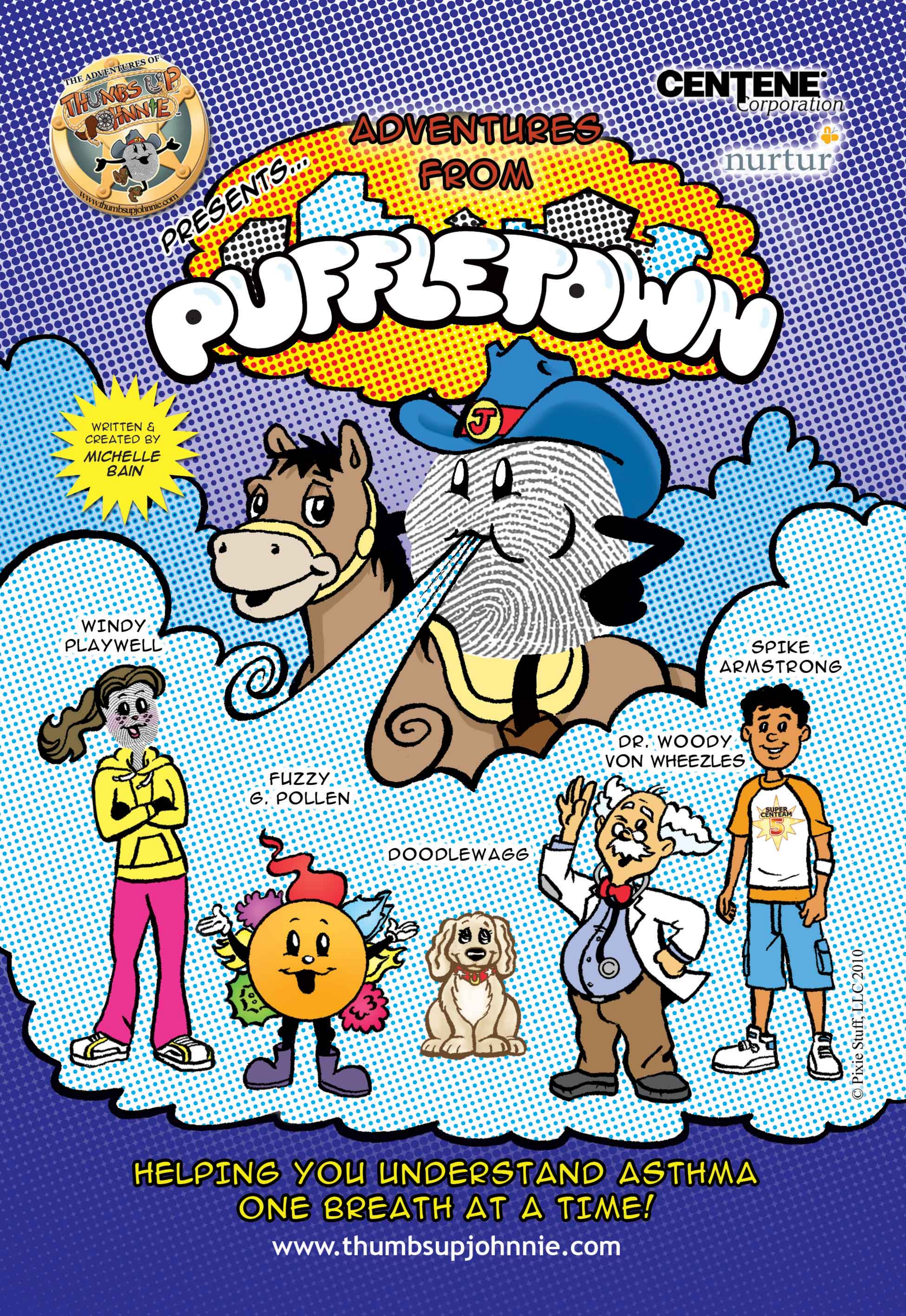
THE ADVENTURES OF
THUMBS UP JOHNNIE
www.thumbsupjohnnie.com
CENTENE Corporation
nurtur
PRESENTS...
ADVENTURES FROM
PUFFETOWN
WRITTEN & CREATED BY
MICHELLE BAIN
WINDY PLAYWELL
SPIKE ARMSTRONG
DR. WOODY VON WHEEZLES
FUZZY G. POLLEN
DOODLEWAGG
SUPER CENTEAM 5
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HELPING YOU UNDERSTAND ASTHMA
ONE BREATH AT A TIME!
www.thumbsupjohnnie.com

TAKE THE PRE-TEST WITH THUMBS UP JOHNNIE! ANSWER THE QUESTIONS, TRUE OR FALSE.

1. YOU CAN CATCH ASTHMA LIKE A COLD OR THE FLU.

☐ TRUE ☐ FALSE

2. IF YOU HAVE ASTHMA YOU CAN'T PLAY, EXERCISE, OR PLAY SPORTS.

☐ TRUE ☐ FALSE

3. A PERSON WITH ASTHMA NEEDS TO TAKE THEIR CONTROLLER MEDICINE EVERY DAY.

☐ TRUE ☐ FALSE

4. IT IS IMPORTANT TO KNOW WHERE YOUR RESCUE INHALER IS AT ALL TIMES.

☐ TRUE ☐ FALSE

5. A PEAK FLOW METER HELPS YOU CHECK YOUR BREATHING.

☐ TRUE ☐ FALSE

WE'LL FIND THE ANSWERS AT THE END OF OUR ADVENTURE!

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YOU ARE

WANTED

FOR A THUMBS UP JOHNNIE

ADVENTURE!

