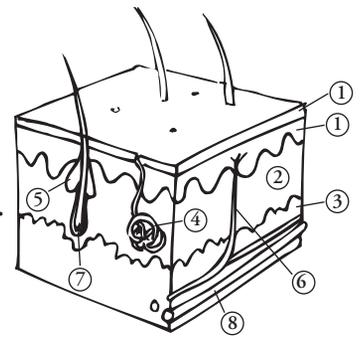


The Skin You're In



Part A. Unscramble these words to name the layers and tissues of the skin.

- | | | |
|-------------------------|-----------------------------|---|
| 1. iepmderis | e _ _ d _ _ _ _ s | Oops, it's showing and you can't cover it up! |
| 2. rmside | d _ _ m _ _ | Without this, your nerve endings, blood vessels, oil and sweat glands would have no place to call home. |
| 3. cusutbnasoue | s _ b c _ _ a n _ _ u _ | This fatty part of the skin keeps you warm and protects your insides when you fall. |
| 4. waest dnalgs | s _ _ _ t _ _ l _ n _ _ | Did you know you're sweating right now? And these make it happen! |
| 5. lio sgdlna | _ _ _ _ g _ a _ _ _ | Cars need it and so does your skin. These glands produce it. |
| 6. venre dinegns | _ _ r _ e _ n _ _ _ g _ | "Ouch, that hurt!" is the message these tissues send to your brain. |
| 7. iarh oilclsef | _ a _ _ _ f _ _ l _ c _ _ _ | There are more than 100,000 of these just on your head alone! |
| 8. bolod sevsel | _ _ o _ _ _ e _ _ e _ _ | They aren't sailing ships but a kind of transportation that brings oxygen and nutrients to your skin cells and takes away the waste that's left over. |

Part B. Uh-oh! You made that corner a little too fast with your bike and you cut your finger when you fell. Listen as your teacher reads about how your skin repairs itself and fights germs at the same time. Then color these pictures, cut them out, and make a book by stapling them together in the correct order to show your skin's healing process. Don't forget to create a fun title for the cover of your book!

a

Blood cells called platelets stick together to form a clot.

b

Clean the wound with water.

c

The wound is healed.

d

Coat the wound with NEOSPORIN® First Aid Antibiotic and cover it with a BAND-AID® Brand adhesive bandage.

e

You fell off your bike and cut your finger.

f

White blood cells attack the germs.

Title of my book



Keep It Flowing!

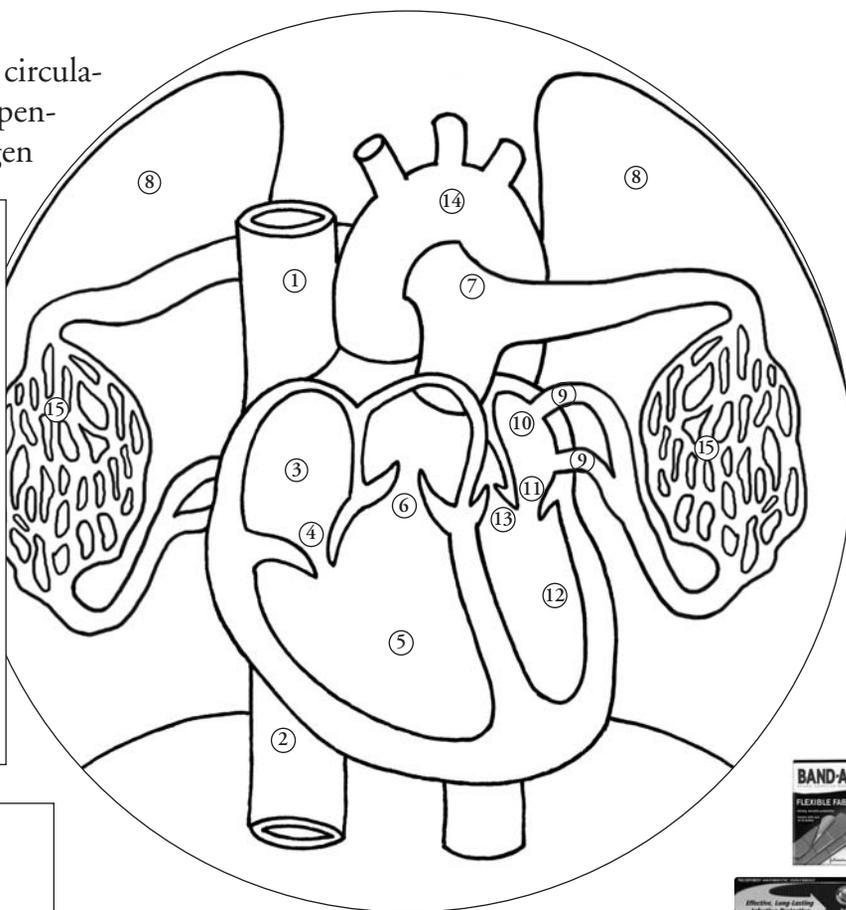
Part A. The circulatory system is your body's superhighway. It moves the blood to all your cells and also removes waste from them. Research the three types of blood vessels shown in the chart below and fill in the blank line for each one. Follow your teacher's direction to show how they look.

