



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- 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 interpersonal communication skills to enhance health and avoid or reduce health risks.
- 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

Believe it or not, you lose about 9 pounds of skin cells each year – which means your epidermis is a very busy organ! Use the following activities and discussion questions to raise students' awareness of the importance of their skin, and to help them realize how to care for the 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

How to Be Safe When You're in the Sun

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

Checking Out Cuts, Scratches, and Abrasions

KidsHealth.org/kid/ill_injure/aches/cuts.html

Acne

KidsHealth.org/kid/health_problems/skin/acne.html

Why Do I Need to Wash My Hands?

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

Eek! It's Eczema!

KidsHealth.org/kid/ill_injure/aches/eczema.html

Help With Hives

KidsHealth.org/kid/health_problems/skin/hives.html

Discussion Questions

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

1. Sure, you see your skin every day, but it's easy to forget how important it is to your health. So what exactly does the skin do? What makes the skin so special?
2. The skin is the body's largest organ. Why do you think it's considered an organ? Think of other organs in your body. What makes the skin similar to and different from these organs?
3. Your skin does a good job protecting you, so now it's your turn. How can you take care of your skin? What can happen if you don't take care of your skin?



Activities for Students

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

Secret Skin Words

Objectives:

Students will:

- Learn vocabulary associated with the skin

Materials:

- Computer with Internet access
- Pen and paper

Class Time:

45 minutes

Activity:

The skin plays an important role in the body, but boy, learning about the body's largest organ can tie your tongue in knots! Try saying "epidermis," "sebaceous," and "subcutaneous" three times fast! To help you get up to speed on the language of the skin, you can play Secret Skin Words with a friend! The object of the game is to guess a "secret word" having to do with your skin from clues given by a partner. The tricky part is that each clue can be only one word. Before you grab a friend and start playing, you need to do some research about the skin on KidsHealth. As you read, come up with five skin-related words (like "melanin") and five clues per word (like "color," "epidermis," "protection," "sun," and "ultraviolet"). Once you've got your words and clues, you're all set! First, decide who will be giving the clues and who will be guessing. When it's your turn to give the clues, start with the first clue and give your partner a chance to guess. If he doesn't get it right after the first clue, provide him with another clue. Continue like this until you've given all your clues. If your partner guesses correctly, he receives a point, and then it's your turn to guess and your partner's turn to give clues. The person with the most points at the end of the game is the winner. But no matter who wins, both you and your partner will be epidermis experts!

Extensions:

1. From goosebumping to waterproofing, your skin does lots of neat things! With your class, create a "Get the Skinny on Skin" bulletin board to celebrate the skin you're in! Each member of your class should check out KidsHealth and find an interesting fact about the skin and how it works. Trace and cut out your hand on a piece of construction paper and write your fact on it. Staple all the hands to the bulletin board and impress the visitors to your class with your "skintastic" knowledge!
2. Your skin cools you down when you are hot and warms you up when you are cold. That's pretty handy, and we have the hypothalamus to thank! Imagine you could interview your hypothalamus, the body's thermostat. Using the articles at KidsHealth for information, write five questions that you could ask the hypothalamus about how it works with the skin to keep you comfortable. Then role-play the interview with a friend, with each of you taking turns being the interviewer and the hypothalamus.



All Washed Up

Objectives:

Students will:

- Explore ways to care for the skin
- Learn the value of clean, healthy skin

Materials:

- Computer with Internet access
- All Washed Up handout (available at: KidsHealth.org/classroom/3to5/body/parts/skin_handout1.pdf)
- Art supplies (colored pencils, markers, crayons)

Class Time:

45 minutes

Activity:

Pop, pop! Hear those soap bubbles popping? That's the sound of the new soap products created by Sudsy Skin. Sudsy Skin has hired you to design a soap bottle for its new line of soaps that keep skin healthy and happy. Sudsy Skin has created three new soaps for kids: one is for fighting germs, one is for cleaning cuts and scrapes, and one is for preventing acne. Before you start designing, pick one of the new soaps to focus on. Then check out the articles at KidsHealth to learn more about the importance of caring for your skin. You will find an outline of the Sudsy Soap bottle on the All Washed Up handout to use for sketching your design. Remember, Sudsy Skin wants more than a pretty bottle. It wants the following information included:

- Why it's important to take care of your skin by using this soap; and
- How you use the soap to care for your skin (in other words, directions for using the soap to fight germs, clean cuts, or prevent acne)