BASED IN THE TOWN OF HAPPY

THUMBS UP JOHNNIE

BUDDY

DOODLEWAGG

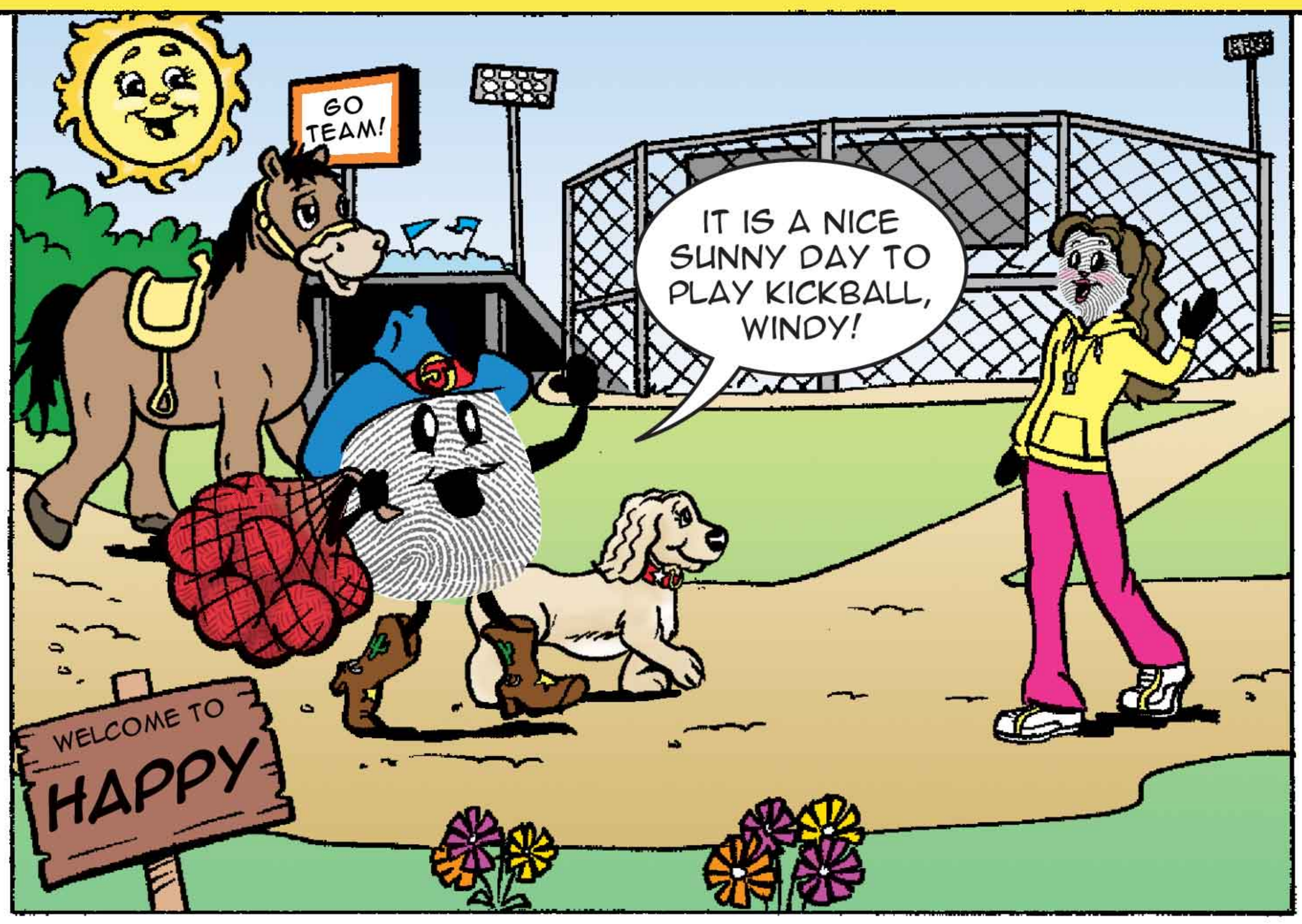
DRAW YOURSELF HERE!

MY NAME IS _____

AND I AM JOINING THUMBS UP JOHNNIE ON HIS ADVENTURE FROM PUFFLETOWN!

THIS WAY TO JOIN THE ADVENTURE!

THUMBS UP JOHNNIE, BUDDY, AND DOODLEWAGG WENT TO THE PARK FOR A KICKBALL GAME. JOHNNIE AND WINDY PLAYWELL COACH THE TOWN'S TEAM – THE HAPPY KICKERS!



THE HAPPY KICKER TEAMMATES WERE EXCITED ABOUT THEIR BIG GAME WITH THE PUFFLETOWN POSSE.

THUMBS UP JOHNNIE AND WINDY PLAYWELL WELCOMED FUZZY G. POLLEN AND DR. VON WHEEZLES TO HAPPY!

HOWDY! I'M FUZZY G. POLLEN!

AND THIS IS MY FRIEND, DR. VON WHEEZLES.

PUFFLETOWN POSSE

SPIKE ARMSTRONG, THE KICKERS' STAR PLAYER, WAS SAD TO HAVE TO SIT OUT THE GAME. SPIKE COULDN'T PLAY KICKBALL BECAUSE OF HIS ASTHMA.

COACH WINDY EXPLAINED THE ATTACK SPIKE HAD DURING GYM CLASS. AFTER GOING TO HIS DOCTOR FOR TESTS, SPIKE LEARNED WHAT HIS SYMPTOMS MEANT.

IN GYM CLASS, SPIKE STARTED HAVING PROBLEMS BREATHING.

WHEEZING
HEADACHE
ITCHY THROAT
DIZZY
GLASSY EYES
SNEEZING
COUGHING
FEELING TIRED
HARD TIME BREATHING
RUNNY NOSE
FAST HEARTBEAT

HE WAS HAVING AN ASTHMA ATTACK.

DR. VON WHEEZLES, FROM THE PUFFLETOWN POSSE, OVERHEARD WINDY TALKING ABOUT SPIKE'S CONDITION. HE DESCRIBED TO WINDY, SPIKE, AND JOHNNIE WHAT HAPPENS DURING AN ASTHMA ATTACK.