This is what I do:	I'm a blood vessel that leads away from the heart. I carry fresh oxygen to all the cells in your body.	I'm a blood vessel that leads towards the heart. I carry blood back to the lungs so it can get an oxygen "refill."	I connect the arteries to the veins. I carry blood that has fresh oxygen and also blood that needs oxygen because it has carbon dioxide and other waste.
I carry this color blood:	Bright red	_____	Red and purple
My size is:	large	smaller	_____
I am called:	_____	veins	capillaries
If I were a piece of pasta, I would look like this:			

Part B.

Listen as your teacher reads about the circulatory system. Then use purple colored pencils to show the blood that needs oxygen (*deoxygenated blood*) and red colored pencils to show the blood that has oxygen (*oxygenated blood*) as it flows in and out of your heart and lungs.

- ① superior vena cava
- ② inferior vena cava
- ③ right atrium
- ④ tricuspid valve
- ⑤ right ventricle
- ⑥ pulmonary valve
- ⑦ pulmonary artery
- ⑧ lungs
- ⑨ pulmonary veins
- ⑩ left atrium
- ⑪ mitral valve
- ⑫ left ventricle
- ⑬ aortic valve
- ⑭ aorta
- ⑮ capillaries



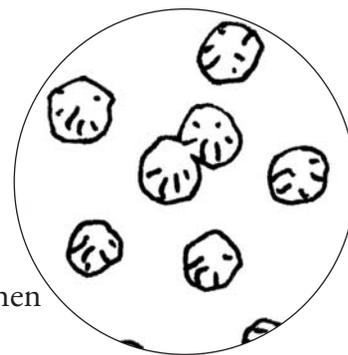
Light and Color Experiments For Poster Activity

- www.exploratorium.edu/snacks/glue_stick/index.html
- www.opticsforkids.org



A World of Bacteria

Microbiologists study microbes, or tiny organisms that can only be seen with a microscope. Bacteria, a type of microbe, are everywhere, even on and in your body. These germs can multiply faster than you can blink! That's why NEOSPORIN® First Aid Antibiotic Ointment can help your body's white blood cells fight bacteria and keep infection away when you get a cut or a scrape.



Part A. After you do your experiment, record your observations below over the course of the week. Include the size, shape, color, and growth pattern of what you see.

Our experiment set-up:

Our materials:

What we think will happen:

Results:

What we learned:

Part B. DO Try This at Home!

