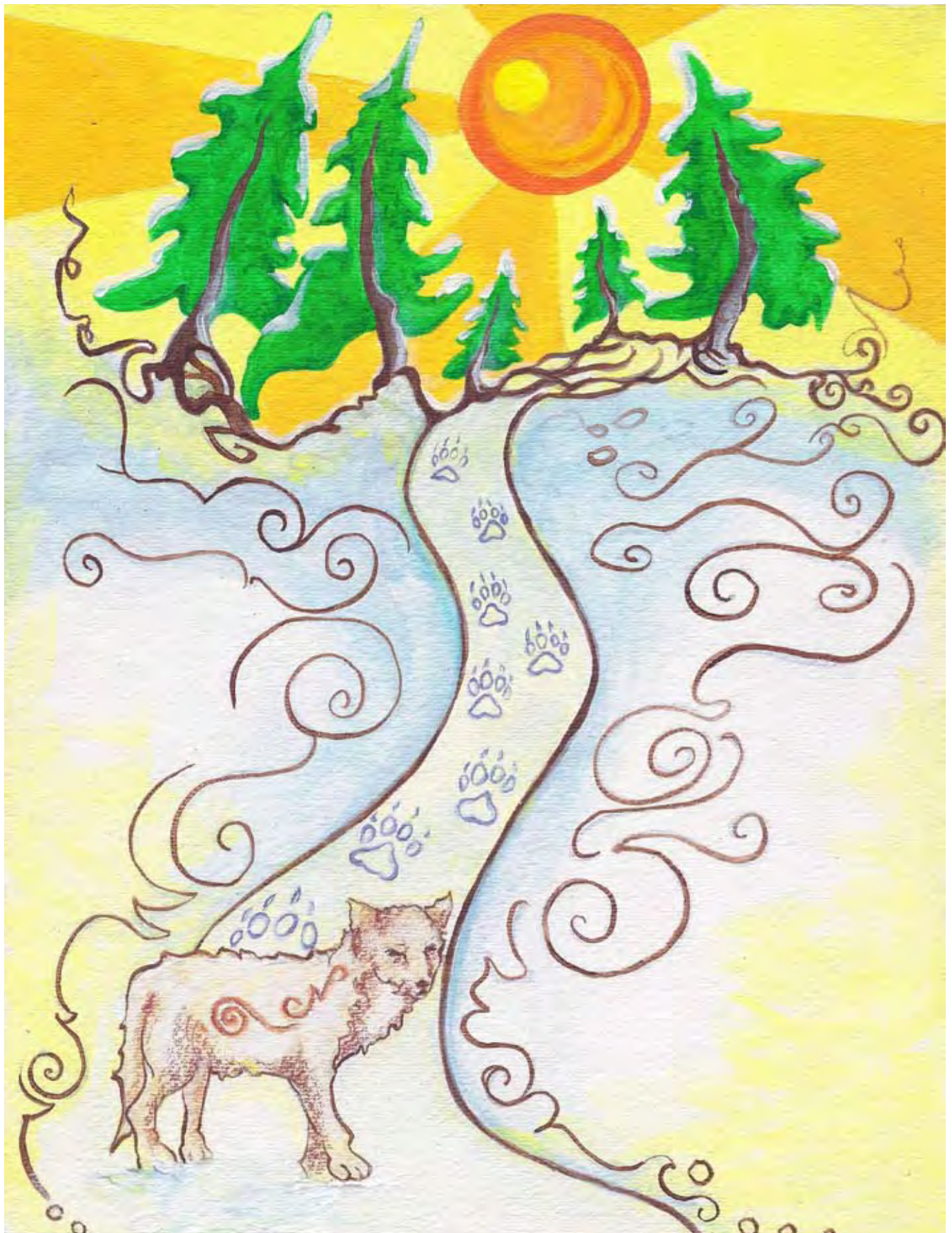
When I was a young **cub**, I had just one **wish** - I wanted to be like my **grandmother**. When she howled, all of **nature**: animals, birds, trees, (the **MOON** too!) would **stop** and listen to her powerful voice. **She** would take the **wind** deep into **her** chest. Then **she** would throw back **her** head, arch **her** neck and howl.

Aaaaaa0000000000000000www!

But I couldn't howl like that. My **brother**, teasing, called me "**little air**". He said that the beavers had built a dam of sticks and mud in my chest - blocking the **air**. Thick tree **sap** clogged me up and made me **cough** and **gasps**. My **cousins** said, "**it's just the way it is - it's how you were meant to be**." And they tumbled over one another, laughing and then easily racing away.

But my **grandmother** was wise. **She** said, "Don't ever give up. **You** are strong and **you** can change this." Then **she** said, "We have many **friends** to help us on our quest for health. "So I started on a journey, to find out what **she** meant. For 6 days and nights, I travelled beside **streams**, through tall **grassy fields** and over **rocks** - across **Canada**.

Discover Your Path



How will you reach your dreams?
What steps can you take?
Tahnee's legend and this
booklet may help you.

In the paw prints, list your
steps to **asthma control**-
as you discover them.

Your steps might be:

- Avoid triggers
- Take the right medicine
- Watch for signs
- Take action to keep in control
- Take care of your body
- Connect with friends
and family
- Stay active
- Learn to cope with
stress and relax



What does it mean?

'Asthma Control' means
that your asthma is not giving
you trouble. For example your
asthma is in control when you:

- Sleep through the night
- Go to school every day
- Participate in gym, recess
and sports
- Feel comfortable (no cough,
wheeze or shortness of breath)
- Need your reliever puffer less
than 4 times a week



Your Stories

These Elders came to an Asthma,
Allergy and Eczema camp to
support kids with asthma.