NORMAL LUNGS

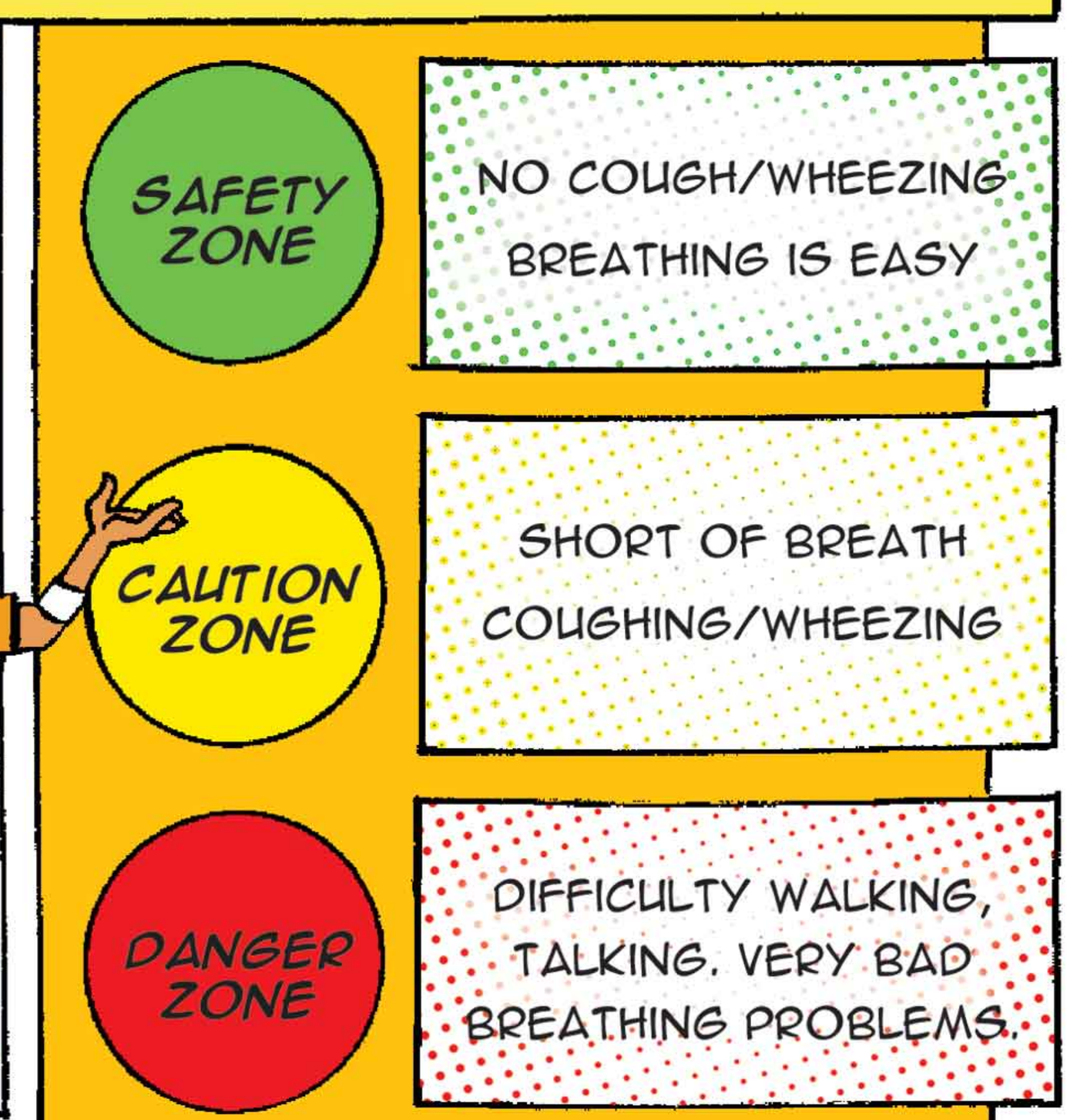
ASTHMA ATTACK

IN NORMAL LUNGS, THE AIR GOES IN AND OUT VERY EASILY! THE PARTS OF YOUR LUNGS THAT CARRY THE AIR OUT ARE OPEN AND CLEAR!

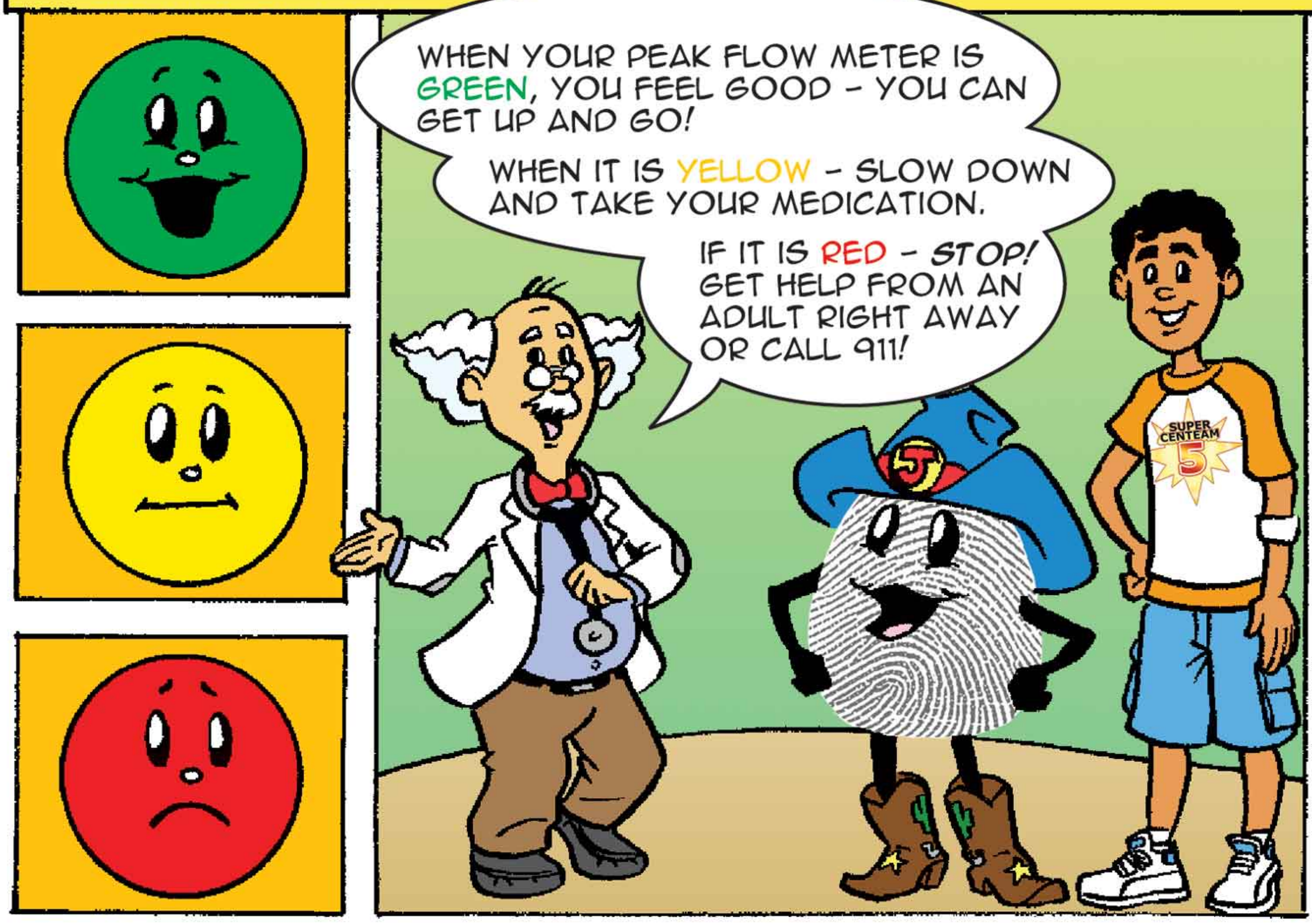
BUT IN AN ASTHMA ATTACK, IT'S HARD TO BREATHE BECAUSE THE LUNGS BECOME TIGHT AND COATED WITH THICK, STICKY STUFF CALLED MUCUS! THE MUSCLES TIGHTEN IN YOUR LUNGS, MAKING IT HARD TO BREATHE.

