Asthma: The Soap Opera
Study Guide

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Watch • Read • Learn

www.nyc.gov/WeSpeakNYC
Asthma: The Soap Opera

Mario is the star of a TV love story...

...and his son has asthma!
What will Mario do?
Mario and Angela are in love. But there is a problem.

I’m sorry, my love. I can’t. My father said no.

Think of yourself. Think of us... our love!

I will think of you always. I love you. But our love can never be.

Mario is heartbroken.

Please don’t do this to me. First, my wife died in a car crash. Then, my baby son got sick.

And now, losing you... It’s too much for me!

heartbroken = very, very sad
Angela is leaving!

I have no choice. I want to stay, but I cannot.

When you leave, you are taking my heart.

How can I live without you?

Never forget me!

I will love you always.

Mario is alone with his sick baby.
Mario and María

The doorbell rings.

María is Mario’s ex-girlfriend.

María loves Mario, but Mario loves Angela. And he has to take care of his sick baby!
At the Doctor’s Office

Mario takes his baby to the doctor. María goes with him.

Doctor, is it serious?

You must give your son medicine every day to control the asthma.

Here! Take these for your son.

María notices the doctor! The doctor notices María!
The nurse gives Mario advice about controlling his son’s asthma.

And you will have to make a plan...

...to manage your son’s asthma.

But Mario doesn’t know what “manage” means.

Manage?
Managing Asthma

Mario talks to a man who has asthma. Mario gets advice.

The nurse said I have to manage my baby’s asthma. What does that mean?

Yeah, manage… There are things you must do to help your son control his asthma.

This man is an expert!

I take this medicine every day. Even when I feel good.

I must clean my house!

There are many triggers that can make your son’s asthma get worse. For me, it’s dust. I need to clean the apartment all the time.

triggers = things that make asthma get worse: dust, cigarette smoke, cats, feather pillows and cockroaches (for example)
Cleaning Mario’s House

Mario cleans his house. He has to get rid of the dust. María helps him.

What about...

...the bedroom?

You know... to clean... to get rid of the dust in there.

Oh, yes. Of course.

Maria is in the bedroom, cleaning. The doorbell rings.

get rid of = remove
It’s Angela – Mario’s true love! She’s back!

Angela! You are back! Is it really you?

Yes, it is. It is me, my love.

María comes out of the bedroom!

Mario, what about the pillows?

It’s not what you think, Angela!
María explains. The doorbell rings again.

Mario’s son has asthma.

Doctor?

Doctor!

The doctor came to see María. They have a date!

You came all the way here to see my son?

No!
Mario and Angela Forever

Mario and Angela are alone.

Yes. I’m back. I’m yours. I’ll be with you forever.

Are you back?

I told him how you take care of your son.

He knows you are a good man.

But what about your father?

Yes! Our dream will finally come true. We can be together at last. Forever and ever.

Their dream has come true.

You mean he will let us...??
Who We Are

Complete the sentences. Follow the example.

| Angela | doctor | María | Mario | nurse |

1. **My name is** ___________________.
   I have a very complicated life. My wife died in a car crash. My girlfriend, Angela, is leaving me. My ex-girlfriend, María, wants to come back. My baby son has asthma. I need help!

2. **My name is** ___________________.
   I'm in love with Mario, but I have to leave him. I have no choice. My father thinks Mario is not a good man. What can I do?

3. **My name is** ___________________.
   I am Mario's ex-girlfriend. But I never stopped loving him. I want to take care of Mario, but he still loves Angela. Now, I met the doctor! What should I do?
4. I’m the ___________________. Asthma is a serious illness, but there is medicine that will help. Mario has to make a plan to manage his son’s asthma. And I hope to make a plan to see María!

5. I am the ___________________.
   I help Mario make a plan to manage his son’s asthma.
   I like the doctor, but the doctor likes María.

6. I have asthma. Most of the time I feel fine. I take medicine every day, and my wife quit smoking. Now, she can breathe again, and so can I!

Here are some other characters in Asthma: The Soap Opera. Watch the show and meet them.

I am the director of the TV soap opera.

We have asthma, too.
We can give Mario advice.
Lesson 2

What Happens?

Complete the sentences. Follow the example.

1. Mario ___ loves ___ Angela, but Angela _______ him because of her father.
2. María ___ Mario's ex-girlfriend.
3. María wants to ___ together with Mario, but Mario ___ no.
4. Mario ___ his baby to the doctor.

