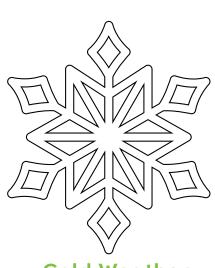
MY FRIEND WITH HEALTH NEEDS

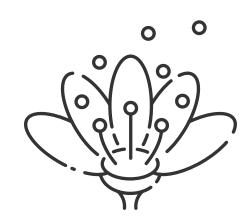
## MY FRIEND WITH ASTHMA

## **Color and Reflect**

Below are four common triggers of asthma attacks. While you're coloring them in, consider ways you can help a friend with asthma avoid the triggers.



**Cold Weather** 



**Pollen** 





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## Exercise

