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Asthma: The Soap Opera

Study Guide



SEASON 1

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Watch • Read • Learn

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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

Mario and Angela are in love. But there is a problem.



Mario is heartbroken.



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.



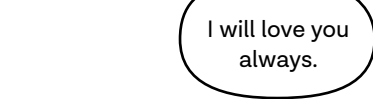
How can I live
without you?



Never forget me!

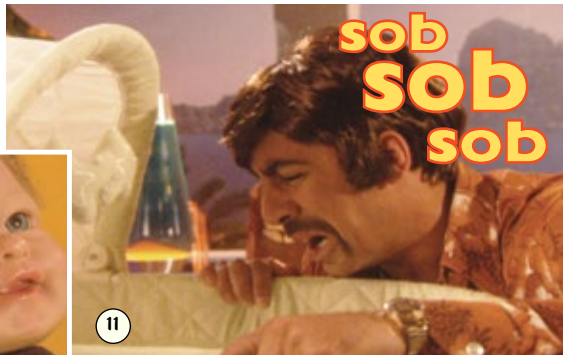
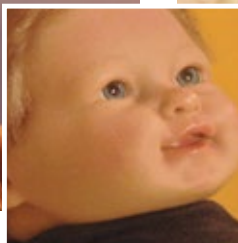


I will love you
always.



Mario is alone with his sick baby.

sob
sob
sob



Mario and María

The doorbell rings.



María!

María is Mario's ex-girlfriend.



I heard your girlfriend left you!
I have never stopped loving you.
I am here for you.
Let me take care of you.



No,
María!
I can't!

Yes! Yes,
you can!

María loves Mario, but Mario loves Angela.
And he has to take care of his sick baby!



No! I must... I must...
I must take my baby
to the doctor.



I am his
father!!!

At the Doctor's Office

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



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?



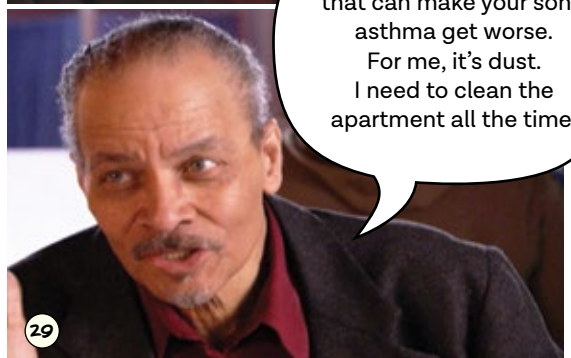
Yeah, manage... There are things you must do to help your son control his asthma.



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



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.



This man is an expert!



I must clean my house!

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.



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

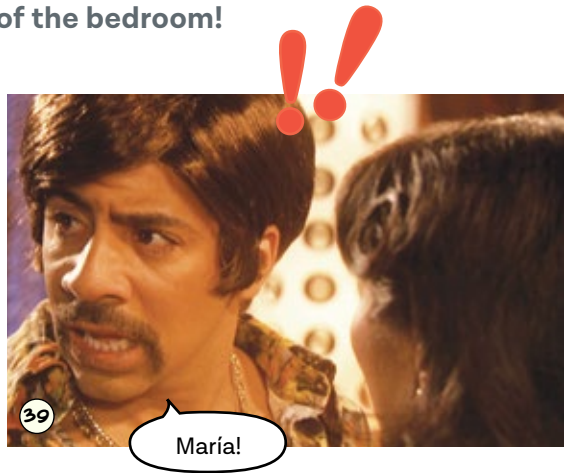


get rid of = remove

It's Angela – Mario's true love! She's back!

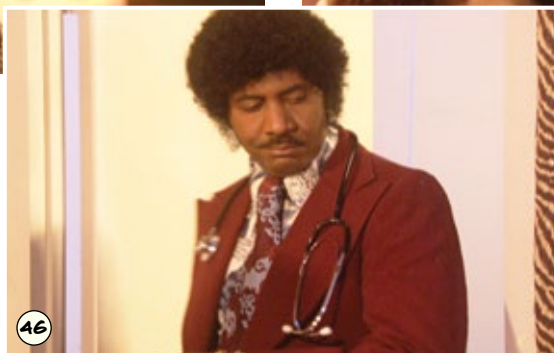


María comes out of the bedroom!



María explains. The doorbell rings again.

ding
dong



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



Mario and Angela Forever

Mario and Angela are alone.



Their dream has come true.



Who We Are

Complete the sentences. Follow the example.

Angela • doctor • María • ~~Mario~~ • nurse



1. My name is Mario .

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.

What Happens?

Complete the sentences. Follow the example.

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

- Mario loves Angela, but Angela _____ him because of her father.
- María _____ Mario's ex-girlfriend.
- María wants to _____ together with Mario, but Mario _____ no.
- Mario _____ his baby to the doctor.

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

- The doctor says Mario must _____ his son medicine every day.
- The nurse says Mario must make a plan to _____ his son's asthma.
- Mario _____ from a man who has asthma.
- María helps Mario _____ the dust in his house.
- When Mario and María are cleaning, Angela _____.
- Angela _____ and jealous when she sees María.
- Angela _____ Mario and María are in love.
- But María _____ in the doctor.
- Mario and Angela _____ together at last.

