



# 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.

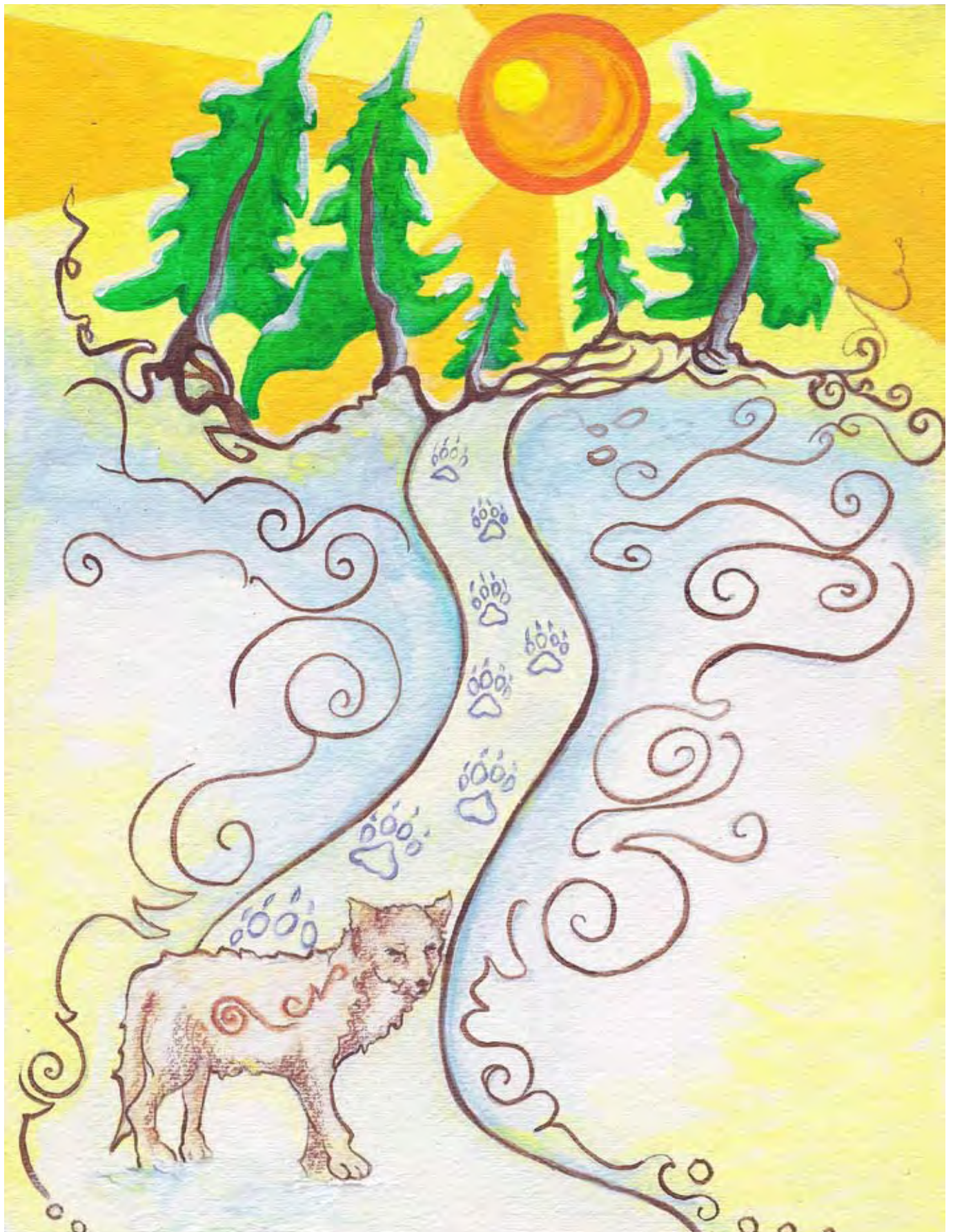
Aaaaaaooooooooooooooooowwww!

