



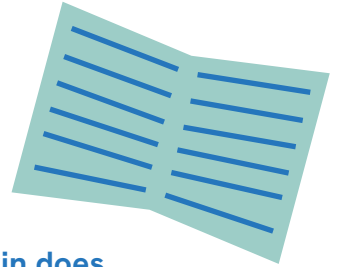
Skin @ School

Lesson Activities for children aged 6-8 years

Developed by Huid Nederland (Dutch Skin Coalition) in collaboration with dermatologists (NVDV), specialized nurses, skin therapists (NVH), representatives of patient associations, teachers, a school principal, and a didactic specialist.
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LESSON 1

What does the skin look like?



In this lesson, students learn what their skin looks like and what the skin does.

ACTIVITY 1a

Read Aloud

Material: Children's book Luke and the Tiger (Jolien van der Geugten, 2021). Read this book aloud and show the illustrations or use the video in which the book is read aloud (www.skinatschool.com; YouTube playlist @skinatschool).

ACTIVITY 1b

Group Discussion

Hold a group discussion about:

- What is special about Luke's skin? (It is dry, cannot sweat well, itches, flakes/peels) And the skin of elephants? (Cannot sweat) And the skin of frogs? (Is poisonous) And the skin of snakes? (Sheds)
- What do elephants do when they are hot? (Mud bath)



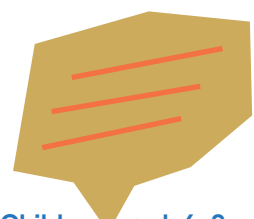
ACTIVITY 2a

Drawing and Coloring

Material: skin passport

Give students the following assignments one by one:

1. Look at your own hand and draw things you see, such as spots, dots, hairs, wrinkles, or lines.
2. On the places where your fingers bend, your skin is a bit loose. Circle these spots on the drawing.
3. Choose a pencil with a color that matches the color of your hands and color the drawing. Use this to color the drawing.

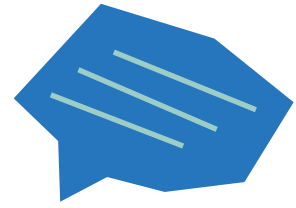


ACTIVITY 2b

Group Discussion

Hold a group discussion about:

- Similarities and differences between the students' skin
- What the skin does: protects the body from dirt, holds body parts together, senses feeling, cools (releases sweat when it is hot)



ACTIVITY 3a

Using the Sense of Touch

Material: blindfold and objects with different surface textures

Give students this assignment:

Feel an object while blindfolded and say what kind of surface it has (for example: smooth, rough, sharp, hard, soft, sticky). This is about the tactile function of the skin.



ACTIVITY 3b

Group Discussion

Hold a group discussion about:

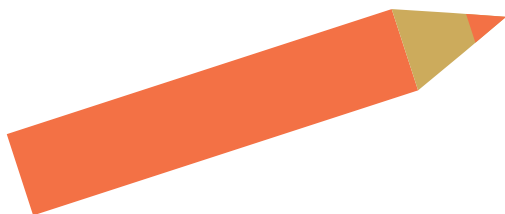
Why is it important to be able to feel with your skin? (Useful in the dark, protection against harmful things, such as heat, cold, plants with thorns)



ACTIVITY 4

Crossword Puzzle

Material: worksheet lesson 1





ACTIVITY 5

(This can also be done in a subsequent lesson.)

Singing and Moving

Material: Song and lyrics.

Choose a song about the skin. For example 'Sesame Street: Beautiful Skin Song' (www.skinatschool.com; YouTube playlist @skinatschool).

Let the children listen to the song once. Ask them to stand up, sing along, and use movements if applicable.