Where Is It?

Find these things in the story.

Write the page number(s). Follow the example.



1. flower earring pages 1, 2
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.



- | | | |
|------------------|--------------------|--|
| 1. asthma | _____ | control asthma |
| 2. get sick | _____ ¹ | lung disease that makes it hard to breathe |
| 3. get worse | _____ | things that make asthma worse |
| 4. inhaler | _____ | small pieces of dirt |
| 5. manage asthma | _____ | become ill |
| 6. get rid of | _____ | become sicker |
| 7. triggers | _____ | pump for asthma medicine |
| 8. dust | _____ | remove |

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) manage my baby's asthma. What does that (2) _____?

Man with asthma:

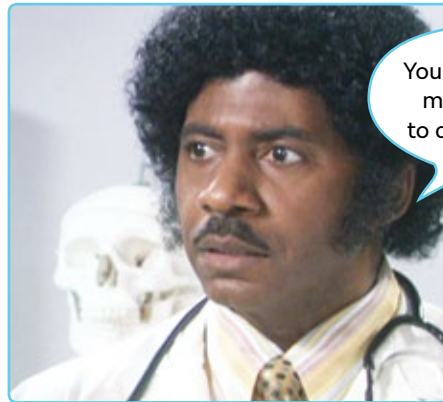
Yeah, manage... There are things you must do to help your son (3) _____ his asthma.



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



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.



shocked = very surprised
in a panic = when you are suddenly afraid

How Did You Feel, Mario?

confused • ~~heartbroken~~ • in a panic
in love • interested • shocked

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

1. How did you feel when Angela was leaving you?

I was heartbroken 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.

Look into the Crystal Ball

See the Future



Angela • The baby • The doctor • María • ~~Mario~~

Complete the sentences about the future. Follow the example.

1. Mario **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:** _____

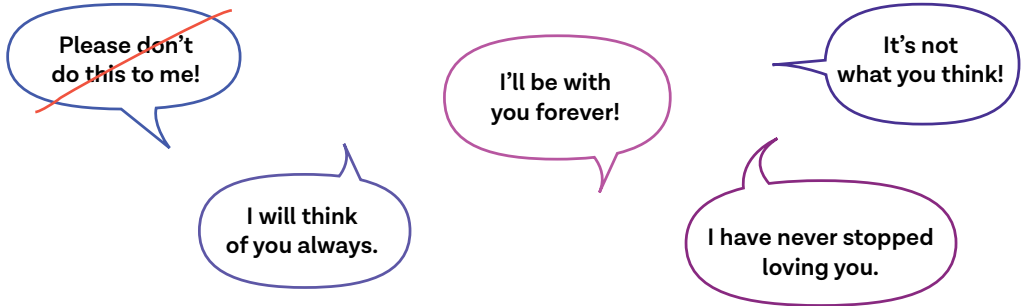
Man with asthma: Dust, cigarette smoke, cockroaches, feather pillows, cats and other things.

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.

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.

Problem

1. Your son can't breathe.
The asthma medicine isn't helping.

2. You sometimes have trouble breathing.

3. You need to find a doctor for your child.

4. You or your family don't have health insurance.

5. Your child has asthma.
You are a smoker.

Solution

A • **Call 311.**
Say: *I need a doctor for my child.*
Ask: *Is there a children's health clinic in my neighborhood?*

B • **Call 911 or go to the hospital right away.**
Say: *My son is having an asthma attack.*

C • **Call 311.**
Say: *I don't have health insurance.*
Ask: *Is there a special program for me?*
• **Go to: www.nyc.gov/HealthStat**

D • **Call 311.**
Say: *I need help to quit smoking.*
Ask: *Can you help me?*

E • **Make a doctor's appointment.**
Say: *I have trouble breathing.*
Ask: *Can you test me for asthma?*

Go to 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?