SPIKE SHOWED HOW HE USED A SPECIAL TOOL CALLED A PEAK FLOW METER TO TELL HIM HOW WELL HIS LUNGS ARE WORKING. USING THAT AND HIS BREATHING MEDICINE HELPS KEEP HIS ASTHMA UNDER CONTROL.

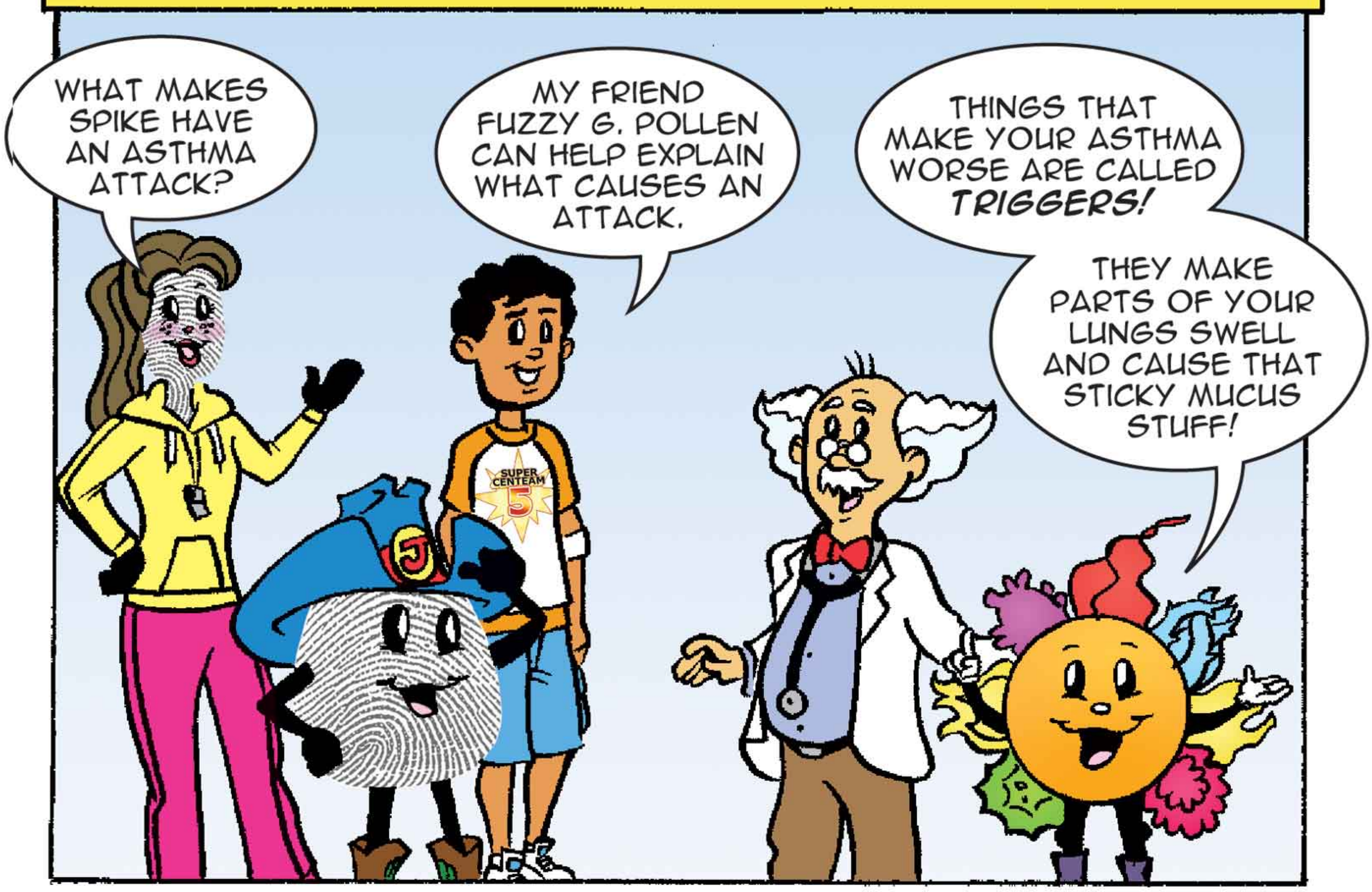
SPIKE EXPLAINED TO HIS FRIENDS THE COLOR CODES THAT LET HIM KNOW HOW HIS BREATHING AND HIS ASTHMA ARE DOING.



DR. VON WHEEZLE REMINDED SPIKE WHAT EACH COLOR ON HIS PEAK FLOW METER MEANT AND WHAT TO DO AT EACH LEVEL.



FUZZY G. POLLEN HELPED TO EXPLAIN MORE ABOUT ASTHMA AND WHAT IT MEANS.



DR. VON WHEEZLES EXPLAINED TO THE HAPPY KICKERS AND THE PUFFLETOWN POSSE ABOUT AN ASTHMA INHALER.

AN ASTHMA INHALER WORKS FAST TO OPEN THE AIRWAYS IN THE LUNGS, SO SPIKE CAN BREATHE.

WITH HIS CONTROL MEDICINE, HIS PEAK FLOW METER, AND CAREFULLY WATCHING HIS BREATHING, SPIKE WAS CLEARED TO HAVE FUN!

CHECK YOUR BREATHING *DAILY!*

KNOW YOUR *ZONE!*

ALWAYS KNOW WHERE YOUR INHALER IS!

