



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Our skin does so much more than just cover our bodies! It helps us regulate our temperature, gives us the sense of touch, and protects us from infection. The following discussion questions and activities will help your students learn about the important job that skin has and how to take care of their skin - their body's largest organ!

Related KidsHealth Links

Articles for Kids:

The Whole Story on Skin

KidsHealth.org/kid/body/skin_noSW.html

Taking Care of Your Skin

KidsHealth.org/kid/stay_healthy/body/skin_care.html

Why Do I Need to Wash My Hands?

KidsHealth.org/kid/talk/qa/wash_hands.html

How to Be Safe When You're in the Sun

KidsHealth.org/kid/watch/out/summer_safety.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Why is skin important? What does it do for us? What might happen if we didn't have skin?
2. The warm sun feels good on our skin, but it can be dangerous. Why? How can we keep our skin safe in the sun?
3. Why do we need to wash our hands? How should you wash your hands? When should you wash them?
4. What happens when you cut your skin? How do you take care of the cut? What happens to the cut after a few days?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Clean Skin Is Healthy Skin

Objectives:

Students will:

- Identify the steps of effective hand washing
- Sequence these steps in proper order

Materials:

- Art supplies (crayons, markers, colored pencils)
- Scissors
- Clean Skin Is Healthy Skin handout (available at: KidsHealth.org/classroom/prekto2/body/parts/skin_handout1.pdf)

Class Time:

40 minutes

Activity:

Your skin tries to protect you from germs that can make you sick, but you can help out by being a super-duper hand washer! You can show off your skills by drawing pictures of how you wash your hands, step by step. Before you get to work, picture in your mind how you wash your hands, from start to finish. What do you need to wash your hands? How do you wash away all of the dirt and germs? Using the Clean Skin Is Healthy Skin handout, draw pictures of the five steps in hand washing. Then using scissors, carefully cut out each of the cards. Next, shuffle your cards so they're out of order and exchange them with a friend. Put your friend's cards in order, and check to make sure that your friend has your cards in the right order. Now you're a hand-washing expert!

Extensions:

1. Bathrooms can be particularly germey places! Make posters for the bathrooms at school using words and/or pictures to remind other students to wash their hands.
2. You try to be a good hand washer, but sometimes you forget, you don't use soap, or you don't wash for long enough. Think of one way that you could do a better job washing your hands. Write your idea down or use pictures. How are you going to meet your goal? Do you need an adult's help to do it?
3. Hand washing isn't the only way to take care of your skin. Invite a skin doctor, called a dermatologist, to your classroom for a visit. Ask him or her to tell you about the parts of your skin, the jobs your skin does, and the different ways you can take care of your skin. After the dermatologist leaves, write a thank-you note to him or her, including one new fact you learned about your skin.



Skin Scavenger Hunt

Objectives:

Students will:

- Learn how the skin gives us the sense of touch
- Use their sense of touch to find objects

Materials:

- Paper lunch bags
- Materials with different textures, each cut into small pieces (for example, soft feathers or flannel, hard pieces of tile or plastic, rough sandpaper, smooth satin, crunchy tin foil, itchy burlap or wool)
- Skin Scavenger Hunt handout (available at: KidsHealth.org/classroom/prekto2/body/parts/skin_handout2.pdf)
- Glue

Class Time:

20 minutes

Activity:

Note: Students who are reading can accomplish this activity independently. For pre-reading students, conduct as a group activity and read the scavenger items aloud.

Our skin tells us how things feel when we touch them. This scavenger hunt will put your skin to the test! You will receive a brown paper bag that has things with different textures inside. Don't peek! You're going to have to let your skin do the work this time! The Skin Scavenger Hunt handout will list all of the textures you need to find in your bag, like hard, soft, rough, and smooth. Use your skin and sense of touch to find something in your bag that has each type of feeling. Take the object out of your bag and glue it on the handout, next to the correct touch word. Keep going until your bag is empty. Now your skin scavenger hunt is complete!

Extension:

1. Our skin can tell us when we are touching something dangerous! Think of something that could be dangerous to touch. With a friend, come up with a plan for keeping your skin safe from this danger.