Below is the translation of the original song used in the Dutch program



Song lyrics: I feel comfortable in my skin

Oh oh oh, I feel comfortable in my skin (2x)

*One skin is soft
And another one is red
You also get bruises
If you bump into something
My sister has flakes
And my brother often itches
When my skin tickles a bit
Well, then I laugh out loud
You are super cool
With a pimple or a wart
That makes us unique
We all have something*

Chorus

*I am just a child
With my own skin
Beautiful as I am
And I look really nice
I am just a child
With my own skin
And what others think of it
I don't care at all*

Oh oh oh I feel comfortable in my skin (2x)

*One has spots
And another has a mark
Sometimes someone has freckles
And I have a mole
Goosebumps or wrinkles
Bumps or eczema
Every skin is different
It's really not a problem
You are super cool
With a pimple or a wart
That makes us unique
We all have something*

Chorus

Oh oh oh I feel comfortable in my skin (4x)

Text and Music: Jason Staal
Production: Vredeveld &
Russchen Music

LESSON 2

Caring for your skin

In this lesson, students learn about the importance of skin care.

ACTIVITY 1a

Choosing and Coloring Two Pictures

Material: Worksheet Lesson 2, Assignments 1 and 2

ACTIVITY 1b

Group Discussion

Hold a group discussion about:

- How your skin protects your body against dirt.
- Why is washing your body important?
- If your skin remains dirty for a long time, you can get sick. Washing keeps your skin healthy.

ACTIVITY 1c

Explanation

Explain that your skin protects your body against many things, including bacteria. A bacterium is a tiny creature that you cannot see with your eyes. Some bacteria can make you sick, but there are also good bacteria. You can keep bad bacteria away by maintaining healthy skin. Bad bacteria on your skin can be washed away, for example, after playing in the mud.

ACTIVITY 2a

Feeling your skin

Let students feel their forearms with their hands.
How does your skin feel (soft, supple, rough, or dry)?

ACTIVITY 2b

Group Discussion

Hold a group discussion about:

- How their skin feels
- How often students clean their skin, such as washing hands and taking a bath or shower (in the evening or morning? How long?) and whether they use a lot of soap or bubble bath.



ACTIVITY 3a

Explanation of Skin Care

Explain: There are tiny holes in your skin through which oil comes out. This keeps your skin soft, supple, and strong. But if you take long showers or baths and use a lot of soap or bubble bath, the layer of oil on your skin gets washed away. Your skin then becomes drier and weaker, and small cracks form, making your skin feel dry and itchy. Therefore, do not shower or bathe for too long and do not use too much soap. You take care of your skin by applying cream.

ACTIVITY 3b

Group Discussion

Material: hand cream

Hold a group discussion about:

Do you ever apply a basic cream or ointment to your skin? The next lesson will cover sunscreen.



ACTIVITY 4a

Explanation of Wound Care

Material: Different bandages

Explain: If you fall on the ground, your skin can get damaged by scraping against the ground. Some blood might come out. If the ground is dirty, dirt can get into your wound. Your skin can then become sick. If your skin becomes red, swollen, and painful, we call that an infection.

It is good to clean the wound with lukewarm water under the tap. Do not use soap and let the wound air dry. A scab will form naturally. A bandage is needed if the wound rubs against clothes.



ACTIVITY 4b

Determining the Order

Material: worksheet lesson 2, assignment 3

ACTIVITY 4d

Word Search

Material: worksheet lesson 2, assignment 5

ACTIVITY 4c

Choosing a Bandage

Material: worksheet lesson 2, assignment 4

Give students the assignment: People have different skin colors, so you can buy bandages in different colors. Which color best matches your skin color? Put a checkmark underneath.

LESSON 3

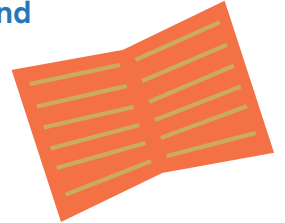
Temporary skin problems

In this lesson, students learn about common temporary skin conditions and their contagiousness.

ACTIVITY 1a

Reading Aloud

Material: Read a children's book about chickenpox aloud and show the pictures.