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

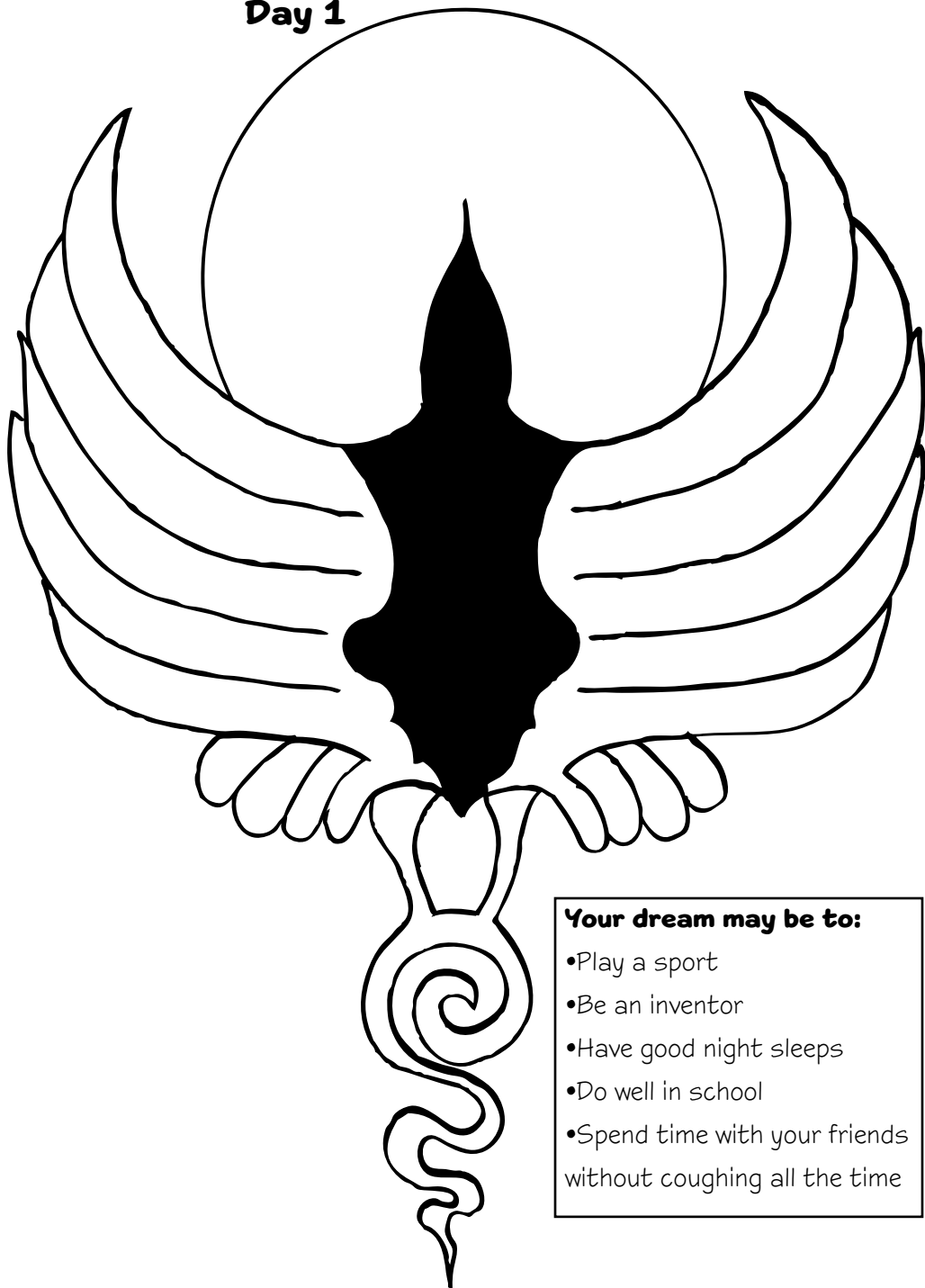
## Your Asthma Dreams

### 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:

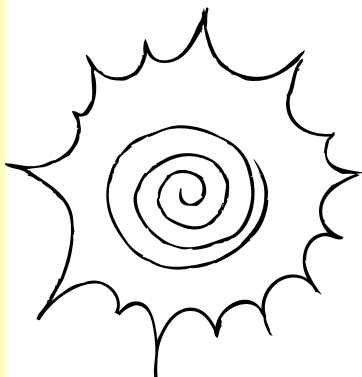
- Play a sport
- Be an inventor
- Have good night sleeps
- Do well in school
- Spend time with your friends without coughing all the time