* The cutie catcher on page 21 will help you learn more about **'Asthma Control'**

Tahnee Meets a Bald Eagle

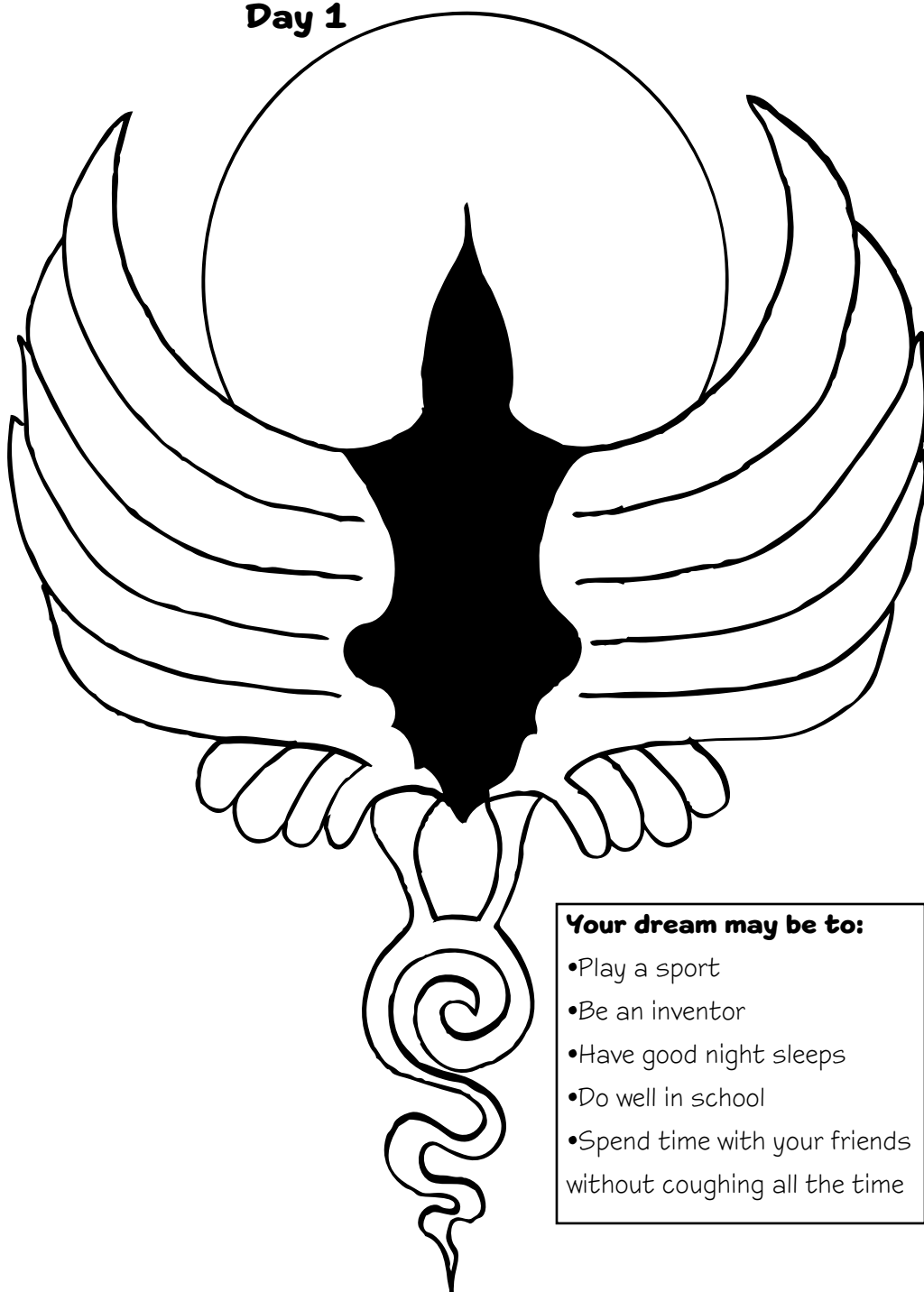
Your Asthma Dreams

The Legend of Tahnee, the Wolf

Day 1

On the first day,
I met a **BALD**
EAGLE perched
high on a ledge.
He told me, "I
can see a lot
from the **sky**. I
can see that you
are not alone.
Share what you
feel and you
will find that
others feel the
same. **SPREAD**
your **wings** (like
ME!) to reach
your **dreams**."

I knew that
this was one of
the **friends** my
grandmother had
talked about –
and **his** advice
helped me.



Your dream may be to:

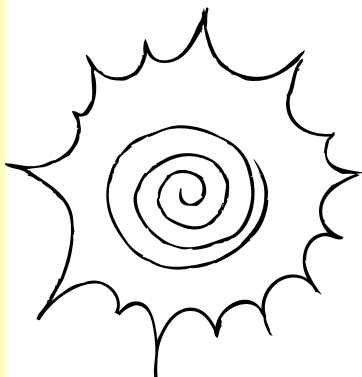
- Play a sport
- Be an inventor
- Have good night sleeps
- Do well in school
- Spend time with your friends without coughing all the time

Let your Dreams Take Flight

Do you have dreams like Tahnee's?
What are your dreams for your asthma?
Write your dreams on the wings of the eagle.

What Bugs Me About My Asthma

Circle/colour the bugs that describe how you feel about asthma. Add other bugs you have.