ACTIVITY 1b

Group Discussion

Material: worksheet for lesson 3

Hold a group discussion about:

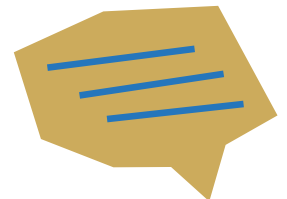
- What is chickenpox?
(A disease with red bumps on your skin that everyone can get.)
- In which picture do you see a child with many chickenpox? Put a cross on it.
- How long does chickenpox last?
(Chickenpox is a temporary illness that goes away after about ten days.)
- Why is it wise to stay home if you have chickenpox?
(It is a contagious disease that people can catch from each other.)
- Are all diseases contagious? (No)



ACTIVITY 2a

Explanation of Conditions

Explain: If your body is sick in one place, we call this a condition. There are big and small conditions. Chickenpox is a big condition (which we also call a disease). A mosquito bite is a small condition (which we do not call a disease).



ACTIVITY 2b

Recognizing and Discussing Conditions

Material: worksheet for lesson 3



1. Ask the students:

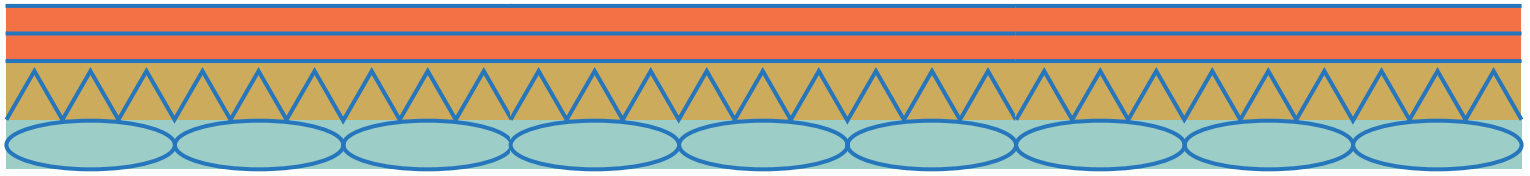
- Who has ever had a mosquito bite?
- What is a mosquito bite?
(Your skin reacts to a mosquito bite, becoming swollen, red, and itchy.)
- In which picture do you see a child with few mosquito bites? Circle this drawing.
- What can you do about it?
(Before: The smell of something like mosquito spray keeps mosquitoes away. After: The itch goes away if you apply special cream to the bump. The bump will disappear on its own.)
- What do you think, is a mosquito bite contagious? (No)

2. Ask the students:

- Who has ever had a wart?
- What is a wart?
(A rough bump that grows on the skin. It is caused by tiny invisible creatures - a virus - that can enter through wounds, scratches, or cracks in the skin. A wart develops slowly; it can take several weeks.)
- In which picture do you see a wart? Circle this wart.
- What can you do about it?
(Almost everyone has had a wart at some point. Warts usually go away on their own or can be treated by a doctor if they bother you. If you think you have a wart, show it to your parents/caregivers.)
- What do you think, is a wart contagious?
(Yes, especially for someone who has never had a wart before and/or someone with skin that has wounds, scratches, or cracks.)
- How can you deal with someone who has a wart?
(It is good if someone with a wart on their hand tells the teacher. The teacher can explain that it is not a big deal, but that other students should be careful not to touch the wart.)

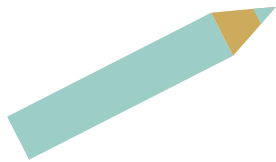


See the next page for more questions.



▪ **3. Ask the students:**

- Who has ever had athlete's foot?
(That is not surprising because many children and adults have had it.)
- What is athlete's foot?
(Fungi are tiny creatures. Athlete's foot is an unhealthy fungus that people catch from each other via the floor of a shower or swimming pool. This condition is therefore contagious. Athlete's foot causes cracks in the skin between the toes, making the skin red, painful, and itchy.)
- In which picture do you see athlete's foot? Draw a triangle here.
- What can you do about it?
(Dry your feet well when they are wet. You can buy a cream at the drugstore to apply after drying.)