### 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

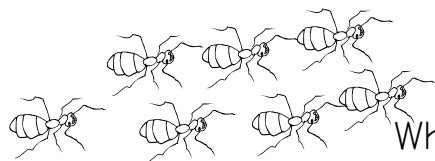


Missing school or  
activities

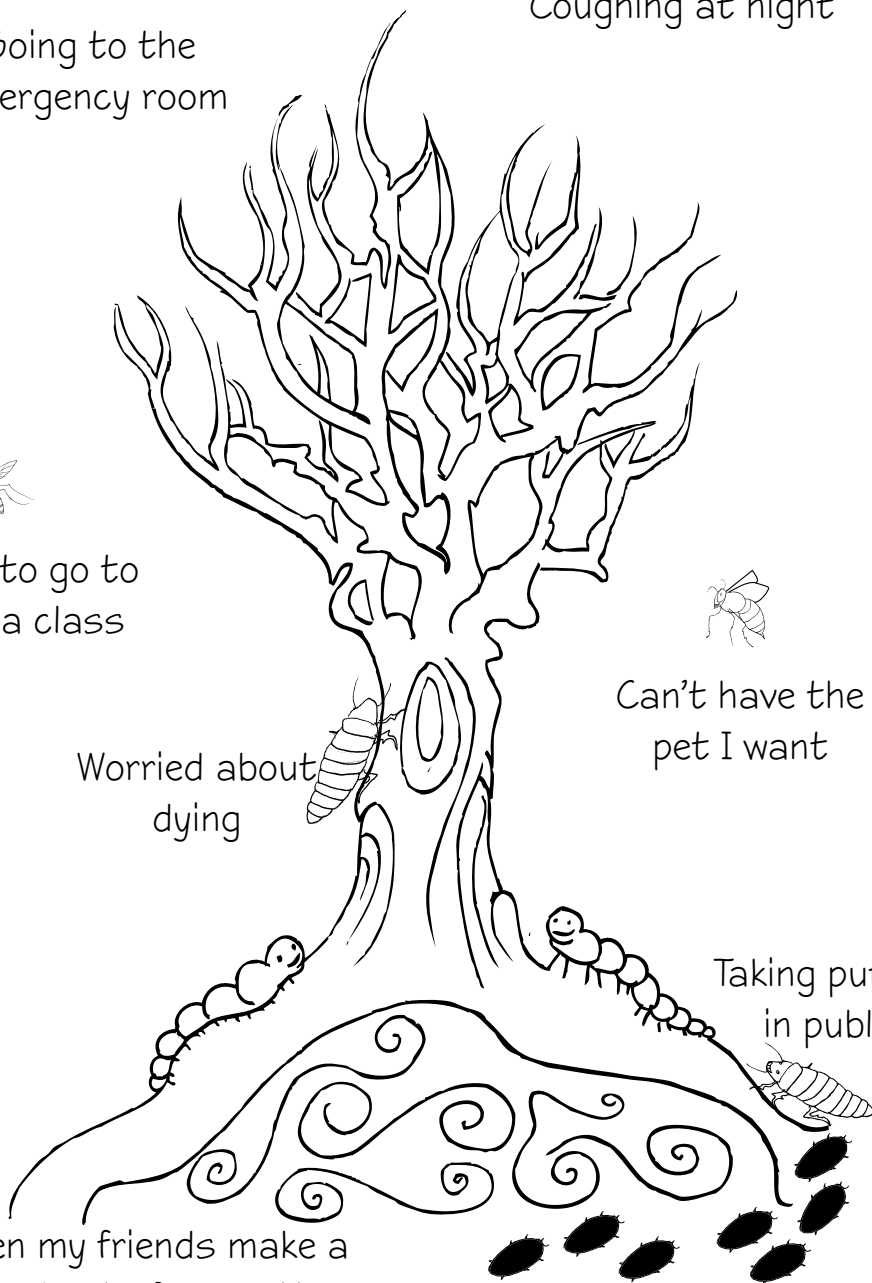


Can't have the  
pet I want

Worried about  
dying



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



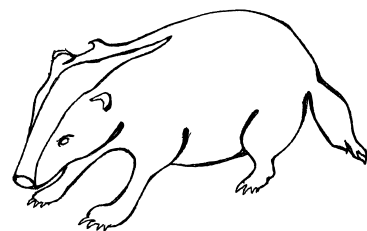
The Legend of Tahnee, the Wolf  
Day 2

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.