I can't run far



Trouble breathing
at recess



Coughing at night



Going to the
emergency room



Parents over-reacting
and worrying about me



Having to go to
asthma class

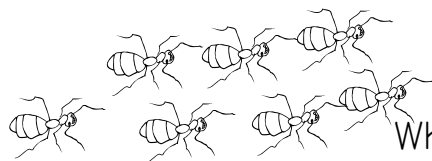


Missing school or
activities

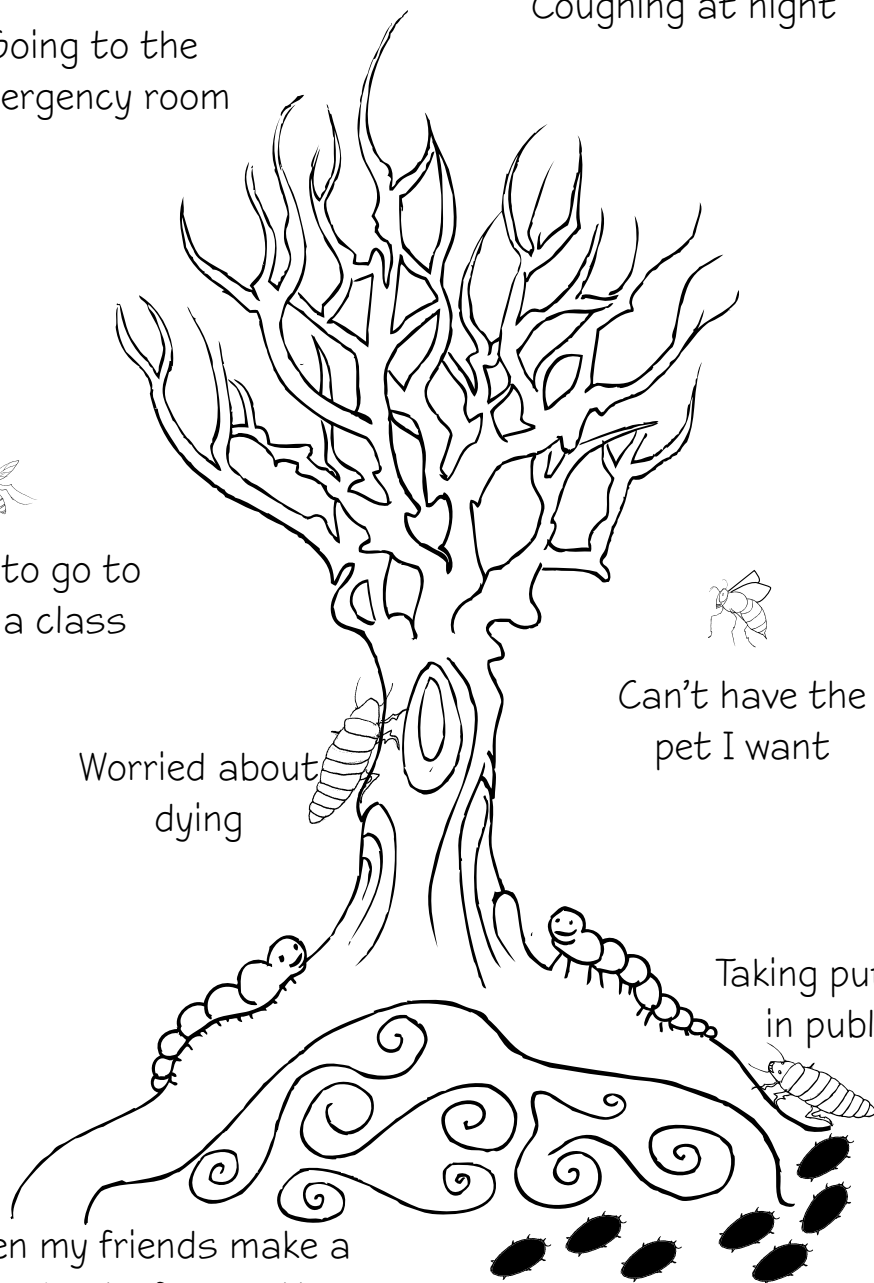
Worried about
dying



Can't have the
pet I want



When my friends make a
big deal out of my asthma



Taking puffers
in public

This activity is included and adapted with permission from the Children's Asthma Education Centre.

Tahnee Meets an Orca and a Badger:

Airways and Triggers

The Legend of Tahnee, the Wolf
Day 2

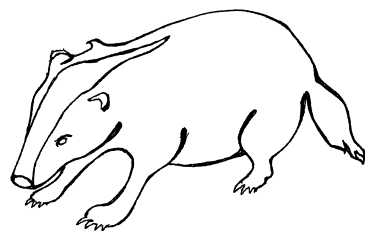


On the second day of my journey, I walked along the *Pacific shore*. I met a **KILLER WHALE**. He said, "learn (like **ME**!) about your *breath*, your body and how to keep it healthy." "**ORCAS**", he told me, "*breathe* through a single **BLOWHOLE** on the top of our heads. We must come to the surface, open our **BLOWHOLE**, and then control our *exhale* and *inhale* to *breathe*. I must keep my **BLOWHOLE** healthy in order to take in enough *air* to dive **deep** below the surface."

What does it mean?



A **trigger** is anything that makes your asthma worse.



That same day, as I entered the forest, I met a fierce *badger*. *she* said, "PROTECT YOUR BODY! (like *me*!)" from things that may *hurt* your body and make you *unwell*." I'm sure that the **ORCA** and *badger* were two more *friends* that my *grandmother* had talked about – and their advice helped me.

Trees Give Us Life



Trees keep our world healthy and give us oxygen.