SPIKE'S PEAK FLOW METER WAS IN THE GREEN, AND HE FELT SO WELL HE WAS ABLE TO PLAY IN THE BIG GAME.

YEAH!

YOU KICKED THAT BALL *AND* YOUR TRIGGERS OUT OF THE PARK!

SPIKE GAVE A SUPER KICK TO THE KICKBALL, AND BOTH THE HAPPY KICKERS AND THE PUFFLETOWN POSSE CHEERED HIM ON!

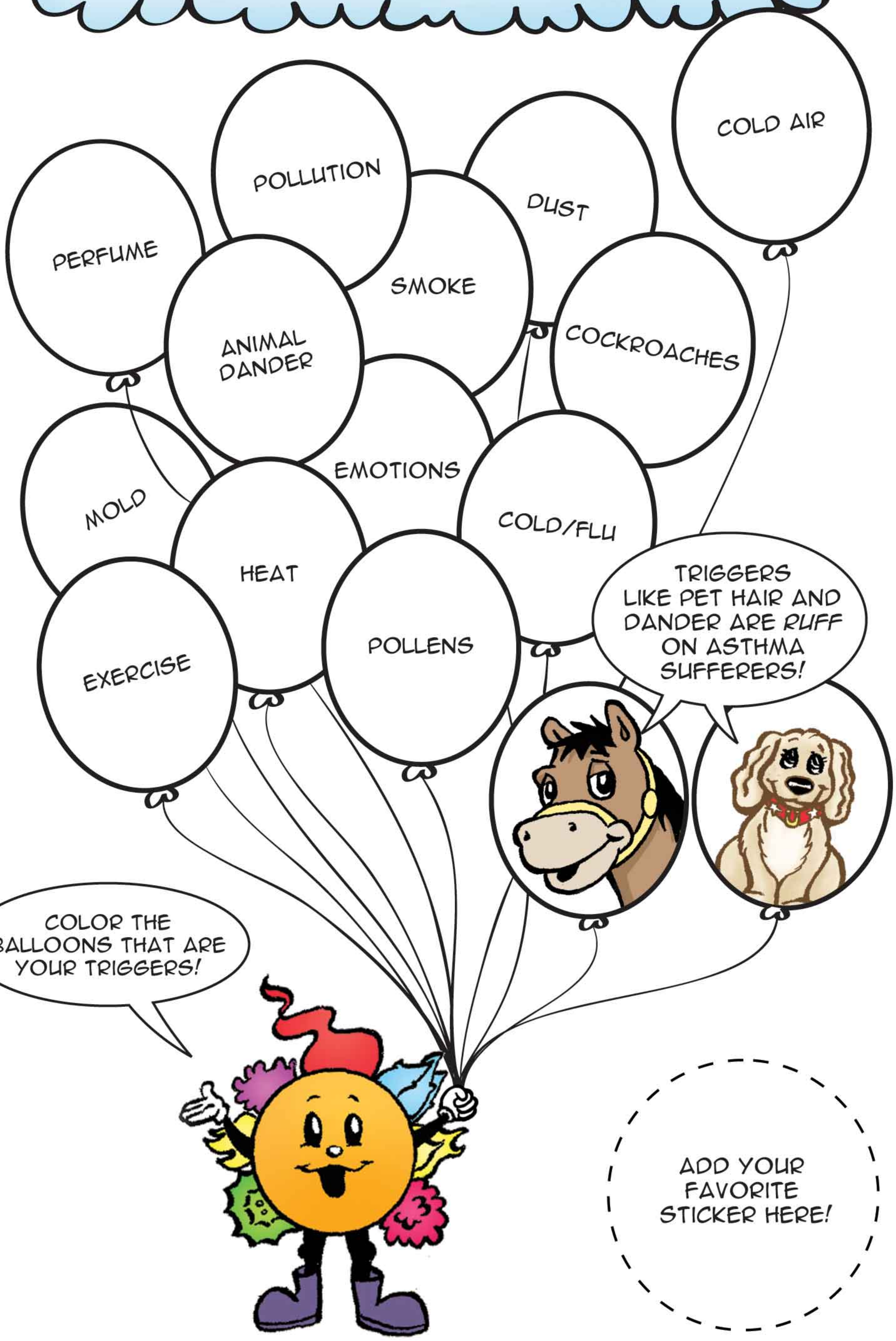
IT'S GOOD TO BE KICKIN' AND BREATHIN' WELL!

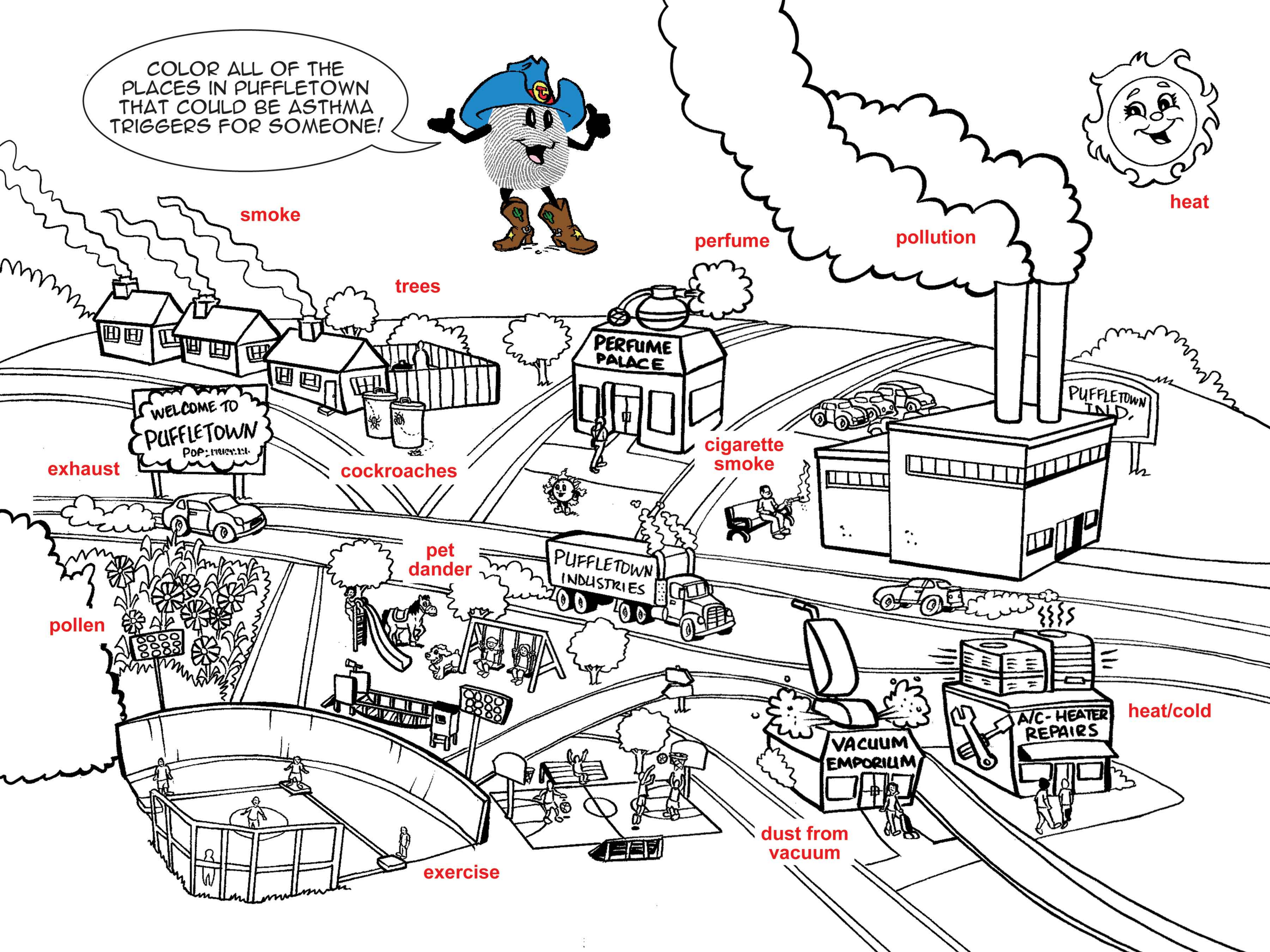
HOME RUN!!