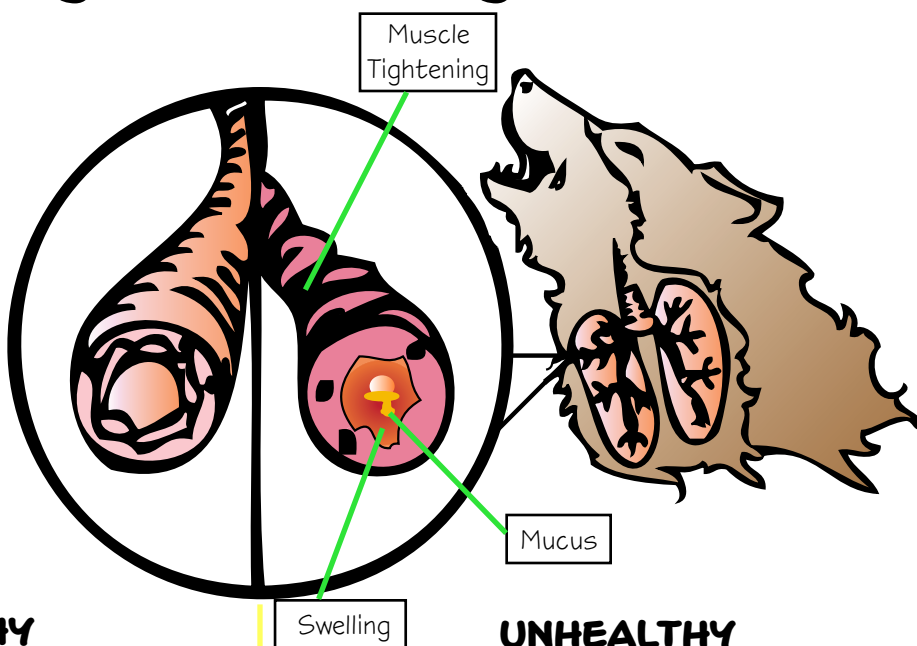
# Your Lung Trees Give You Life

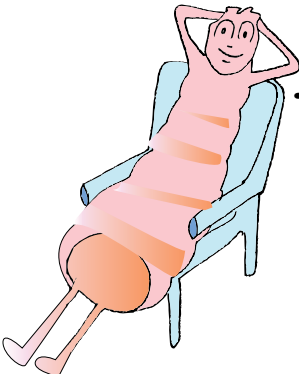
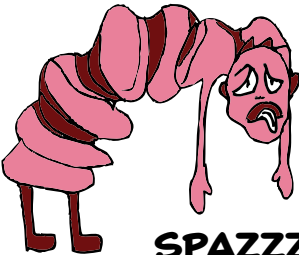
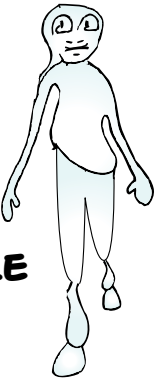

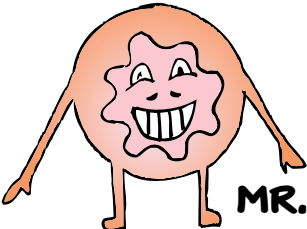
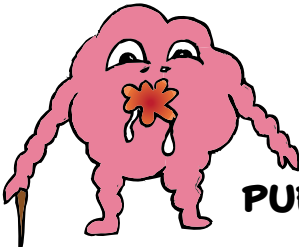


Your lungs are your trees. If your lungs are healthy, your body will get all the oxygen it needs to keep you moving — like Tahnee's friend the orca.



# Who has been hanging out in your airways?



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

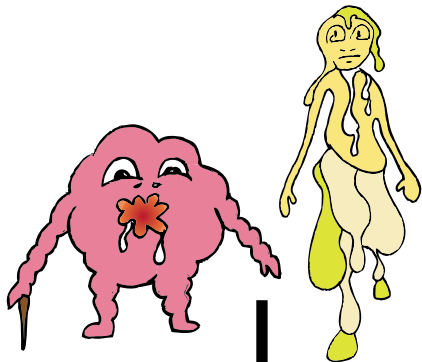
What medicines "**control**" your asthma symptoms over time?



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



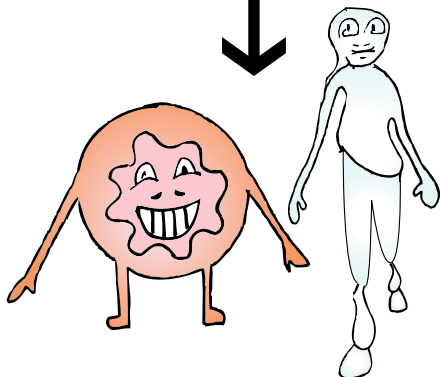
**Asthma  
Bad  
Guys**



**Fighting  
Bad  
Guys**



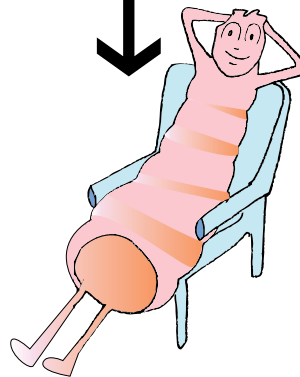
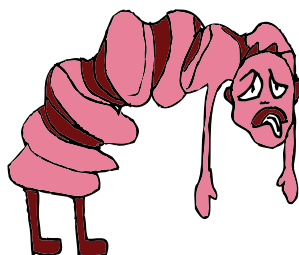
**Asthma  
Good  
Guys**



**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.

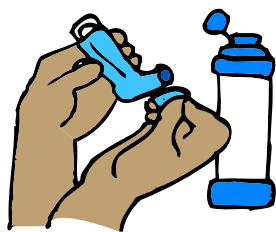


**Colour and label your  
rescue medicine**

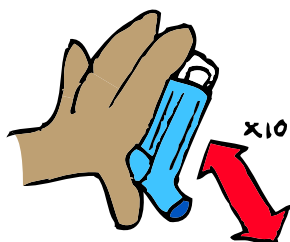


- Relieves asthma symptoms quickly by relaxing airway muscles.
- Use only when needed.
- If using more than twice a week, talk to your doctor.