Reproducible Materials

Handout: All Washed Up

KidsHealth.org/classroom/3to5/body/parts/skin_handout1.pdf

Quiz: Skin

KidsHealth.org/classroom/3to5/body/parts/skin_quiz.pdf

Answer Key: Skin

KidsHealth.org/classroom/3to5/body/parts/skin_quiz_answers.pdf

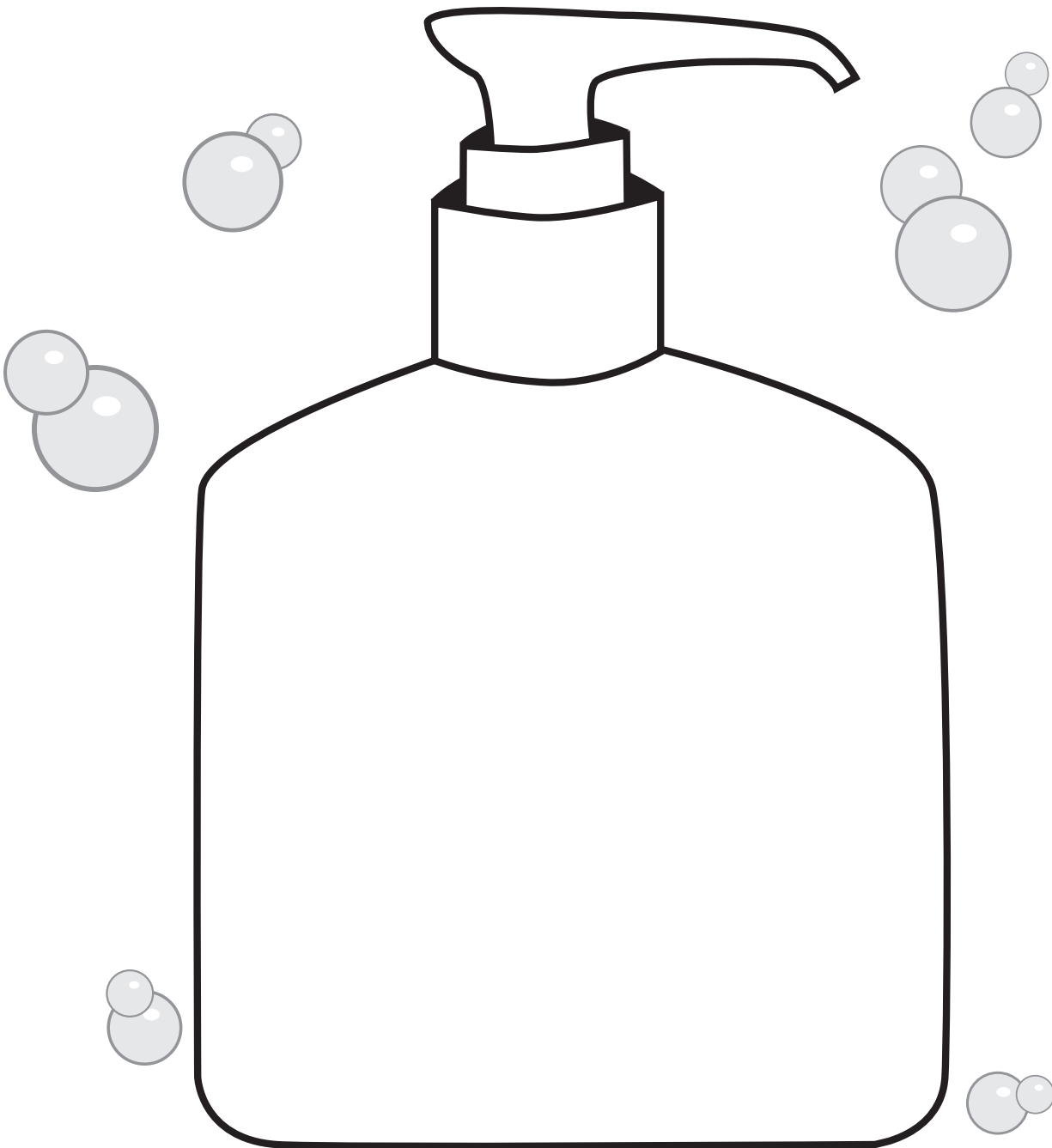


Name: _____

Date: _____

All Washed Up

Instructions: Sudsy Skin has hired you to design a soap bottle for their new line of soaps. They have created three new soaps for kids: one for fighting germs, one for cleaning cuts and scrapes, and one for preventing acne. Pick one of the new soaps to focus on, then start designing! Remember, Sudsy Skin wants more than a pretty bottle. They want you to include information about why it's important to take care of your skin by using this soap, and also directions for using the soap.





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List two jobs that the skin does for the body:

2. Which of the following is the outside layer of the skin?

- a. dermis
- b. epidermis
- c. subcutaneous fat

3. Which of the following is NOT a job of the epidermis?

- a. keeping your body warm
- b. making new skin cells
- c. making melanin

4. List two ways to keep your skin healthy:

5. The _____ is the layer of skin that contains nerve endings, blood vessels, oil glands, and sweat glands.

6. Which of the following is your skin's natural oil, produced by the sebaceous glands?

- a. melanin
- b. follicle
- c. sebum

7. _____ are tiny holes in the skin that allow sweat to escape.

8. Hair follicles have their roots in which layer of skin?

- a. epidermis
- b. dermis
- c. subcutaneous fat

9. _____ is the name for those red bumps called pimples that a lot of kids get on their skin.

10. True or false: The skin is the largest organ in the body. T F



Answer Key

- List two jobs that the skin does for the body:
Any two of the following: covers and protects the body, keeps body at right temperature, allows us to have sense of touch, keeps germs out of the body
- Which of the following is the outside layer of the skin?
 - dermis
 - epidermis
 - subcutaneous fat
- Which of the following is NOT a job of the epidermis?
 - keeping your body warm
 - making new skin cells
 - making melanin
- List two ways to keep your skin healthy:
Any two of the following: wear sunscreen, keep it clean by washing with soap and water, cover scrapes and cuts with gauze or bandage, don't squeeze or pop pimples
- The dermis is the layer of skin that contains nerve endings, blood vessels, oil glands, and sweat glands.
- Which of the following is your skin's natural oil, produced by the sebaceous glands?
 - melanin
 - follicle
 - sebum
- Pores are tiny holes in the skin that allow sweat to escape.
- Hair follicles have their roots in which layer of skin?
 - epidermis
 - dermis
 - subcutaneous fat
- Acne is the name for those red bumps called pimples that a lot of kids get on their skin.
- True or false: The skin is the largest organ in the body. F