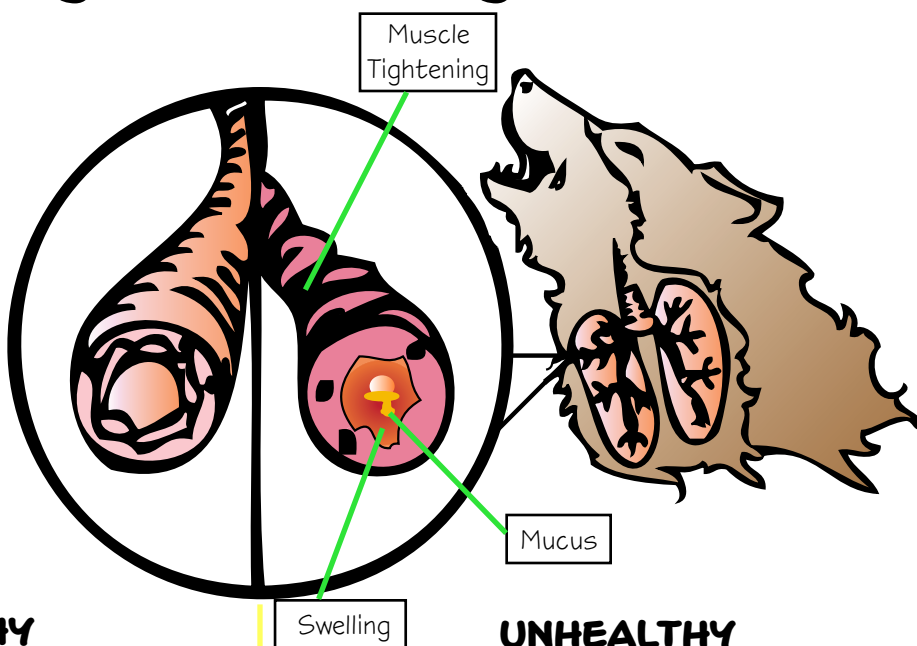
This activity was developed in cooperation with K.C. Rautiainen, Ontario Public Health School Asthma Project.

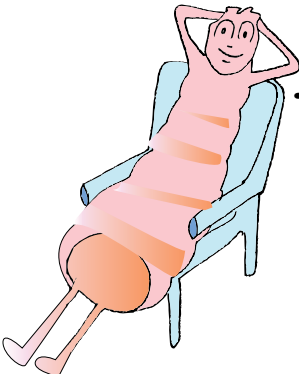
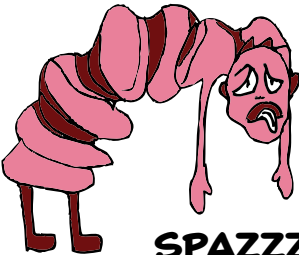
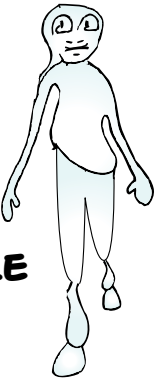

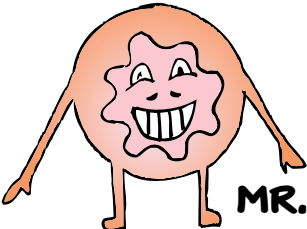
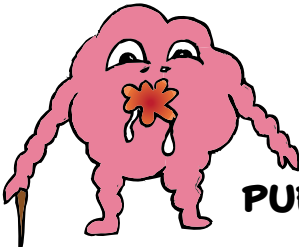
Your Lung Trees Give You Life



Your lungs are your trees. If your lungs are healthy, your body will get all the oxygen it needs to keep you moving — like Tahnee's friend the orca.

Who has been hanging out in your airways?



| | Asthma In Control | Asthma Not In Control |
|---------------|---|--|
| Airway Muscle |  <p>THE RELAX-I-NATOR</p> |  <p>SPAZZZM</p> |
| Mucus |  <p>AGENT INVISIBLE</p> |  <p>THE BOOGER MAN</p> |
| Airway Lining |  <p>MR.SMOOTH</p> |  <p>PUFF DADDY</p> |

Trigger Spy

Place an X on the things that are asthma triggers.



Circle what has changed from the previous picture. Would these changes help your triggers?



Tahnee Meets a Skunk: Your Asthma Medicine

The Legend of Tahnee, the Wolf

Day 3



On the third day of my journey, I met a skunk. She said the oddest thing: "If you are going to **spray** – make sure you do it right (like me!)". I'm pretty sure that she was one of the **friends** that my **grandmother** talked about. And, her advice helped me.

Your Stories



We would love to hear from you!
Send us your asthma stories
and art (details on our website
www.asthmacentre.ualberta.ca)
and maybe you will see them
HERE in **The Legend of
Tahnee, the Wolf: My Asthma
Journey!**

What does it mean? ?

Controller Medicine:

Helps PREVENT symptoms.

Relief (a.k.a Rescue) Medicine:

Provides fast RELIEF when you
are having symptoms.



Which of these things help
PREVENT harm?

Which of these things
RELIEVES (or fixes) trouble?



Two Kinds of Asthma Medicine

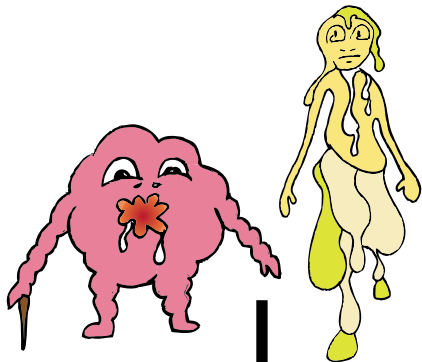
What medicines "**control**" your asthma symptoms over time?



What medicines act quickly to "**relieve**" your asthma symptoms?



