

# Living with asthma: a child's perspective

Engagement through Art workshops  
for children from Arabic speaking  
backgrounds in Western and South-  
Western Sydney







Project rationale



# Innovation

The project team believe it is important to value and empower children to have a voice about their experiences of asthma and to use what children tell us to inform the design of child focused solutions and practices.



# Pilot schools

- East Granville Public School
- Liverpool West Public School
- Maronite College of the Holy Family



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# Findings

Children experience asthma differently depending on the severity of their illness however they shared with us some common ideas and feelings about asthma...

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- Family and friends are very important in helping children manage their asthma
- Puffers and medication help children feel better when they have an asthma attack or to enable them to participate in physical activity
- Asthma negatively impacts children by reducing their ability to engage fully in physical activities including sport
- Children experience a range of asthma symptoms that are distressing including difficulty breathing, wheezing, sneezing, chest pain and tiredness and lethargy



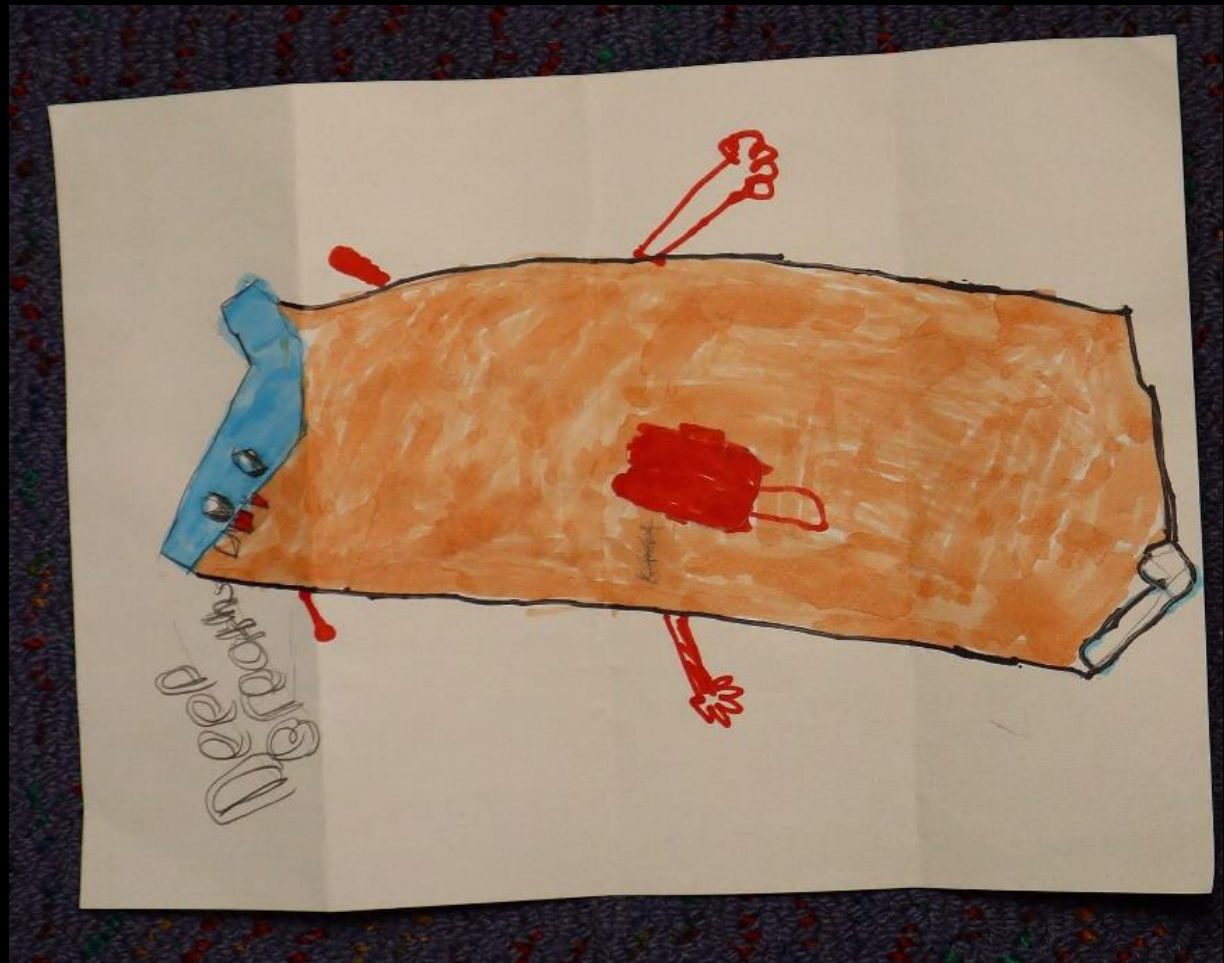
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# Findings

They also told us....