# Steps to take your Puffer with Spacer



**Remove Lids  
(Inhaler and Spacer)**



**Shake Well  
for 10 seconds**



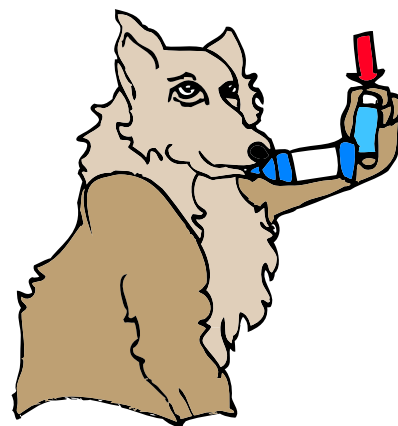
**Attach  
the inhaler to spacer**



**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**



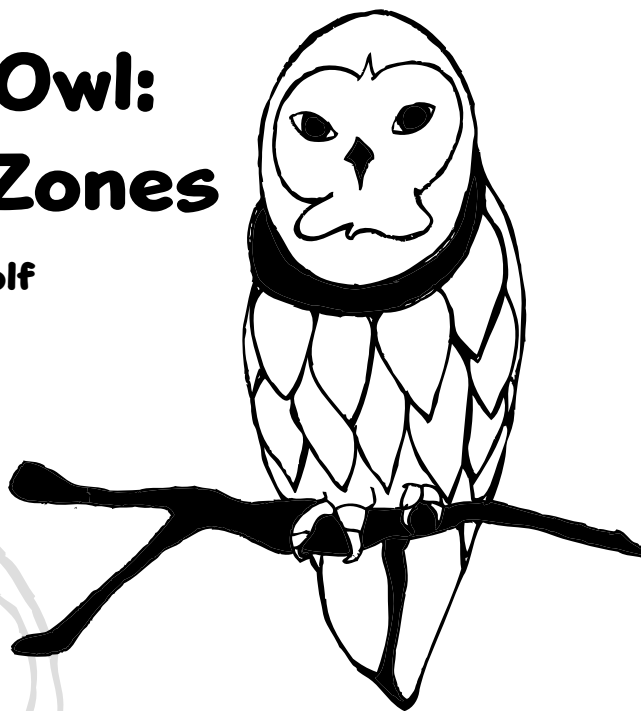
**Rinse Mouth  
and spit**

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](http://www.asthmacentre.ualberta.ca))  
and maybe you will see them  
HERE in the Legend of Tahnee,  
the Wolf: My Asthma Journey!



