

FEELINGS



We have two kinds of feelings. One is how we feel physically. Are we hot? Are we cold? Are we short of breath? Are we tired? Do we feel tightness in the chest?

The other type of feelings we have are emotional. Are we happy? Are we sad? Are we afraid? Are we angry? Are we lonely? Do we feel “in charge or in control”?

Emotions don't cause you to have asthma, but they can affect how you feel when you're having an asthma episode or attack.

Write down the feelings you have. Use words like Happy, Sad, Afraid, Glad, Mad, Helpless, In Control....

I feel _____ when I wheeze.

My mom feels _____ when I get an asthma episode.

I feel _____ when my asthma gets better.

My dad feels _____ when I miss school because of asthma.

My friend feels _____ when I start to cough.

I feel _____ when I can stop my cough or wheeze.

I feel _____ when I can't participate as much as the other children.

I feel _____ when someone teases me about my asthma or my inhalers.

I feel _____ when I can play and keep up with the other children.

Everyone has feelings. It's good to talk about your feelings and share them.

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