5. The doctor says Mario must ___ his son medicine every day.
6. The nurse says Mario must make a plan to ___ his son's asthma.
7. Mario ___ from a man who has asthma.
8. María helps Mario ___ the dust in his house.
9. When Mario and María are cleaning, Angela ___.
10. Angela ___ and jealous when she sees María.
11. Angela ___ Mario and María are in love.
13. Mario and Angela ___ together at last.

get back • is • leaves • loves • must take • says

can be • comes back • get rid of • gets advice
give • is interested • is shocked • manage • thinks
Where Is It?

Find these things in the story.
Write the page number(s). Follow the example.

1. flower earring  ____________
2. suitcase  ____________
3. stethoscope  ____________
4. x-ray  ____________
5. inhaler (asthma pump)  ____________
6. vacuum cleaner  ____________
7. pillow  ____________
8. “No Smoking” sign  ____________
# Talking about Asthma

Find the meaning. Follow the example.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><strong>asthma</strong></td>
<td>control asthma</td>
</tr>
<tr>
<td>2.</td>
<td><strong>get sick</strong></td>
<td>lung disease that makes it hard to breathe</td>
</tr>
<tr>
<td>3.</td>
<td><strong>get worse</strong></td>
<td>things that make asthma worse</td>
</tr>
<tr>
<td>4.</td>
<td><strong>inhaler</strong></td>
<td>small pieces of dirt</td>
</tr>
<tr>
<td>5.</td>
<td><strong>manage asthma</strong></td>
<td>become ill</td>
</tr>
<tr>
<td>6.</td>
<td><strong>get rid of</strong></td>
<td>become sicker</td>
</tr>
<tr>
<td>7.</td>
<td><strong>triggers</strong></td>
<td>pump for asthma medicine</td>
</tr>
<tr>
<td>8.</td>
<td><strong>dust</strong></td>
<td>remove</td>
</tr>
</tbody>
</table>
Talking about Asthma

Complete the sentences. Follow the example.

asthma • manage • medicine • plan • serious

Mario: Doctor, is it (1) ________ serious ________?

Doctor: You must give your son (2) ________________

every day to control the (3) _________________.

Here! Take these for your son.

Nurse: And you will have to make a (4) ________________

to (5) ________________ your son’s asthma.

Mario: Manage?
Talking about Asthma

Complete the sentences. Follow the example.

control • dust • get worse • manage
mean • medicine • triggers

Mario: The nurse said I have to (1) _____________ my baby’s asthma. What does that (2) ________________ ?

Man with asthma: Yeah, manage... There are things you must do to help your son (3) ________________ his asthma.

I take this (4) ________________ every day. Even when I feel good.

There are many (5) ________________ that can make your son’s asthma (6) ________________. For me, it’s (7) ________________. I need to clean the apartment all the time.
Talking about Asthma

You must give your son medicine every day to control the asthma.

must = necessary  doesn’t have to = not necessary

Circle must or doesn’t have to. Follow the example.

1. Mario **must**/doesn’t have to take his baby to the doctor.

2. Mario **must**/doesn’t have to give his son medicine.

3. Mario **must**/doesn’t have to make a plan to manage his son’s asthma.

4. Mario **must**/doesn’t have to find out what makes his son’s asthma get worse.

5. Mario **must**/doesn’t have to get rid of the dust in his house.

6. Mario **must**/doesn’t have to cry anymore.
How Does Mario Feel?

Look at the pictures. Say the words.

I am **shocked**.

I am **in a panic**.

I am **heartbroken**.

I am **interested**.

I am **confused**.

**shocked** = very surprised

**in a panic** = when you are suddenly afraid
Lesson 9

How Did You Feel, Mario?

You are Mario. Say how you felt! Follow the example.

1. How did you feel when Angela was leaving you?
   I was _____________ because I love her.
   
2. How did you feel when the nurse said you had to “manage” your son’s asthma?
   I was ________________ because I didn’t understand.
   
3. How did you feel when you were listening to the man with asthma?
   I was ________________ because he gave me good information.
   
4. How did you feel when María asked about the bedroom?
   I was ________________!
   
5. How did you feel when Angela saw María with the pillows?
   I was ________________ because I didn’t want Angela to get the wrong idea.
   
6. How did you feel when Angela kissed you?
   I was ________________.

You are Mario! Say the words out loud.
Complete the sentences about the future. Follow the example.

1. ____________________ will make a plan to manage his son’s asthma.

2. ____________________ will forget Mario eventually.

3. ____________________ will go on many dates with María.

4. Mario and ____________________ will be together forever.

5. ____________________ will feel better when Mario gives him the medicine and gets rid of the asthma triggers at home.
Good Question!

You are Mario. Ask about asthma. Follow the example.