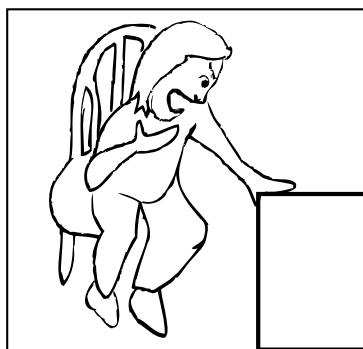
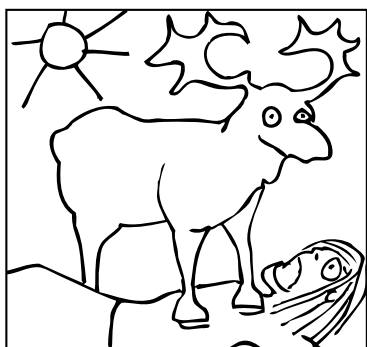
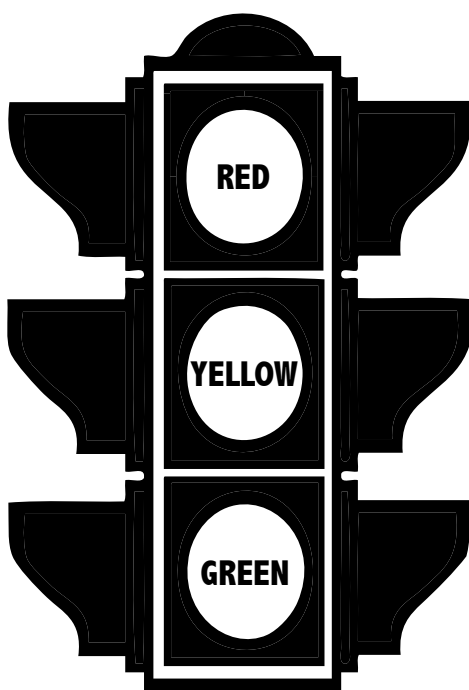
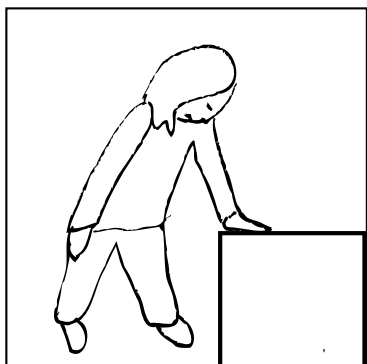
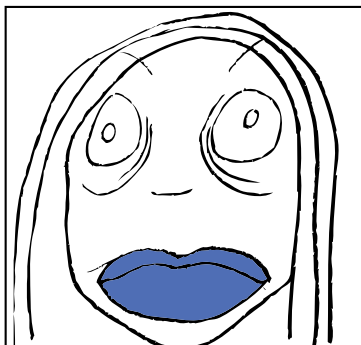
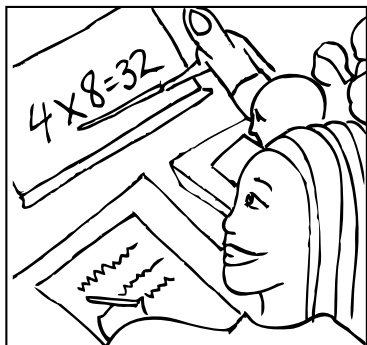
# The Faces of Asthma

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



pollens



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: \_\_\_\_\_



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

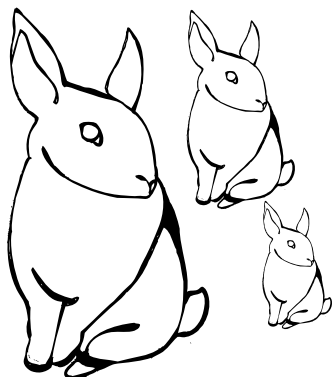


The Legend of Tahnee, the Wolf  
Day 5



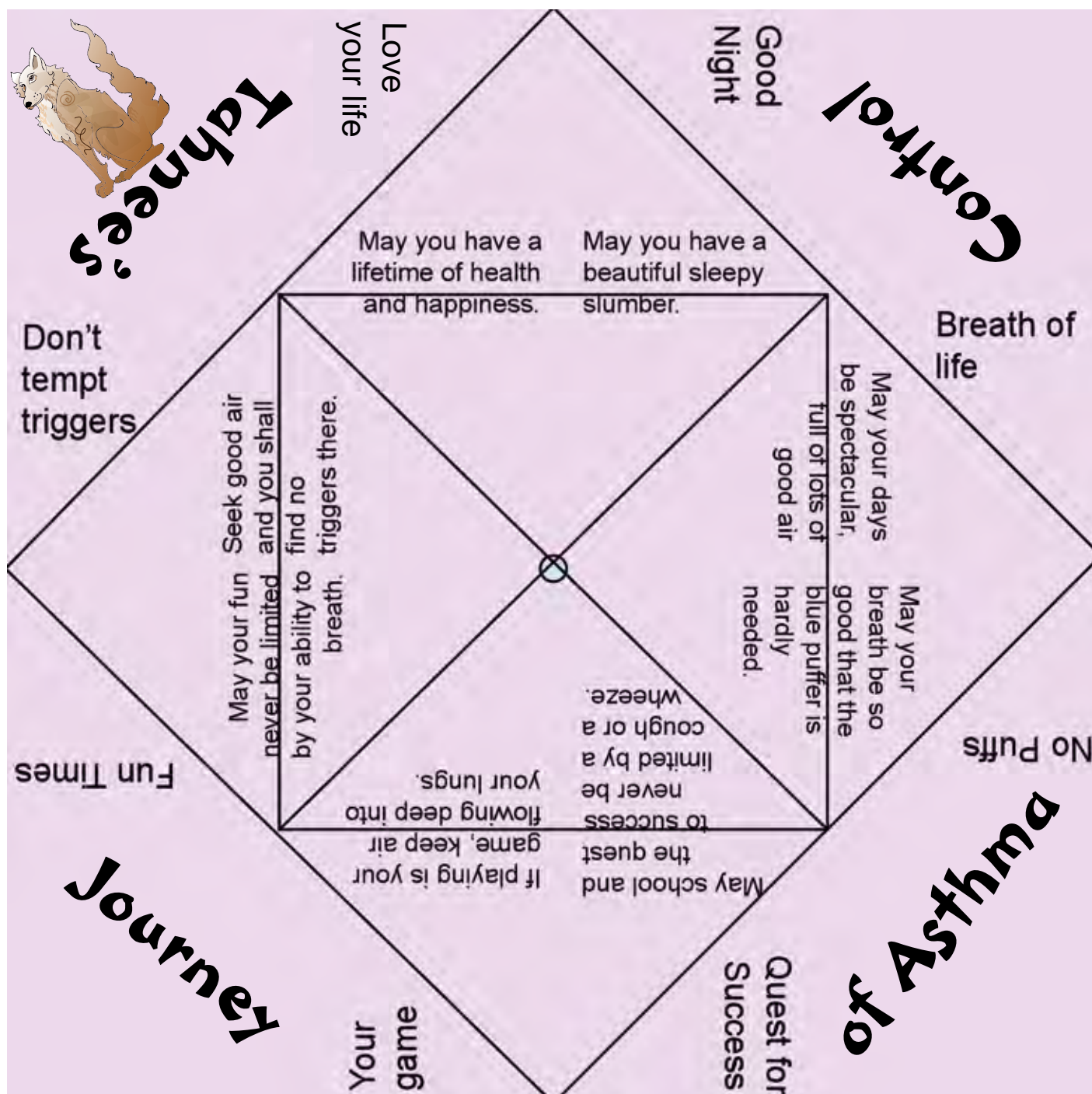
On the fifth day, CRAZY THOUGH IT SOUNDS, I met a **DINOSAUR**! I was crossing the **ALBERTA BADLANDS**, near the famous hunting grounds. At first, I thought it was the *spirit* of a **DINOSAUR**. But then, **HE** spoke. **HE** said, "**MY** name is **PUFF** and **I** am an **ASTHMASAURUS**. **I** survived 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.