LESSON 4

Protect your skin from the sun

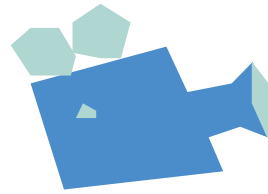
In this lesson, students learn about sunburn and how to protect themselves against it, as well as about different skin colors.

ACTIVITY 1a

Watch a video or read aloud

Material:

- A song about applying sunscreen. For example: Summer Dance Song 'Sunscreen' (www.skinatschool.com; YouTube playlist @skinatschool)
- Show the video or read a children's book about sunburn.



ACTIVITY 1b

Group Discussion

Hold a group discussion about:

- Why is applying sunscreen important?
(It ensures your skin doesn't get burned.)
- Who has ever had sunburn? What do you see and feel then?
(The skin is red and can be painful.)
- Why is sunburn bad for your health?
(A lot of sunburn in your youth can damage your skin badly, causing it to function less well. You can also develop a serious skin disease later: skin cancer.)
- How can you protect yourself against sunburn?
(Sunscreen, clothes, hat, parasol, sunglasses)

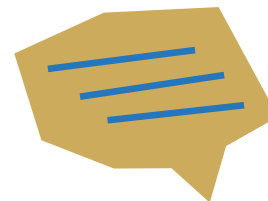


ACTIVITY 2

Material: worksheet for lesson 4

Look at the eight pictures and eight words

1. Note the words under the correct pictures.
2. Which four things can you use to protect yourself from sunburn?
3. Circle those four things.



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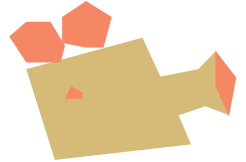
Long-term skin problems

Students learn about long-term skin problems and how people deal with them.

ACTIVITY 1a

Watch a video or animation

Material: A short video or animation about a long-term skin problem.
Show the video or animation.

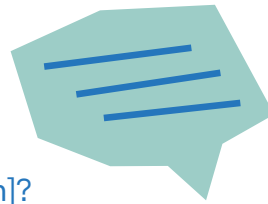


ACTIVITY 1b

Group Discussion

Conduct a group discussion about:

- Do you know what [long-term skin problem] is?
- What can be difficult about [long-term skin problem]?
- Can [long-term skin problem] go away on their own?
(No, they last a lifetime. It is a permanent condition.)
- Is [long-term skin problem] contagious?
(No. People cannot catch this condition from each other).



ACTIVITY 1c

Distinguishing Conditions

Material: worksheet 5, assignment 1.





ACTIVITY 2

Explaining short- and long-term skin conditions

Explain: Skin conditions can be short-term (e.g., a mosquito bite), medium-term (e.g., chickenpox), or long-term (e.g., a giant mole).

If you have a long-term condition, it is good and very brave to say the same thing as in the animation about giant moles: “I have had it since birth and I won’t get rid of it. It is annoying and noticeable, but I can live with it.”

ACTIVITY 2a

Explanation of Three Conditions

Explain about three more long-term, congenital, and non-contagious conditions:

- Some people have vitiligo. It is a condition that causes white spots on the skin. The pigment (color) disappears from these spots.
- Another condition is eczema. This condition causes dry and red skin with loose skin pieces (flakes), itching, and sores. For many children, this condition disappears after a few years, but for a small group, it remains.
- Some children are born with psoriasis. This condition looks like eczema but is different. Psoriasis causes red, scaly patches that itch and hurt.

ACTIVITY 2b

Distinguishing Conditions

Material: worksheet 5, assignment 2.

ACTIVITY 3

Group Discussion

Hold a group Discussion about:

- Do you know someone with eczema (or another long-term skin condition)?
- Have you ever seen someone treated unkindly because of this?
- Why is it important to know that a condition is non-contagious? (Then you don’t have to be afraid, for example, when holding hands.)
- Suppose you are going to work with a classmate with a skin condition, but you don’t know what it is. What can you do then? (You can ask: Do you have a skin condition? What is it called? Is it contagious? And you can say that it doesn’t bother you.)