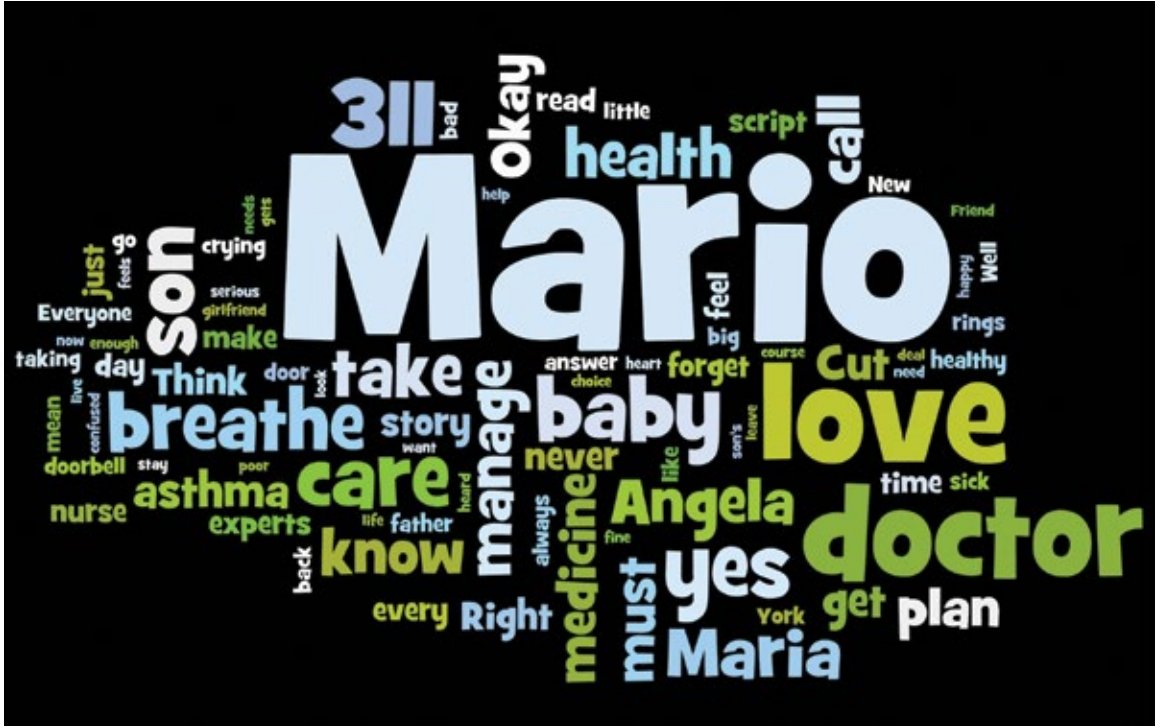
What do you think is going on in these pictures?



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/

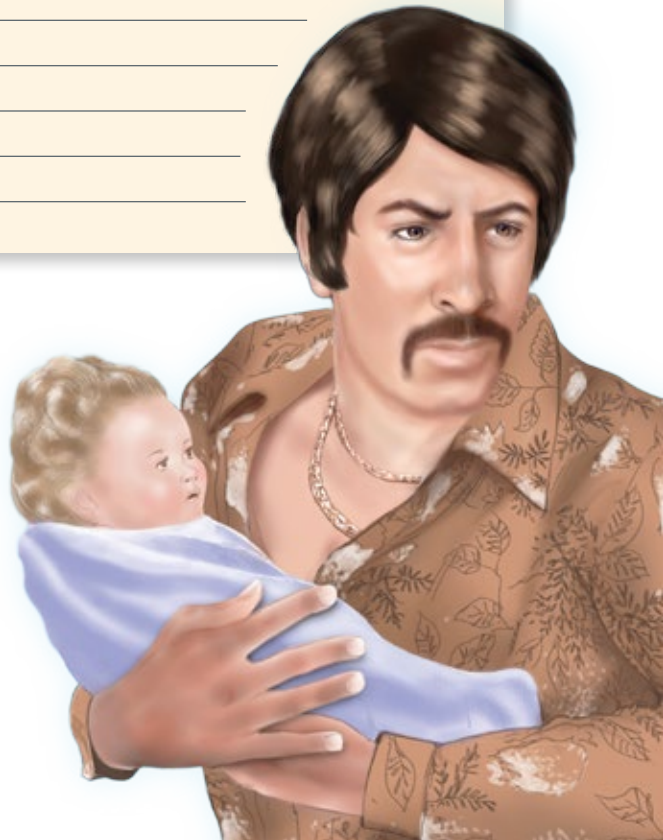
What You Can Do To Learn More English

- ✔ 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.nypl.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

English	Español	中文
1. asthma	asma	哮喘
2. asthma attack	ataque de asma	哮喘發作
3. asthma triggers	desencadenantes del asma	哮喘誘因
4. avoid	evitar	避免
5. breathe	respirar	呼吸
6. dust	polvo	灰塵
7. get rid of	deshacerse; eliminar	消除
8. health clinic	clínica médica	健康診所
9. inhaler	inhalador	吸入器
10. manage asthma	manejar el asma	掌控哮喘
11. medicine	medicamento	藥物

Go to [www.nyc.gov/We SpeakNYC](http://www.nyc.gov/WeSpeakNYC) to learn more.

Русский	বাংলা	العربية
астма	অ্যাজমা বা হাঁপানি	الربو
приступ астмы	অ্যাজমার আক্রমণ, হাঁপানির টান	نوبة ربو
факторы, вызывающие обострение астмы	অ্যাজমার ট্রিগার, হাঁপানির অনুঘটক	مسببات الربو
избегать	এড়িয়ে চলা	تجنب
дышать	শ্বাস-প্রশ্বাস প্রক্রিয়া	تنفس
пыль	ধূলা-বালি	تراب
избавиться от	মুক্তি পাওয়া	تخلص من
клиника	স্বাস্থ্য ক্লিনিক, স্বাস্থ্য কেন্দ্র	عيادة صحية
ингалятор	ইনহেলার	منشاق
контролировать астму	অ্যাজমা / হাঁপানি নিয়ন্ত্রণ	السيطرة على الربو
лекарство	ঔষুধ	دواء

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**



www.nyc.gov/WeSpeakNYC