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. AAAAAAAAAAAAAAAAAAAAAAAAAAAAAA! 

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 gasp. 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

* The coutie catcher on page 21 will help you learn more about ‘Asthma Control’
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.

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**Your Asthma Dreams**

**The Legend of Tahnee, the Wolf**

**Day 1**

---

**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.

---

**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
What Bugs Me About My Asthma

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

- Trouble breathing
- I can’t run far
- Going to the emergency room
- Coughing at night
- 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
- Taking puffers in public
- When my friends make a big deal out of my asthma

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 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 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

- **Airway Muscle**: The Relax-I-Nator
- **Mucus**: Agent Invisible
- **Airway Lining**: Mr. Smooth

Asthma Not In Control

- **Airway Muscle**: Spazzzm
- **Mucus**: The Booger Man
- **Airway Lining**: Puff Daddy
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?

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!
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

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

Fighting Bad Guys

Asthma Good Guys

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

Colour and label your controller medicine

Colour and label your rescue medicine
Steps to take your Puffer with Spacer

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.

**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**
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”.
<table>
<thead>
<tr>
<th>Action Plan</th>
<th>Date: ________</th>
<th>Your Name: ________________</th>
<th>Your Goals: ____________________________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Daytime symptoms</td>
<td>None</td>
<td>More than 3 times/week</td>
<td>Continuous &amp; getting worse</td>
</tr>
<tr>
<td>2. Nighttime symptoms</td>
<td>None</td>
<td>Some nights</td>
<td>Continuous &amp; getting worse</td>
</tr>
<tr>
<td>3. Reliever</td>
<td>None</td>
<td>More than 3 times/week</td>
<td>Relief for less than 3-4 hours</td>
</tr>
<tr>
<td>4. Physical activity</td>
<td>Normal</td>
<td>Limited</td>
<td>Very limited</td>
</tr>
<tr>
<td>5. Can go to school or work</td>
<td>Yes</td>
<td>Maybe</td>
<td>No</td>
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**Asthma under control?**

- **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)

### What to do:

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

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<thead>
<tr>
<th></th>
<th>Amount</th>
<th>AM</th>
<th>PM</th>
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<td>1</td>
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#### Reliever/Rescue: Quickly relieves symptoms by temporarily relaxing muscles around airways.

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<tr>
<th></th>
<th>Amount</th>
<th># of puffs</th>
<th>As needed</th>
</tr>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Before exercise? ☐ Yes ☐ No</td>
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**Take your asthma medicines at the highest dose recommended until help arrives.**

(This may include prednisone)

### Call for help

**Emergency (911)**

If no improvement in ___ days, call your doctor.

Clinician’s Signature: ____________________________  Contact Number: ____________________________
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 ASTHMASAURUS. 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.
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:

Aaaaaaaaaaaaaaaaaaaaaaaaowww!

This is just the beginning of more adventures to come...
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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Alberta Asthma Centre

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