

## **Give Kids the Tools and Confidence to Manage Their Asthma!**

### **What is Kickin' Asthma?**

Kickin' Asthma is an asthma management program for kids ages 11 – 16 (grades 6-10) that educates and empowers them through a fun and interactive approach to asthma self-management. Kickin' Asthma includes different learning techniques suitable for teen-aged kids and highlights self-management practices, such as recognizing triggers and proper medication use.

### **How Kickin' Asthma Works**

*Kickin' Asthma* teaches children how to detect the warning signs of asthma, avoid their triggers, and make decisions about their health. The program is taught by an American Lung Association-trained facilitator. After attending a three-part blended learning training that takes between 3-4 hours, each facilitator is provided with a facilitator guide to deliver the structured curriculum in a school or community-based small group setting.

Kickin' Asthma Facilitators lead a small group of teens (5-10 people per program) through four, 45-minute sessions (see Figure 1) taught on consecutive days or one week apart. Each session has sections that are optional, to allow the instructor the flexibility to make time adjustments along the way.

### **Why use Kickin' Asthma?**

Children that participated in the pilot study of Kickin' Asthma experienced significantly fewer symptoms, days with activity limitation, nights of sleep disturbances, and emergency department visits.

### **Become a Kickin' Asthma Certified Facilitator**

The Kickin' Asthma Facilitator Training fee is \$400 and includes access to a blended learning training, 3-year certification with an option to recertify, asthma medication demonstration devices, Kickin' Asthma curriculum with an option to purchase additional student workbooks, access to the Kickin' Asthma Facilitator Resource Center and facilitator engagement and networking opportunities.

**Visit [Lung.org/kickin-asthma](https://www.lung.org/kickin-asthma) to get started today!**