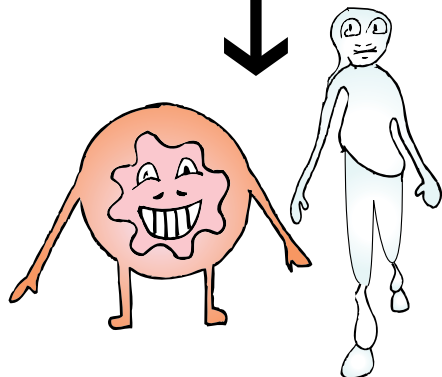
**Asthma
Bad
Guys**



**Fighting
Bad
Guys**



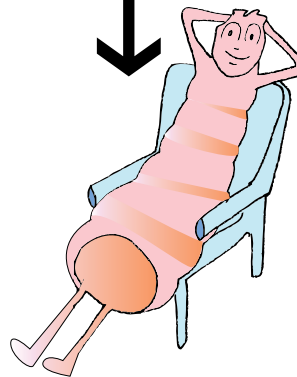
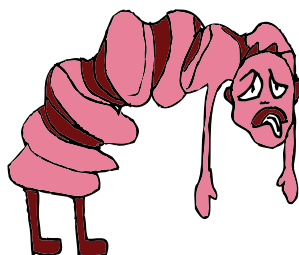
**Asthma
Good
Guys**



**Colour and label your
controller medicine**



- Usually works slowly to prevent swelling and mucus.
- Use everyday as directed by your doctor.
- Rinse your mouth after using inhaler.

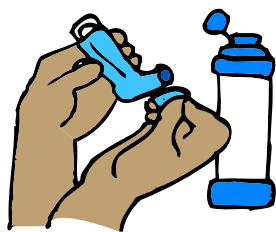


**Colour and label your
rescue medicine**

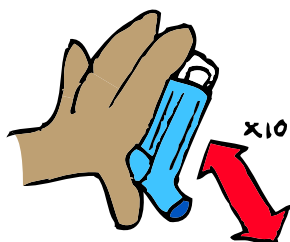


- Relieves asthma symptoms quickly by relaxing airway muscles.
- Use only when needed.
- If using more than twice a week, talk to your doctor.

Steps to take your Puffer with Spacer



**Remove Lids
(Inhaler and Spacer)**



**Shake Well
for 10 seconds**



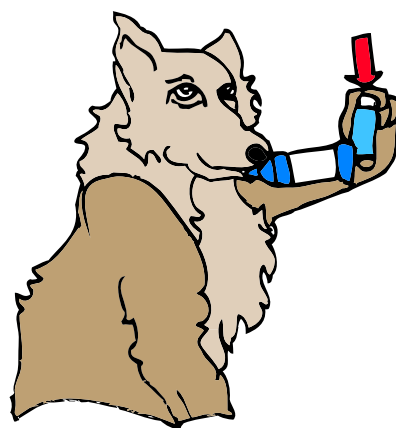
**Attach
the inhaler to spacer**



**Breathe Out
before using inhaler**



**Place Mouthpiece
between your lips**



**Push Down Once
on the inhaler**



**Breathe In
slowly and deeply**



**Hold Breath
for 10 seconds**



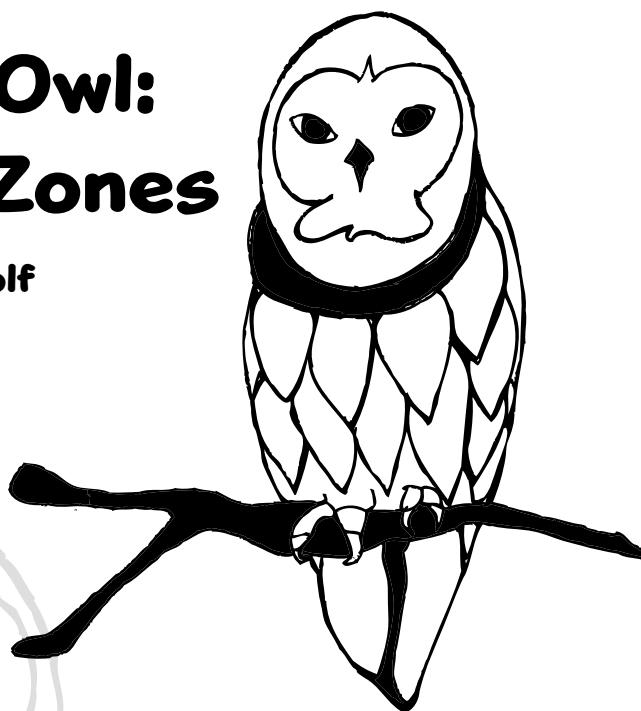
**Rinse Mouth
and spit**

Practice these steps. Show your health team how you are using your puffer. If you are using it well, your lungs will get more of the medicine you need.

Tahnee Meets an Owl: Asthma Signs and Zones

The Legend of Tahnee, the Wolf
Day 4

The **night** of the fourth day, I met a **wise owl**, who said, "Be **alert** (like me!). Watch for **danger** signs and know what to do." I am sure that **he** was one of the **friends** that my **grandmother** spoke of. **His** advice certainly helped me!



Your Stories

We would love to hear from you!
Send us your asthma stories
and art (details on our website
www.asthmacentre.ualberta.ca)
and maybe you will see them
HERE in the Legend of Tahnee,
the Wolf: My Asthma Journey!

