Script for Teaching Classmates about Cystic Fibrosis and Other Special Needs By Lisa Greene

To prepare for your talk:
- Plastic baggie of 4 or 5 enzymes, some of them opened up. Seal the baggie and staple it shut.
- Nebulizer cup inside of a baggie, sealed and stapled shut.
- A bag of grapes and a plate of brownies (or cookies) for the kids to eat
- Coloring pages for younger kids (K-2) and maze/ lung parts pages for older kids (3-6)

What you say to the kids is shown in blue. Be sure to pause after you ask them a question so they have time to think about the answer. Relax and have fun!

Jacob and Kasey have Cystic Fibrosis which sounds like 65 Roses. Can you say cystic fibrosis? We also call it CF for short.

So you're probably wondering what is CF, right?
It's something they were born with just like you were born with blue eyes, brown hair, white skin….

It's not anything that you can catch like a cold so you don't have to worry about that. When people are born with something different about them, it's called genetic. So, CF is genetic meaning they were born with it.

Enzymes: So, have you noticed that Kasey takes medicine whenever she eats food? That's because her body needs a little bit of extra help to digest the food she eats. Does anyone here know what the word digest means? (The way the body breaks down the food we eat and turns it into energy so that we can grow and run around and do all the things we like to do.) What would happen if we didn't give our car gasoline? That's what would happen to Kasey's body if she didn't take her enzymes for a long time. Her body wouldn't have the energy to go anymore. So, it's really important that she take her enzymes with food. Do any of you have family member that need to take medication every day? (Show the enzymes baggie, pass around)

Extra snacks and toilet breaks: And sometimes you'll see Kasey eating an extra snack. That's because she needs a little extra fuel to keep her body running right. So she has special permission to eat an extra snack if she gets hungry. She also might go to the bathroom more on some days cause of all that extra food she eats! So it really helps Kasey out not to make fun of her for being in the bathroom for awhile cause she can't help it. That's just how her body works.
(Parent: Please be sure to talk with your child about whether he or she wants you to address the toilet break issue. One year, Kasey did but the next year, she didn't. Kids are especially sensitive about "potty issues.")

Eating properly: Speaking of snacks… Kasey is kind of lucky because she gets to eat all kinds of yummy foods that other kids don't get to eat. Now, let me ask you this: which would you say is the healthier snack (hold up grapes and brownies)? Which the snack would *you* rather eat? (brownies!) (Hand out the brownies and grapes to eat).

Kasey is different from you. Your moms and dads probably tell you that you need to eat fruits and vegetables because they have lower calories and fat, right? As grownups, what happens if you eat too many calories and too much fat? (you get fat!) But Kasey is different. She *has* to eat a lot of calories and fat. So when you see her eating high fat and high calorie food at lunch, it would help her out not to make fun of what she is eating because her body is different than yours.

Lung Care: The other important part of living with CF is taking good care of our lungs. When people with CF get bad colds, it can turn into an infection and they could end up in the hospital for a long time. So that's why it's important for everyone in this class to wash their hands a lot, not cough or sneeze on each other and be careful to keep your sick bugs all to yourself!

How many of you have asthma or know of someone with asthma? Kasey does breathing treatments just like kids with asthma. She does them everyday with a nebulizer and sometimes does a puffer, too. (Show neb in baggie, pass around)

She also does what is called chest physical therapy on the Vest. And we call it "the thumpers." This is what your coloring page shows (show and hand out coloring page). The Vest is a special machine that thumps Kasey's chest everyday to knock the sticky mucous out of her lungs like this. (show) Kind of like Tarzan, right? Now you try it.

Living with differences: When people are different, like having CF, it gives us an opportunity to help other people learn and grow. It also gives us the chance to learn how to handle life as we go through problems and learn how to solve them. Being different and going through hard times helps others to grow, too, as they watch how we do it.

Jacob and Kasey have been helping a lot of other kids learn how to live with differences in their bodies. They have shared their stories and experiences in a book! (I show our book but you could show a newspaper article or a picture your child has drawn or anything that shows them helping others). So, they helping a lot of people around the world and maybe, they can help you with your differences, too!

Questions.