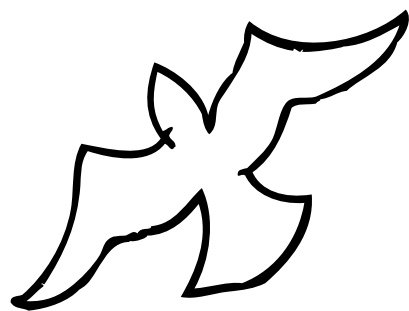
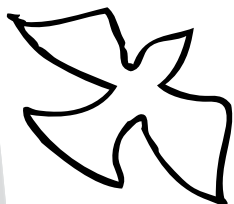


# Tahnee's Journey of Asthma Control

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!

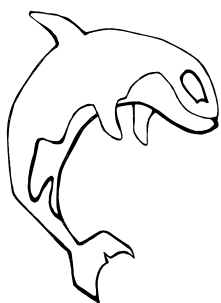
Circle the ways that you plan to take care of your body.  
Add yourself to the picture. Draw what you will do to stay healthy.  
Draw what you do to relax and cope with stress.



# 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**

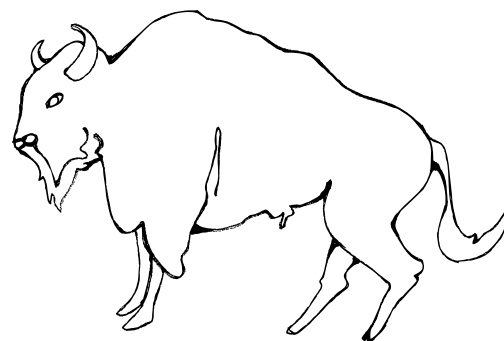
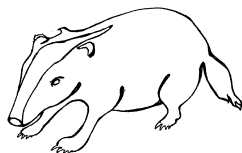
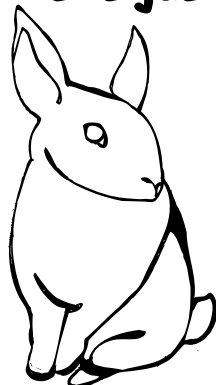
— had all helped me in my quest for health.