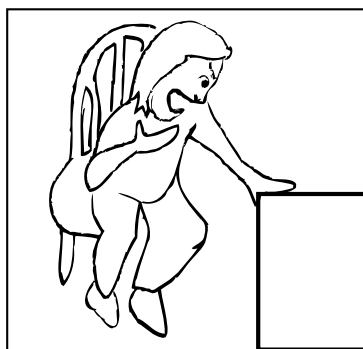
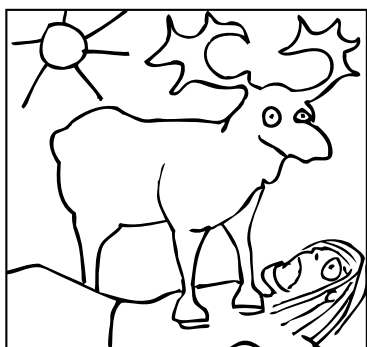
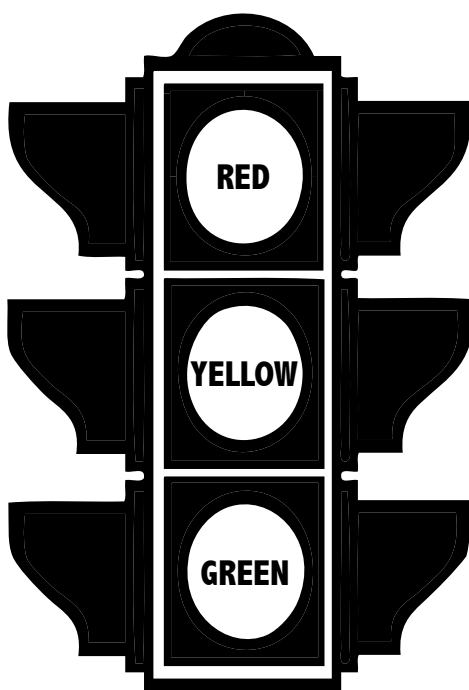
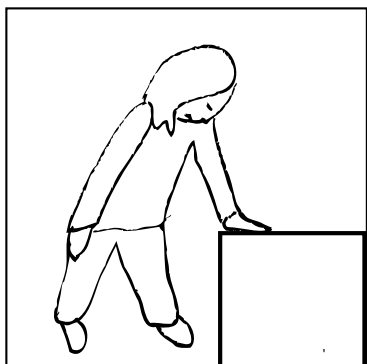
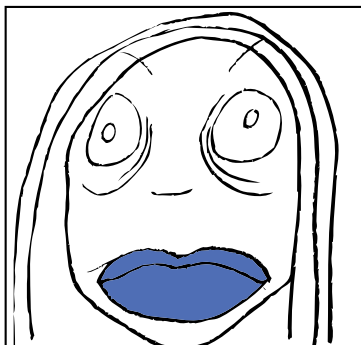
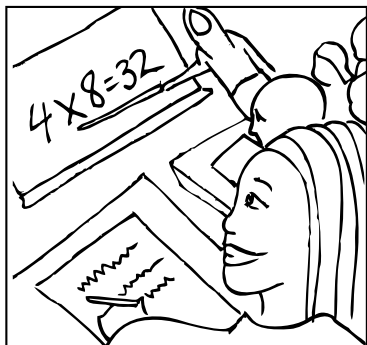
The Faces of Asthma

How do you feel when your asthma is getting worse?
Everyone has different symptoms and early warning signs.
Colour and label your symptoms and draw other signs.



Take Action

Colour each symptom. Draw a line from each picture to the right asthma zone on the traffic light. Is the picture most like a "green", "yellow" or "red" light?



"Green" on a traffic light means "Go!" or "everything is good to go".

"Yellow" means "caution" or "take care".

"Red" means "STOP" or "Danger".

ASTHMA **Action Plan**

Your Name: _____

Date: _____

Your Goals: _____

Circle your
triggers



smoke



colds



animals



pollen



mold



dust



strong smells



weather changes



strong emotions

Other _____

Exercise _____



Yes

Normal life,
regular activities



No

Cough, wheeze, short of breath,
tight chest, colds, allergies



Not at all

Very short of breath, trouble
speaking, blue/grey lips/fingernails

Asthma under control?

| | | | | |
|-----------------------------|--|--------|------------------------|--------------------------------|
| 1. Daytime symptoms | | None | More than 3 times/week | Continuous & getting worse |
| 2. Nighttime symptoms | | None | Some nights | Continuous & getting worse |
| 3. Reliever | | None | More than 3 times/week | Relief for less than 3-4 hours |
| 4. Physical activity | | Normal | Limited | Very limited |
| 5. Can go to school or work | | Yes | Maybe | No |

What to do:

Preventer/Controller: Use EVERY DAY to control airway swelling & other symptoms. Rinse mouth after each use.

1. _____
(name / strength / colour)
2. _____
(name / strength / colour)
3. _____
(name / strength / colour)
4. _____
(name / strength / colour)

Reliever/Rescue: Quickly relieves symptoms by temporarily relaxing muscles around airways.

(name / strength / colour)

Stay controlled & avoid your triggers



- Take _____ ☐ AM ☐ PM
(amount)
- Take _____ ☐ AM ☐ PM
(amount)
- Take _____ ☐ AM ☐ PM
(amount)
- Take _____ ☐ AM ☐ PM
(amount)

Take _____ as needed
(# of puffs)

Before exercise? ☐ Yes ☐ No

Take Action



- Take _____ ☐ AM ☐ PM
(amount)
- Take _____ ☐ AM ☐ PM
(amount)
- Take _____ ☐ AM ☐ PM
(amount)
- Take _____ ☐ AM ☐ PM
(amount)

Take _____ as needed
(# of puffs)

If no improvement in _____ days, call your doctor.

Call for help



EMERGENCY (911)

Take your asthma medicines
at the highest dose
recommended until
help arrives.
(This may include prednisone)

Adapted from the Laval Hospital Asthma Plan, Bouchard, H. et al., 2001
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May 2012

Clinician's Signature: _____

Contact Number: _____

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Tahnee meets an Asthmasaurus: My Feelings about Asthma and Asthma Control