- Children would like their friends to know more about asthma so they could help them in the event of an asthma attack
  - Some children expressed feelings of isolation and bullying because of their asthma
  - They were left out of some games
  - Some children didn't participate because they were fearful of having an asthma attack
  - Some children said that many of the children in their families also had asthma
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What helps  
with your  
asthma?



*'I drew a puffer human as I use my puffer when I need it. I wanted to feel what it would be like to be a puffer because my puffer makes me feel calm and at peace.'*

Grade 3: Granville





*'This is a self-portrait  
of me holding my  
puffer. Taking my  
puffer makes me feel  
better.'*

Grade 5: Granville

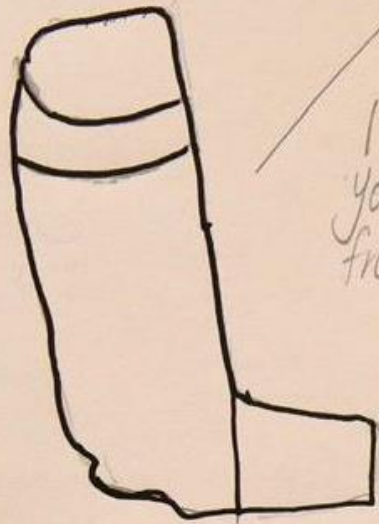




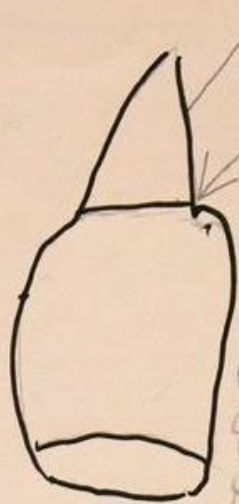
*'I did a self-portrait of me using my puffer. Even though I don't like taking my puffer, I need it and it helps me with my asthma.'*

Grade 4: MCHF

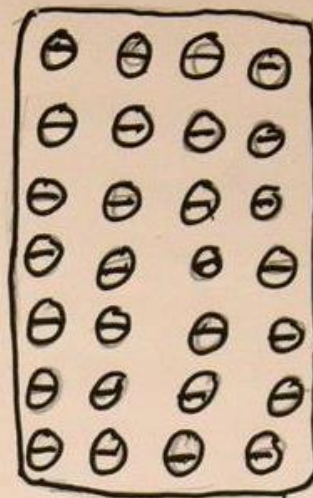




Puffer  
It is used to help  
your lungs <sup>and</sup> breathe  
from your mouth



Nasal  
Spray  
The Nasal  
spray is  
used to clear  
and unblock  
your nose  
to breathe  
from it.



Tablet  
These tablets  
are used  
you put them  
under your  
tongue for 2 minutes

There are many  
types of puffers  
sometimes the doctor  
get the wrong ones because  
of the many types of puffers

When the 2 minutes  
are finished it will  
be gone because it  
melted also it would  
help to breathe from  
your nose help you  
sleep

Made By  
Tasan

'I made a diagram/  
information report  
showing the different  
types of medications  
that help with asthma.'