1. **Mario:** What does “manage” mean?  
   **Man with asthma:** It means to control the asthma.

2. **Mario:**  
   **Man with asthma:** Yes, I have to take two kinds of medicine.

3. **Mario:**  
   **Man with asthma:** The things that make asthma worse.

4. **Mario:**  
   **Man with asthma:** Dust, cigarette smoke, cockroaches, feather pillows, cats and other things.

5. **Mario:**  
   **Man with asthma:** Call 311 to learn about free or low-cost health care for your child.

You are Mario! Ask your questions out loud.
Lesson 12

What Can You Say?

You are a soap opera star! What can you say?
Follow the example.

1. You are Mario. Angela is leaving you. Tell Angela not to break your heart.

   Please don’t do this to me!

2. You are Angela. Tell Mario you will always remember him.

3. You are María. Tell Mario your love for him never died.

4. You are Mario. María is holding your pillow. Tell Angela not to get the wrong idea.

5. You are Angela. Tell Mario that you will never leave.

You are a soap opera star! Say the words with emotion!
## What Can You Do?

Match the problem with the best solution. Follow the example.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
</table>
| 1. Your son can’t breathe.  
The asthma medicine isn’t helping. | A  
• Call 311.  
Say: *I need a doctor for my child.*  
Ask: *Is there a children’s health clinic in my neighborhood?* |
| 2. You sometimes have trouble breathing. | B  
• Call 911 or go to the hospital right away.  
Say: *My son is having an asthma attack.* |
| 3. You need to find a doctor for your child. | C  
• Call 311.  
Say: *I don’t have health insurance.*  
Ask: *Is there a special program for me?*  
• Go to: [www.nyc.gov/HealthStat](http://www.nyc.gov/HealthStat) |
| 4. You or your family don’t have health insurance. | D  
• Call 311.  
Say: *I need help to quit smoking.*  
Ask: *Can you help me?* |
| 5. Your child has asthma.  
You are a smoker. | E  
• Make a doctor’s appointment.  
Say: *I have trouble breathing.*  
Ask: *Can you test me for asthma?* |

Go to [www.nyc.gov/LearnEnglish](http://www.nyc.gov/LearnEnglish) to learn more.
Watch the Show
Who says it?

Watch Asthma: The Soap Opera. Listen carefully.
Find out who says these lines.

Who says it?

1. “Cut! Cut! Cut!”

2. “I don’t think you know enough about asthma.”

3. “Just read your lines, what’s written on the paper.”

4. “If you call 311, you can get health insurance for your son.”

5. “And there are special clinics just for kids, too.”

6. “I never leave home without my inhaler.”

7. “I used to have a cat. But then, I had to say ‘goodbye’ to her.”

- the director
- Mario
- boy with asthma
- girl with asthma
Watch the Show
What’s going on?

What do you think is going on in these pictures?

Watch
We Speak NYC • Asthma: The Soap Opera
to find out what is going on.

Go to www.nyc.gov/WeSpeakNYC
Tell the Story

Use these words to tell a friend about Asthma: The Soap Opera.

Find 5 health words.

1. 
2. 
3. 
4. 
5. 

Find 5 characters from the story.

1. 
2. 
3. 
4. 
5. 

Word picture: www.wordle.net/
What You Can Do To Learn More English

☑ Get together with friends who are learning English, too. Watch We Speak NYC together. Do the exercises together.

☑ Read the story out loud with a friend—like actors on TV! It’s a good way to learn.

☑ Go to your local public library. To find the nearest library, call 311 or go to www.nyp.l.org, www.brooklynpubliclibrary.org or www.queenslibrary.org.

☑ If you have a high school diploma and want to improve your English and start college, go to www.clip.cuny.edu or www.cuny.edu.

☑ Make a list of words and expressions you learned from Asthma: The Soap Opera.

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Visit the We Speak NYC website.
• Read the Study Guides.
• Practice your English.
• Watch videos of all the episodes.
• Read about your favorite characters!

