



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.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

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 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:

Your Skin

KidsHealth.org/en/kids/skin.html

Taking Care of Your Skin

KidsHealth.org/en/kids/skin-care.html

Movie: Skin

KidsHealth.org/en/kids/skin-movie.html

Why Does My Skin Get Wrinkly in Water?

KidsHealth.org/en/kids/wrinkly-fingers.html

What Are Wrinkles?

KidsHealth.org/en/kids/wrinkles.html

How to Be Safe When You're in the Sun

KidsHealth.org/en/kids/summer-safety.html

Checking Out Cuts, Scratches, and Abrasions

KidsHealth.org/en/kids/cuts.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 would 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. 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.

Busy Skin

Objectives:

Students will:

- Learn the important functions of the skin

Materials:

- Drawing paper, crayons

Class Time:

20 minutes

Activity:

Our skin has three very important jobs to do:

1. Protect our bodies
2. Help keep our bodies at the right temperature
3. Allow us to have the sense of touch

Think about a time your skin did one of these things for you, then draw a picture of yourself with your skin hard at work!

Extensions:

Did you ever hear the phrase “Beauty is only skin deep”? Did you ever hear the term “inner beauty”? What do they mean?



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)
- “Skin Scavenger Hunt” handout
- Glue

Class Time:

20 minutes

Activity:

[Note to instructor: 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 (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.

Extensions:

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.
2. Try the “Senses Experiment: Head, Shoulders, Knees, and Toes” with your class (KidsHealth.org/en/kids/experiment-head.html).

Reproducible Materials

Handout: Busy Skin

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

Handout: Skin Scavenger Hunt

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

Quiz: Skin

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

Answer Key: Skin

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



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



Name: _____

Date: _____

Quiz

Underline or write the correct answers.

1. What is the body's largest organ?
 - a) Brain
 - b) Skin
 - c) Stomach

2. The skin has several important jobs. Which two are not the skin's jobs?
 - a) Protect our bodies
 - b) Help us chew foods
 - c) Help keep our bodies at the right temperature
 - d) Allow us to have the sense of touch
 - e) Pump blood throughout our bodies

3. Each hair on your body grows out of a tiny tube in the skin called a:
 - a) Straw
 - b) Follicle
 - c) Twizzler

4. What gives the skin its color?
 - a) Cells
 - b) Dye
 - c) Melanin

5. Name one thing that can help protect your skin from getting hurt from the sun:



Quiz Answer Key

1. What is the body's largest organ?
 - a) Brain
 - b) Skin
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2. The skin has several important jobs. Which two are not the skin's jobs?
 - a) Protect our bodies
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3. Each hair on your body grows out of a tiny tube in the skin called a:
 - a) Straw
 - b) Follicle
 - c) Twizzler

4. What gives the skin its color?
 - a) Cells
 - b) Dye
 - c) Melanin

5. Name one thing that can help protect your skin from getting hurt from the sun:
_____ any one of the following: sunscreen, sunglasses, hat, clothes, shade, indoors)