Grade 5: Liverpool West

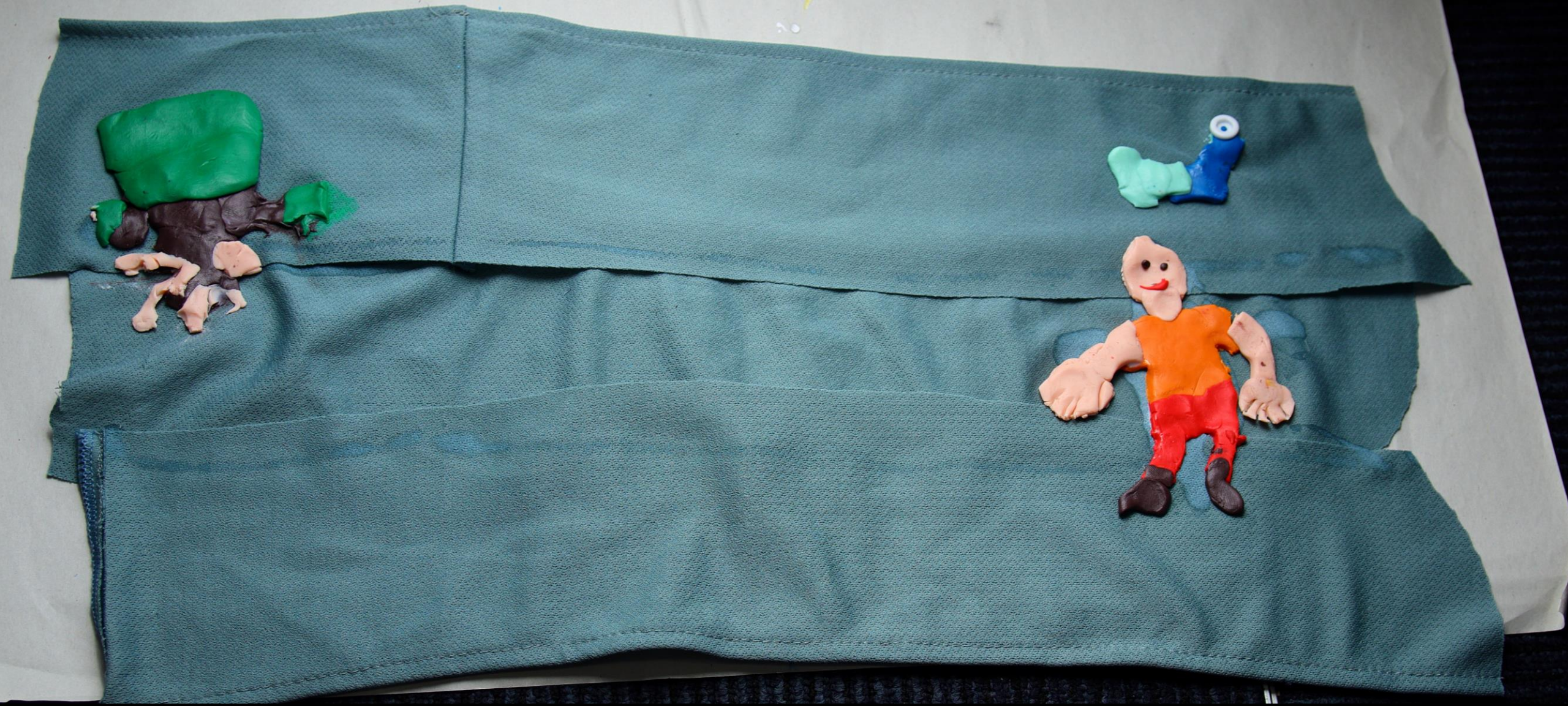




*'I did a painting on canvas using gold foil and paint pens. The large item is the nebuliser attached to the tubes and wires. Underneath is the puffer and the mask used with the nebuliser.'*

Grade 5: Liverpool West





*'I made a sculpture with fabric, clay, buttons, and glue showing one person running in nature with his puffer on the side in case he needs it.'*

Grade 5: MCHF



What don't  
you like  
about having  
asthma?



*'I drew a picture of a dragon with short breath. A dragon usually has a strong fiery breath. It shows what it feels like to have short breath, like when I run.'*

Grade 6: Granville



*'I painted two girls playing and one girl with asthma is not playing. It represents people not being able to play as much because of their asthma.'*

Grade 6: Granville





gaspig/help!!!

2,2,1 go



*'I made a painting and drawing on canvas. It shows me running a race and then I faint. I am gasping and yelling for help. Then when I take my puffer, I feel better.'*

Grade 6: MCHF





*'I made a mixed media piece using textiles, paint, glue, gold foil and a selfie photo. It represents the inside of my body when I can't breathe. The gold represents the heavy weight in my body when I cough and can't breathe.'*