www.nyc.gov/WeSpeakNYC
## Dictionary: Translation of Key Words

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<tr>
<th>English</th>
<th>Español</th>
<th>中文</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. asthma</td>
<td>asma</td>
<td>喘喘</td>
</tr>
<tr>
<td>2. asthma attack</td>
<td>ataque de asma</td>
<td>喘喘发作</td>
</tr>
<tr>
<td>3. asthma triggers</td>
<td>desencadenantes del asma</td>
<td>喘喘诱因</td>
</tr>
<tr>
<td>4. avoid</td>
<td>evitar</td>
<td>避免</td>
</tr>
<tr>
<td>5. breathe</td>
<td>respirar</td>
<td>呼吸</td>
</tr>
<tr>
<td>6. dust</td>
<td>polvo</td>
<td>灰尘</td>
</tr>
<tr>
<td>7. get rid of</td>
<td>deshacerse; eliminar</td>
<td>消除</td>
</tr>
<tr>
<td>8. health clinic</td>
<td>clínica médica</td>
<td>健康诊所</td>
</tr>
<tr>
<td>9. inhaler</td>
<td>inhalador</td>
<td>吸入器</td>
</tr>
<tr>
<td>10. manage asthma</td>
<td>manejar el asma</td>
<td>掌控哮喘</td>
</tr>
<tr>
<td>11. medicine</td>
<td>medicamento</td>
<td>藥物</td>
</tr>
<tr>
<td>Русский</td>
<td>বাংলা</td>
<td>العربية</td>
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<tr>
<td>-------------------------</td>
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<td>-------------------------------------</td>
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<tr>
<td>астма</td>
<td>আ্জমা বা হাঁপানি</td>
<td>الربو</td>
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<tr>
<td>приступ астмы</td>
<td>আ্জমার আক্রমণ, হাঁপানির টান</td>
<td>نوبة ربو</td>
</tr>
<tr>
<td>факторы, вызывающие</td>
<td>আ্জমার টিপার,</td>
<td>مسببات الربو</td>
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<tr>
<td>обострение астмы</td>
<td>হাঁপানির অনুষ্ঠক</td>
<td></td>
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<tr>
<td>избегать</td>
<td>এড়িয়ে চলা</td>
<td>جَنَب</td>
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<tr>
<td>дышать</td>
<td>শ্বাস–প্রশ্বাস প্রক্রিয়া</td>
<td>تنفس</td>
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<td>пыль</td>
<td>ধূলা–বালি</td>
<td>تراب</td>
</tr>
<tr>
<td>избавиться от</td>
<td>মুক্তি পাওয়া</td>
<td>تخلص من</td>
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<tr>
<td>клиника</td>
<td>শাস্ত্র ক্লিনিক, শাস্ত্র কেন্দ্র</td>
<td>عيادة صحية</td>
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<td>ইনহেলার</td>
<td>منشاق</td>
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<tr>
<td>контролировать астму</td>
<td>আ্জমা / হাঁপানি নিয়ন্ত্রণ</td>
<td>السيطرة على الربو</td>
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<tr>
<td>лекарство</td>
<td>ওষুধ</td>
<td>دواء</td>
</tr>
</tbody>
</table>
Dear Mario

Write a letter to Mario.
Ask him a question.
Give him advice.
Tell Mario your story!

Dear Mario,

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Sincerely yours,
Answers

Pages 11-12
1. Mario
2. Angela
3. María
4. doctor
5. nurse

Page 13
1. loves, leaves
2. is
3. get back, says
4. must take
5. give
6. manage
7. gets advice
8. get rid of
9. comes back
10. is shocked
11. thinks
12. is interested
13. can be

Page 14
1. pages 1, 2
2. page 2
3. pages 4, 9
4. page 4
5. page 6
6. page 7
7. pages 8, 9
8. pages 7, 9

Page 15
1. lung disease that makes it hard to breathe
2. become ill
3. become sicker
4. pump for asthma medicine
5. control asthma
6. remove
7. things that make asthma worse
8. small pieces of dirt

Page 16
1. serious
2. medicine
3. asthma
4. plan
5. manage

Page 17
1. manage
2. mean
3. control
4. medicine
5. triggers
6. get worse
7. dust

Page 18
1. must
2. must
3. must
4. must
5. must
6. doesn't have to

Page 20
1. heartbroken
2. confused
3. interested
4. shocked
5. in a panic
6. in love

Page 21
1. Mario
2. María
3. The doctor
4. Angela
5. The baby

Page 22
1. What does “manage” mean?
2. Do you have to take medicine?
3. What does “triggers” mean?
4. Which triggers make your asthma get worse?
5. How can I pay for health care for my son?

Page 23
1. Please don’t do this to me!
2. I will think of you always.
3. I have never stopped loving you.
4. It’s not what you think!
5. I’ll be with you forever!

Page 24
1. B
2. E
3. A
4. C
5. D

Page 25: Watch the show for these answers.
1. the director
2. Mario
3. the director
4. girl with asthma
5. boy with asthma
6. girl with asthma
7. boy with asthma

Page 27: There are other correct answers.
Health words: breathe, health, asthma, doctor, medicine
Characters: Mario, María, Angela, doctor, nurse
Watch
Read
Learn

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