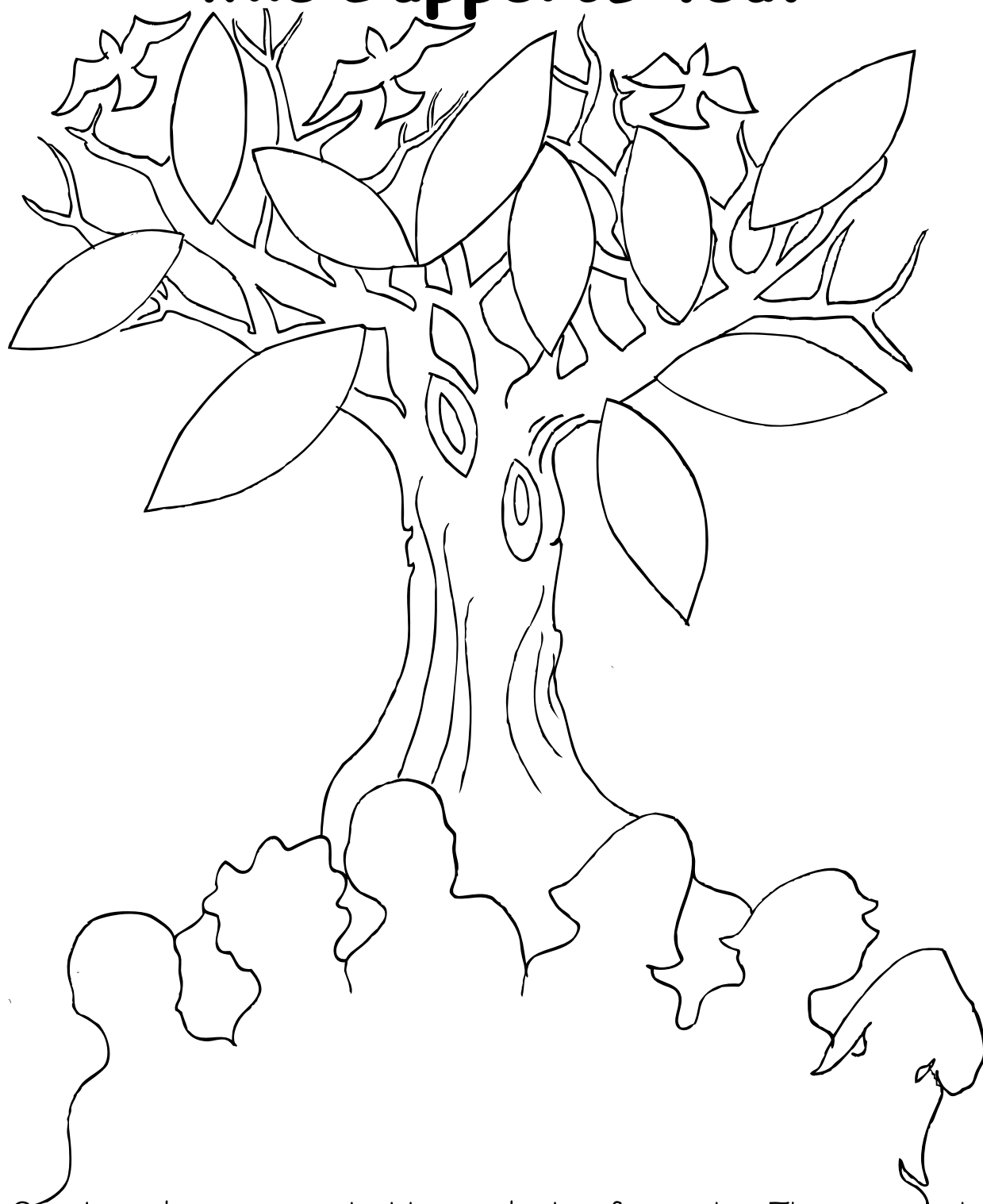
And you know what? My grandmother was right. **I** am strong! **I** can change things! And, with the help of my grandmother, brother, cousins and new friends, I can howl:

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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**FACULTY OF MEDICINE & DENTISTRY**  
Alberta Asthma Centre

**The Legend of Tahnee, the Wolf: My Asthma Journey** © was developed with support from:

- Health Canada. The work and opinions herein are not those of Health Canada.
- 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.



Alberta Asthma Centre gratefully acknowledges the considerable contribution of its Advisory Group, Workshop participants and many partners including Elders, First Nations community members and kids. See our website [www.educationforasthma.com](http://www.educationforasthma.com) for a complete list of contributors. We'd like to give special mention to:

- Children, families and organizers of Asthma, Allergy and Eczema Camp, 2011.
- Asthma Educators: K.C. Rautiainen, Ontario Public Health School Asthma Project; Ana MacPherson, Ontario Lung Association; Lesley Stewart, Jo-Anne St-Vincent and Bev Kulbaba, Children's Asthma Education Centre; JoAnna Gillespie and Ambris Ford, Asthma Society of Canada.
- 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](http://www.educationforasthma.com)

780.407.3178

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