Grade 4: Liverpool West



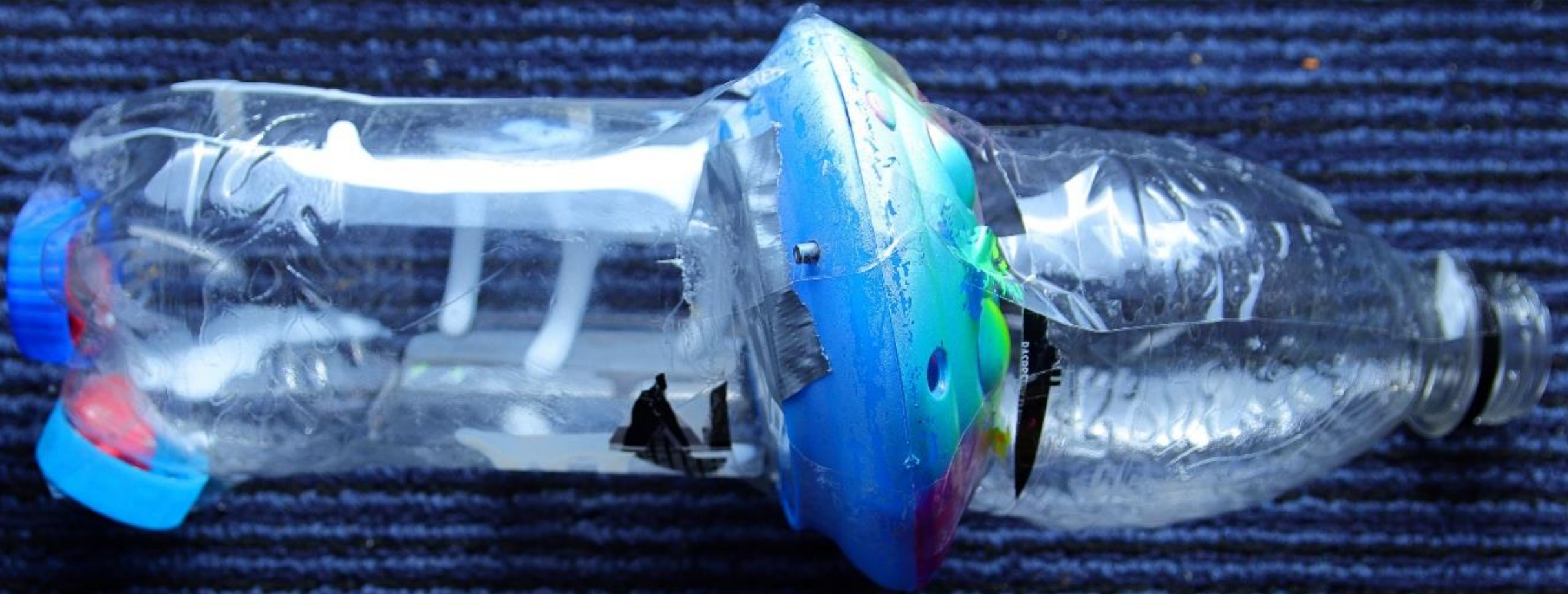




*'I did a drawing and painting on canvas showing the inside of the body. The middle grey square represents low battery and that is how I feel when I have asthma.'*

Grade 6: MCHF





*'This is a sculpture with the top of the bottle showing where the air comes into my body, the UFO shaped plastic represents my asthma blocking the air and making it harder for me to breathe with the bottle caps showing the area that leads to my lungs.'*

Grade 4: MCHF

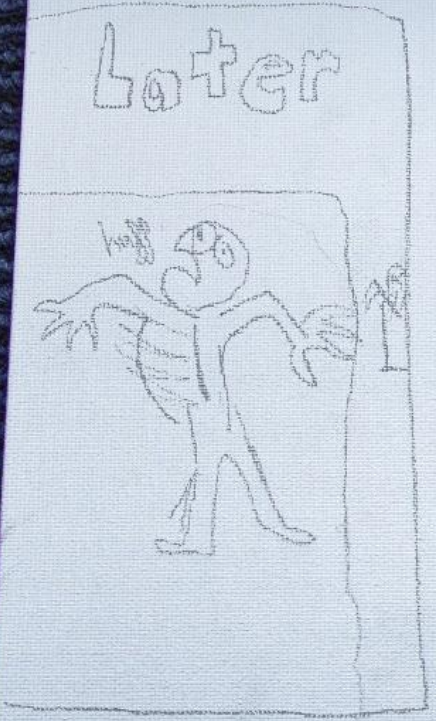


how I do sports

base of  
terminal montage

Later

Asthma



Oh dear you missed  
by two steps

'I did a drawing showing how I feel about my asthma when I play sports.'

Grade 6: MCHF



*'I did a painting. I used white paint on cardboard showing the germs when I sneeze.'*

Grade 4: Liverpool West





*'I made a painting and sculpture on canvas. It represents how asthma affects my lungs.'*

Grade 6: MCHF



‘Children's voices should be heard much more strongly in the process of policy formation at all levels...’

This project was funded by NSW Health.

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