GO KICKERS!

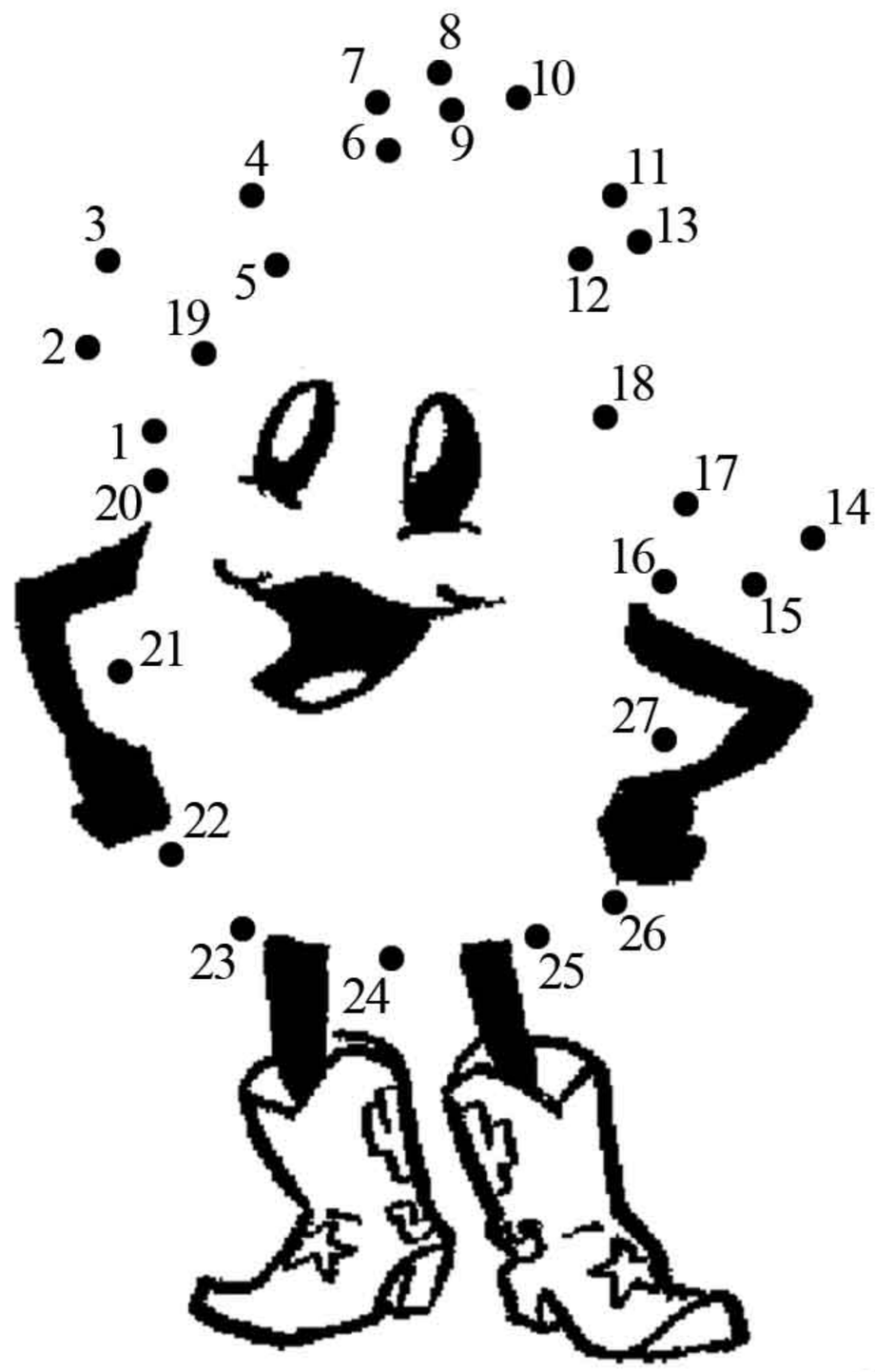
THAT IS TWO THUMBS *UP!*

WATCH YOUR TRIGGERS!




COLOR ALL OF THE PLACES IN PUFFLETOWN THAT COULD BE ASTHMA TRIGGERS FOR SOMEONE!
smoke
trees
perfume
pollution
heat
WELCOME TO PUFFLETOWN
POP:
exhaust
cockroaches
PERFUME PALACE
cigarette smoke
PUFFLETOWN IND.
pet dander
PUFFLETOWN INDUSTRIES
pollen
VACUUM EMPORIUM
A/C-HEATER REPAIRS
heat/cold
dust from vacuum
exercise

CONNECT THE DOTS.
THEN COLOR DR. VON WHEEZLES AND SPIKE!