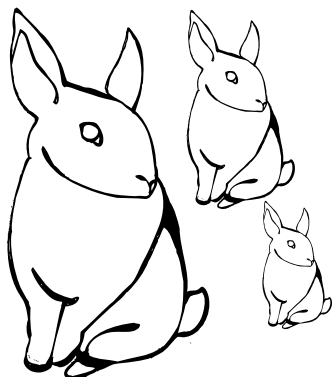


The Legend of Tahnee, the Wolf
Day 5



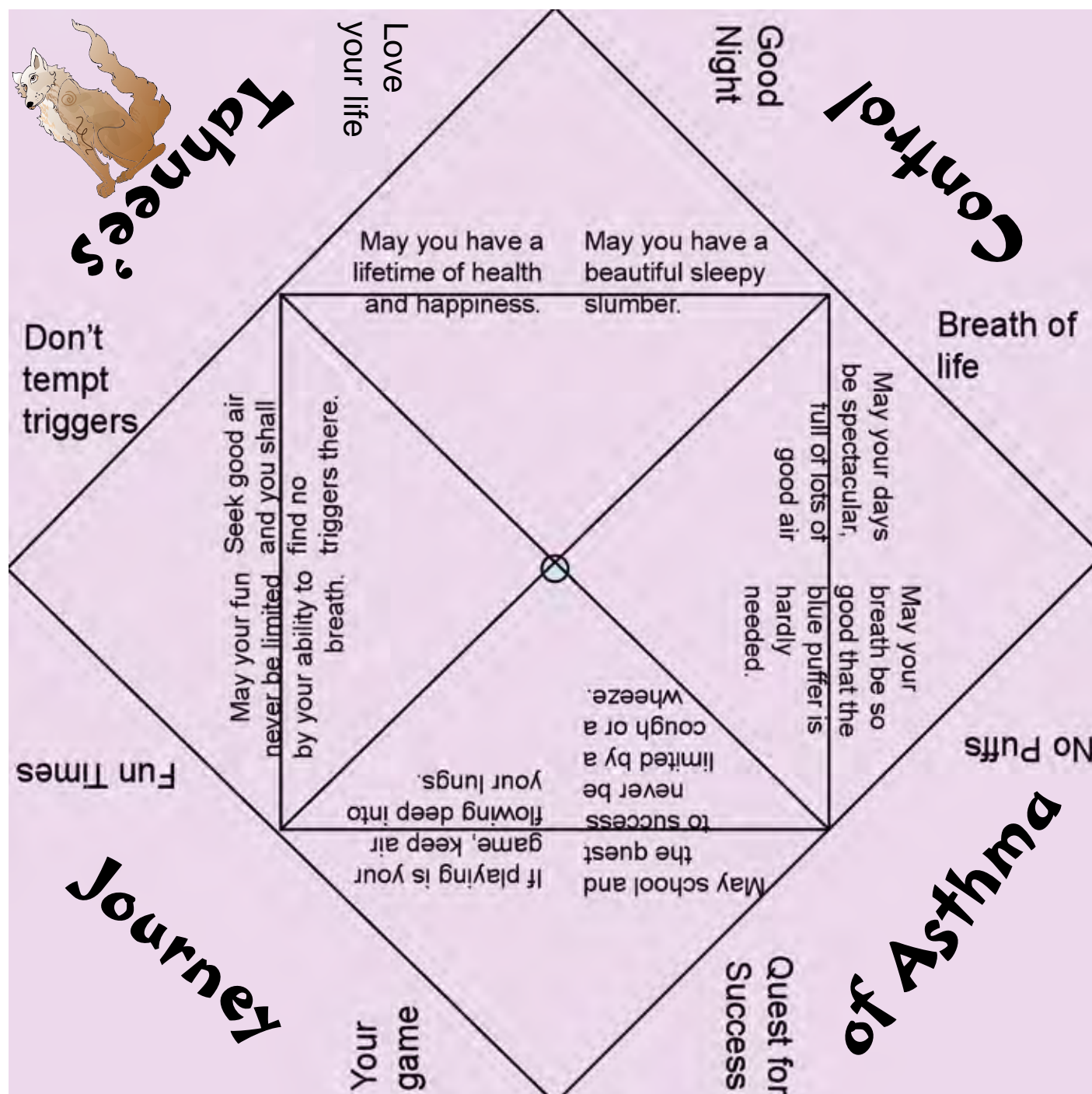
On the fifth day, CRAZY THOUGH IT SOUNDS, I met a **DINOSAUR**! I was crossing the **ALBERTA BADLANDS**, near the famous hunting grounds. At first, I thought it was the *spirit* of a **DINOSAUR**. But then, **HE** spoke. **HE** said, "**MY** name is **PUFF** and **I** am an **ASTEMASAUROS**. **I** survived extinction by learning all about **MY** asthma and sharing my stories with my friends and family. (Like **ME**) you can do it too!"

Later that day, I met **squirrels**, **frogs**, **rabbits** and **bison**, who encouraged me to eat healthy foods, jump (have you ever seen **buffalo** jump – it's incredible!) run and be with my friends. I'm sure that these were all friends that my grandmother knew would help me – and they did.

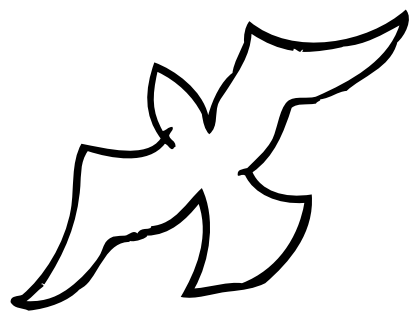
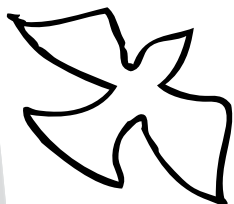


Tahnee's Journey of Asthma Control

Cut and fold this up and play with your friends to see what is possible with good asthma control!



Draw How You Feel About Having Asthma



Taking Care of You!

Circle the ways that you plan to take care of your body.
Add yourself to the picture. Draw what you will do to stay healthy.
Draw what you do to relax and cope with stress.



Tahnee Returns Home And...