Reproducible Materials

Handout: Clean Skin Is Healthy Skin

KidsHealth.org/classroom/prekto2/body/parts/skin_handout1.pdf

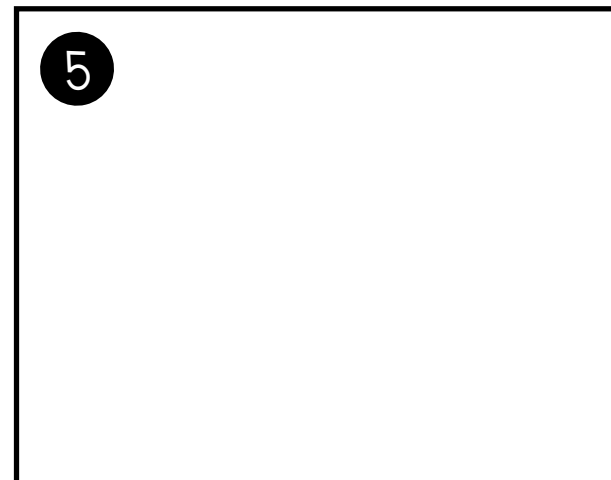
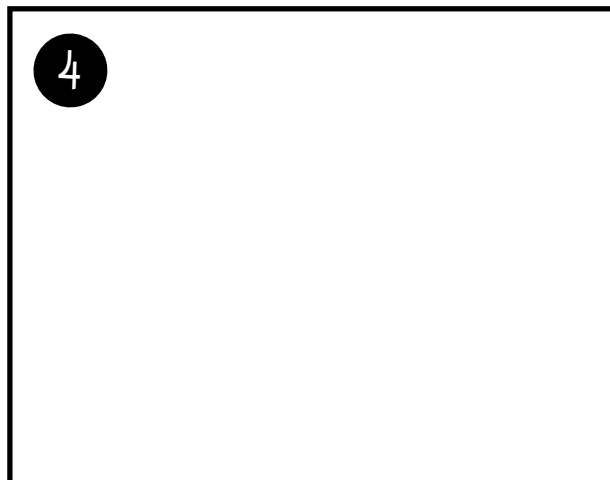
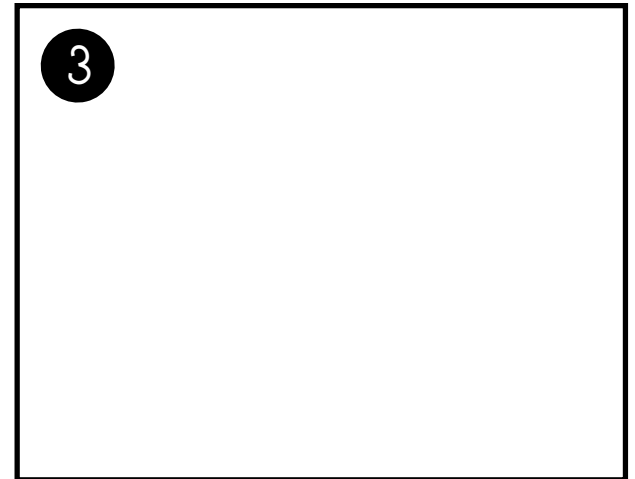
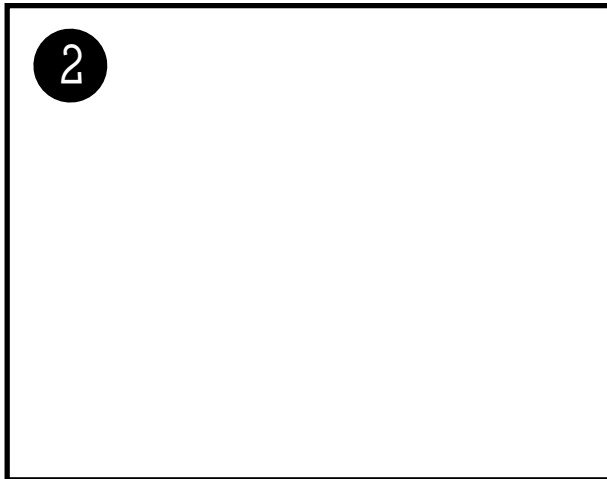
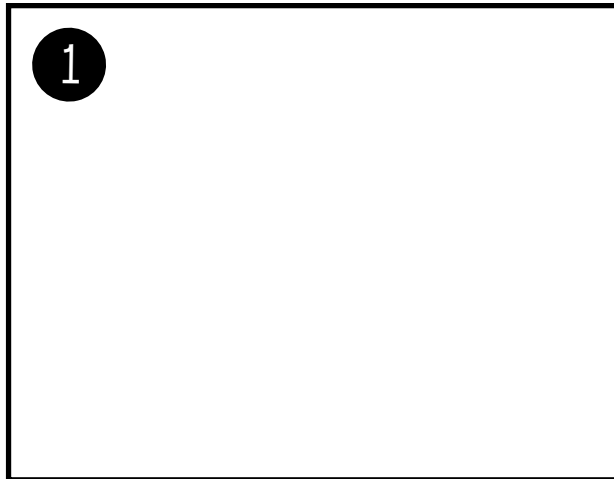
Handout: Skin Scavenger Hunt

KidsHealth.org/classroom/prekto2/body/parts/skin_handout2.pdf



Clean Skin Is Healthy Skin

Instructions: Draw pictures of the five steps of hand washing. Then using scissors, carefully cut out each of the cards. Next, shuffle your cards so they're out of order and exchange them with a friend. Put your friend's cards in order, and check to make sure that your friend has your cards in the right order. Now you're a hand-washing expert!





Name:

Date:

Skin Scavenger Hunt

Instructions: Use your skin and sense of touch to find something in your bag that has each of the following textures. Take the object out of your bag and glue it on the handout, next to the correct word. Keep going until your bag is empty. Now your skin scavenger hunt is complete!

Find Something...

soft

hard

smooth

rough

crunchy

itchy