



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.

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

Believe it or not, you lose about 9 pounds of skin cells each year — which means your skin is a very busy organ! Use the following activities to raise students' awareness of the importance of their skin, and to help them care for the body's largest organ.

Related KidsHealth Links

Articles for Kids:

Your Skin

KidsHealth.org/en/kids/skin.html

Movie: Skin

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

Taking Care of Your Skin

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

How Stitches Help Kids Heal

KidsHealth.org/en/kids/stitches.html

What's a Scab?

KidsHealth.org/kid/talk/yucky/scab.html

The Story on Scars

KidsHealth.org/en/kids/scab.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

Eek! It's Eczema!

KidsHealth.org/en/kids/eczema.html

Help With Hives

KidsHealth.org/en/kids/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. Epidermis experts shouldn't have any problems completing this word search about the skin:
KidsHealth.org/en/kids/bfs-skinwordsearch.html
2. 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!



Going Skinless

Objectives:

Students will:

- Explore the important functions of the skin

Materials:

- Writing paper, pencil or pen; or word processing program

Class Time:

30 minutes

Activity:

Our skin has three very important jobs to do:

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

Imagine waking up one day without your skin. In addition to looking pretty gross, you'd be facing some serious problems. Write an essay about the problems you'd face during a typical school day without your skin.

Extension:

Choose one way to care for your skin, such as washing it with soap and water, using sunscreen, etc., and make a poster to help students remember your skin-care tip.

Reproducible Materials

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: _____

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