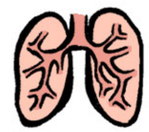


SAY THE NAME OF EACH PICTURE. WRITE EACH WORD ON THE LINE. THEN CIRCLE THE WORDS HIDDEN IN THE PUZZLE.

L	U	N	G	S	C	E	N	S	A
R	M	N	O	M	O	E	S	A	O
R	O	A	O	O	C	R	A	B	W
H	N	D	S	K	K	M	R	R	E
D	A	N	D	E	R	E	O	E	A
N	H	H	T	N	O	D	M	A	T
N	O	O	E	N	A	N	K	T	H
S	A	H	E	E	C	E	E	H	E
C	H	E	I	N	H	A	L	E	R
U	T	E	G	D	C	A	H	H	I

smoke

cockroach


lungs

inhaler

dander

breathe

weather

s

c

l

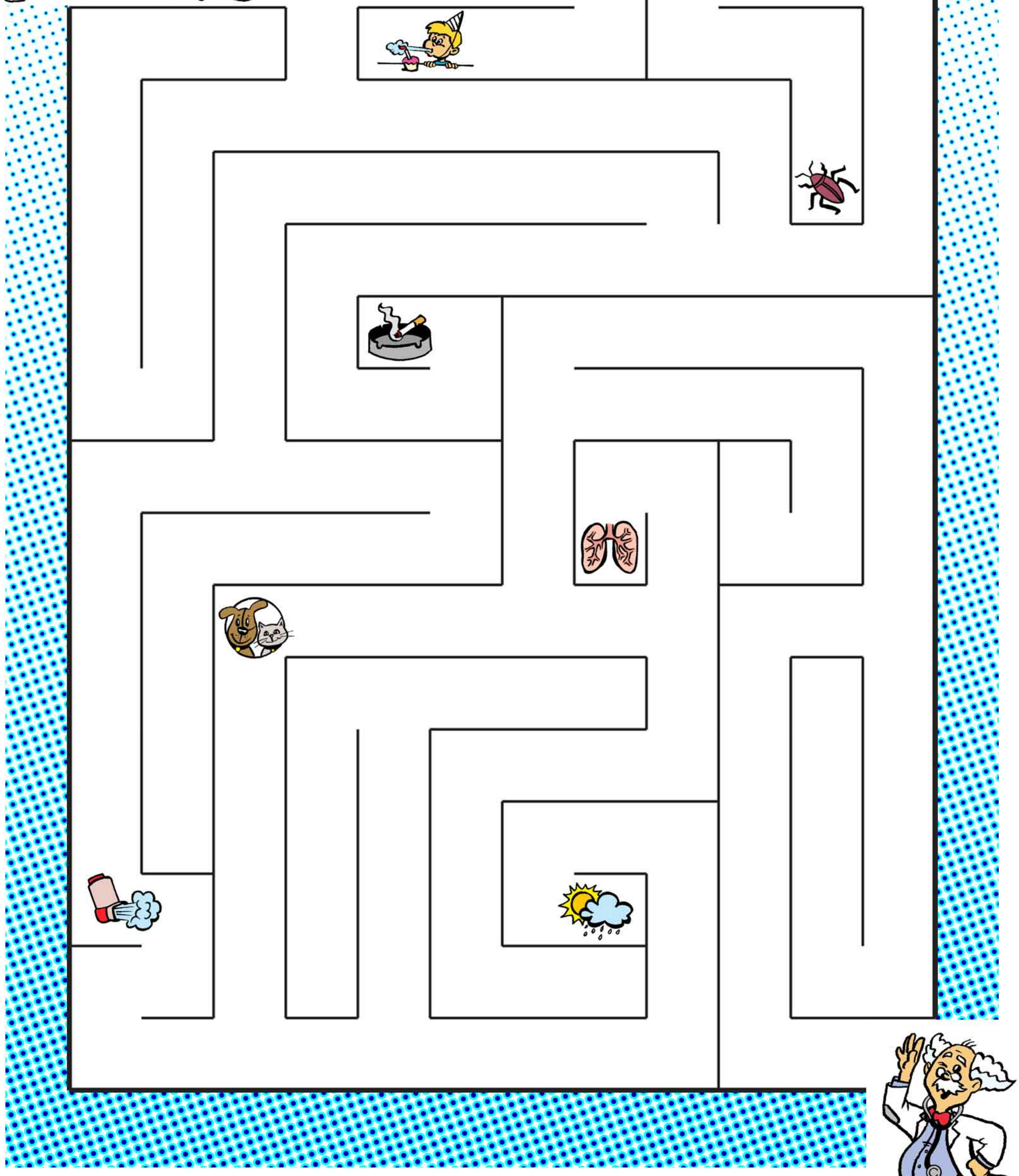
i

d

b

w

HELP THUMBS UP JOHNNIE AND SPIKE ARMSTRONG FIND THEIR WAY TO DR. VON WHEEZLES BY FOLLOWING THE MAZE!



MAKE YOUR OWN ASTHMA ADVICE TELLER!