The Legend of Tahnee, the Wolf

Day 6



So, on day 6 of my journey, I gathered up all of these stories and I returned home. My many new friends

- the **BALD EAGLE**, **ORCA**, badger, skunk, owl, **ASTHMASAURUS**, squirrel, frog, rabbit and **buffalo**

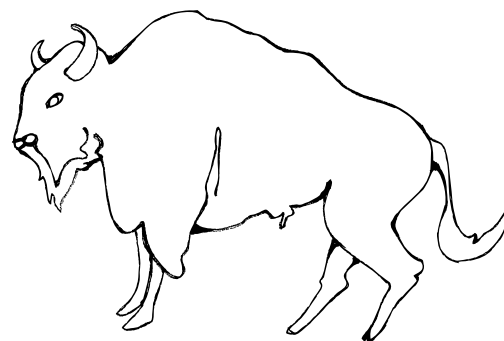
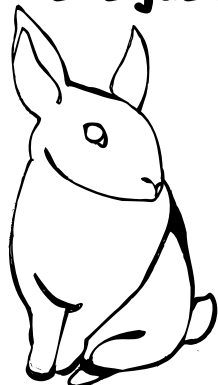
— had all helped me in my quest for health.



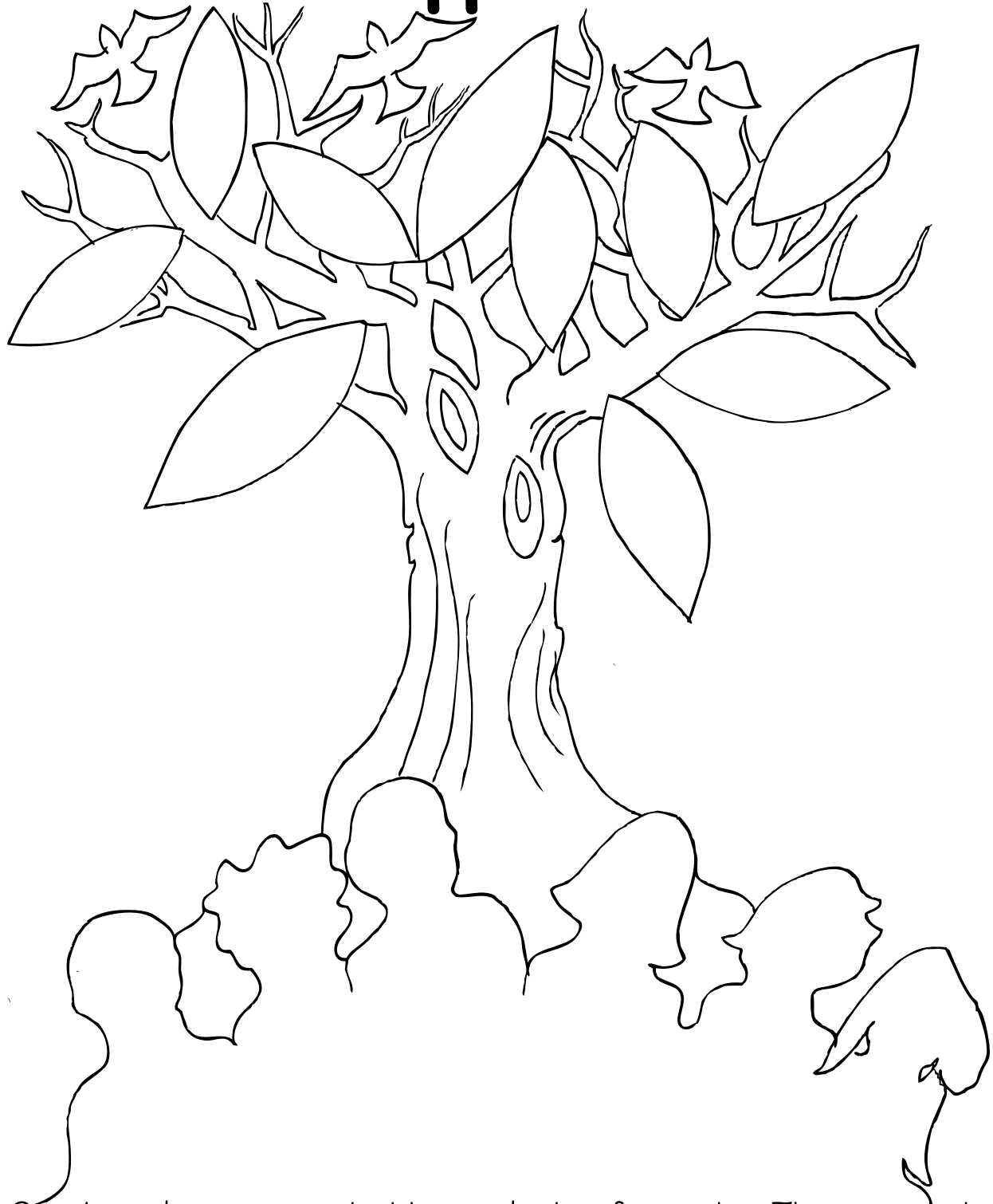
And you know what? My grandmother was right. **I** am strong! **I** can change things! And, with the help of my grandmother, brother, cousins and new friends, I can howl:

Aaaaaaooooooooooooooooowww!

This is just the beginning of more adventures to come...



Who Supports You?



Our tree is surrounded by a circle of people. These people are like its roots: they give strength and nourishment. On the people in this picture, write the names of those who help you. Colour them in. On the leaves, write down the things that they do to help you reach your dreams.

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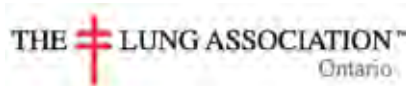
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- AllerGen NCE Inc. (the Allergy, Genes and Environment Network), a member of the Networks of Centres of Excellence Canada (NCE) programme.
- Asthma Society of Canada.



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- Assembly of First Nations, Dr. Diego Garcia, Public Health Coordinator.



For more information about **The Legend of Tahnee, the Wolf: My Asthma Journey**, the Roaring Adventures of Puff program or asthma education resources, please contact us at:

Alberta Asthma Centre, University of Alberta

www.educationforasthma.com

780.407.3178

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