

Out of Breath

Written by Kelly Hashway

Ella ran down the soccer field. "Kick it here," she yelled to Beth.

Beth passed her the ball, and Ella kicked it in the open goal. "Nice!" Beth said, sounding out of breath.

Beth retrieved the ball and started toward the goal on the opposite side of the field. Halfway there, she started to wheeze. She stopped and pulled her inhaler out of her pocket. As soon as she used her inhaler, Beth started to breathe normally again. She smiled at Ella, v



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Beth handed up the ball. Ella took a deep breath. She might not be able to use her inhaler. She held the inhaler out to Ella.

The inhaler always seemed to help Beth, but Ella had never used one before. Ella stared at it, not sure what she should do.

Things to Discuss:

1. Why do you think Beth has an inhaler? Where did she get it from?
2. What does the inhaler do for Beth?
3. Should Ella use Beth's inhaler? Why or why not?
4. What could Ella do when she's out of breath?

Teacher's Discussion Guide

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Read and discuss.



1. Why do you think Beth has an inhaler? Where did she get it from?

Beth probably has asthma, COPD, or some other medical reason related to her breathing. Her doctor most likely prescribed her the inhaler.

2. What does the inhaler do for Beth?

3.



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4. What could Ella do when she's out of breath?

She could sit out of the game for a little while until she feels better. If it's a serious, continuing problem, she could see her doctor about the problem.