1. CUT OUT THE SQUARE BELOW.

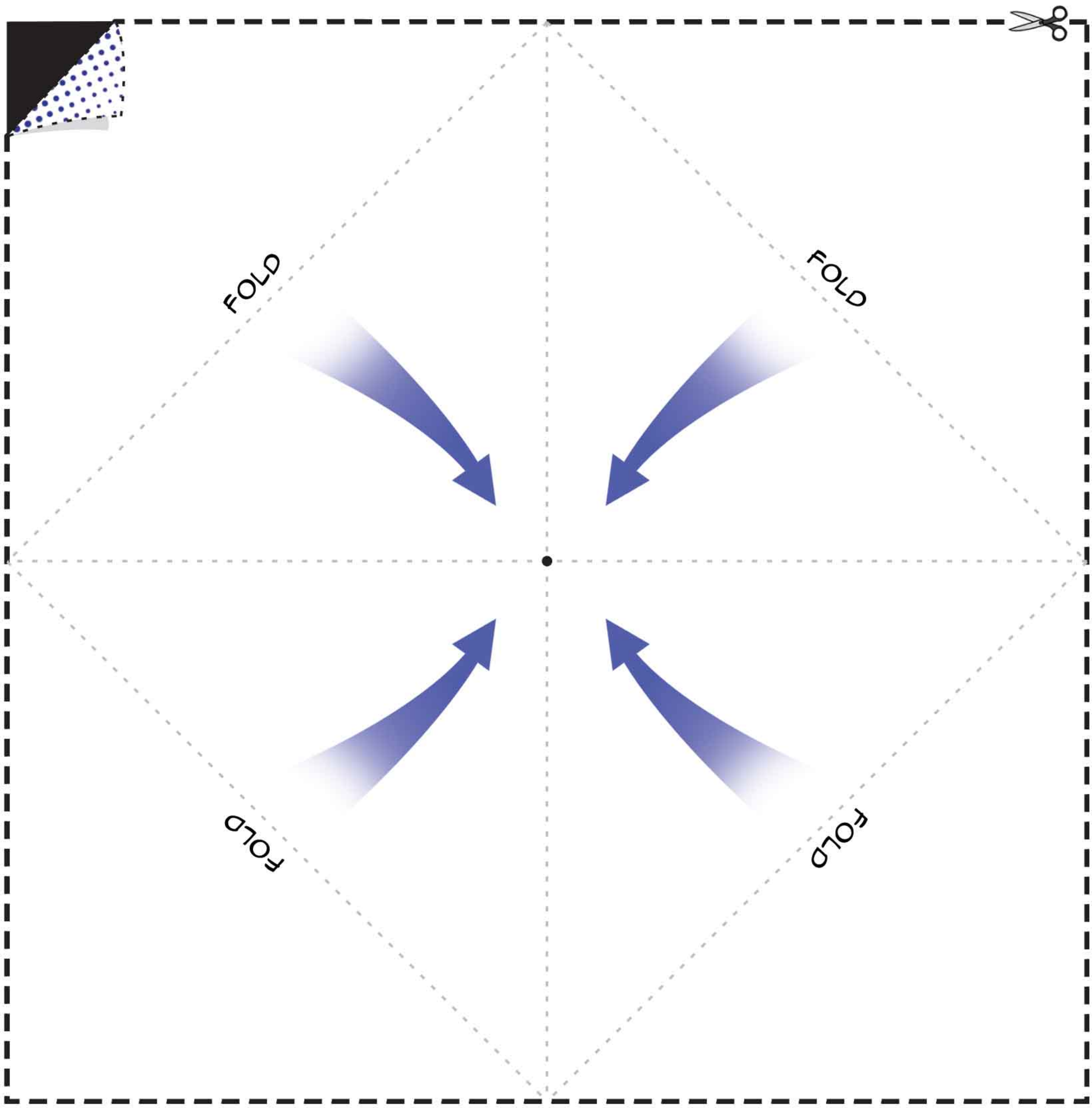
2. FOLD ALL FOUR CORNERS INTO THE CENTER.

3. FLIP THE PAPER OVER AND FOLD THE FOUR CORNERS INTO THE CENTER AGAIN.

4. FOLD THE SQUARE IN HALF. UNFOLD AND FOLD THE OTHER WAY.

5. UNFOLD AND PULL THE ENDS TOGETHER TO MAKE A DIAMOND-LIKE SHAPE

6. SLIDE YOUR FINGERS INTO THE FLAPS.



YOUR HAPPY AND PUFFLETOWN FRIENDS ARE HERE TO HELP YOU WITH A FUN WAY TO LEARN ABOUT ASTHMA!

1. ONCE YOU HAVE FOLDED THE ASTHMA ADVICE TELLER, HOLD IT CLOSED WITH BOTH THUMBS AND POINTER FINGERS IN THE POCKETS. YOU WILL SEE JOHNNIE, BUDDY, SPIKE, AND FUZZY ARE ON TOP!

2. PICK A FRIEND TO PLAY WITH! HAVE YOUR FRIENDS CHOOSE JOHNNIE, BUDDY, SPIKE, OR FUZZY AND SPELL THEIR NAME OUT LOUD AS YOU OPEN AND CLOSE YOUR FINGERS, ONE LETTER AT A TIME. FLAPPING IT OPEN AND CLOSED. J-O-H-N-N-I-E!

3. THEN ASK YOUR FRIEND TO CHOOSE A COLOR FROM THE TWO THAT ARE SHOWING. SPELL THE COLOR OUT LOUD ONE LETTER AT A TIME, WHILE YOU OPEN AND CLOSE YOUR FINGERS. Y-E-L-L-O-W!

4. ASK YOUR FRIEND TO CHOOSE A COLOR AGAIN FROM THE TWO THAT ARE SHOWING. OPEN THE FLAP WITH THAT COLOR, AND FIND OUT THE HAPPY ASTHMA ADVICE!

5. SWITCH AND LET YOUR FRIEND HAVE A TURN!

TAKE THE POST-TEST WITH THUMBS UP JOHNNIE!
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4. IT IS IMPORTANT TO KNOW WHERE YOUR RESCUE INHALER IS AT ALL TIMES.

☐ TRUE ☐ FALSE

5. A PEAK FLOW METER HELPS YOU CHECK YOUR BREATHING.

☐ TRUE ☐ FALSE

FLIP OVER TO SEE THE ANSWERS!

1. FALSE 2. FALSE 3. TRUE 4. TRUE 5. TRUE

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THE NEW TV GAME OF
THE MIX UP
FAMILY

ADVENTURES FROM PUFFLETOWN

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PUFFLETOWN PLEDGE

I TAKE A DEEP BREATH, CHECKIN' MY ASTHMA AND ME,
I USE MY PEAK FLOW METER TO SEE IF IT'S GREEN...

I GOT MY ASTHMA ACTION PLAN & MY INHALER AT MY SIDE,
I USE MY MEDICINE DAILY TO KEEP MY BREATHIN' ON STRIDE!

RED, YELLOW, GREEN- I CHECK IT EVERY DAY...
I WATCH MY TRIGGERS DAILY TO KEEP ME IN PLAY!

THUMBPRINT HERE

☑ I TOOK THE PUFFLETOWN PLEDGE

Thumbs Up Johnnie

THUMBS UP JOHNNIE

X SIGN _____

X SIGN _____

CUT OUT YOUR OWN BOOKMARK!

STICKER YOUR OWN BOOKMARK!

ADVENTURES FROM PUFFLETOWN

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PLACE A STICKER HERE

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