Dear Parent or Caregiver,

Your child is learning about bacteria and germs through a special educational program sponsored by the manufacturers of NEOSPORIN® First Aid Antibiotic Ointment—the #1 doctor-recommended brand for infection protection—BAND-AID® Brand Adhesive Bandages, and curriculum specialists Young Minds Inspired (YMI). Ask your child to tell you about the bacteria experiment above that he or she conducted in class. Then help your child conduct a bacteria experiment with another kind of food at home.

Have your child use the same headings as shown above to keep a record of your home experiment.

Help him or her organize the set-up, observe, and record the experiment for one week, and include daily drawings of the bacterial culture. At the end of the week, cultures are to be brought to school for a special "Cool Cultures" Awards Ceremony!

Suggested Food List: bread, chicken broth, deli meats, muffin, apple, banana, etc.

I have read the "Cool Cultures" experiment directions with my child. We are conducting the experiment together at home.

Parent Signature _____

Date _____

A note about safety: Be sure to keep the experiment away from young children and pets. Place it inside a labeled box so no one makes the mistake of eating it! Also, should the experiment begin to produce mold, be sure not to smell it to keep it from getting into the lungs.



Doctor Mom and Doctor Dad

Picture this—your child just got a minor cut. It may not look like much, but do you know what to do to prevent infection and to minimize the appearance of scars? Your child does after having completed the **Clean! Treat! Protect!** program sponsored by the makers of NEOSPORIN® First Aid



Antibiotic Ointment, BAND-AID® Brand Adhesive Bandages, and curriculum specialists Young Minds Inspired (YMI). Look at the treatment plan below with your child. Be sure to check out www.neosporin.com and www.band-aid.com for more tips on treating minor wounds or cuts.

In the **Clean! Treat! Protect!** program, your child has studied a variety of health- and science-related topics, including the skin and how it heals after an injury, the circulatory system, and bacteria. Ask your child to share some of what he or she has learned, including the results of the “Cool Cultures” Awards Ceremony from the bacteria experiment you completed at home together.



Proper Care of Minor Wounds

Follow these steps for proper wound care:

- **Clean!** Wash your hands first, then clean the wound with water.
- **Treat!** Apply NEOSPORIN® First Aid Antibiotic Ointment to the injury one to three times daily to help prevent infection and to help minimize the appearance of scars.
- **Protect!** Keep the wound covered with a BAND-AID® Brand Adhesive Bandage to create an optimum healing environment. Change the bandage daily and continue to apply the antibacterial ointment.

Do you have a well-stocked first aid kit in your home? Use the following checklist as a guideline to put your kit together. Why not make this a family project and enlist your child’s help? Start with a plastic box with a snap-on lid and have your child create a special label for the kit. Most supplies can be found at your local drugstore.

Recommended First Aid Supplies

Essential Items

- Adhesive tape (or cloth—1" width)
- Alcohol or antiseptic wound wipes
- BAND-AID® Brand Adhesive Bandages (assorted)
- BAND-AID® Brand Anti-Itch Gel
- BAND-AID® Brand HURT-FREE® Antiseptic Wash
- Burn cream for minor burns
- COACH® Self Adhering Elastic Bandage
- CORTAID® Hydrocortisone Anti-Itch Cream
- Eye wash kit
- JOHNSON & JOHNSON cleansing wipes



- JOHNSON & JOHNSON swabs
- NEOSPORIN® First Aid Antibiotic Ointment
- PURELL® Instant Hand Sanitizer
- RED CROSS® Brand JOHNSON & JOHNSON Sterile First Aid Gauze Pads (large and small sizes)
- Scissors
- Sterile eye pads
- Triangular bandage that could be used for a sling
- Tweezers (and matches for sterilizing tweezers)
- 1 bottle acetaminophen or other anti-inflammatory pain reliever



- 1 cold pack
- 1 blanket to keep with the kit

Important Additions

- Book on first aid
- Card with all family medicine allergies
- Emergency medications (for allergies or diabetic family members)
- List of important names and phone numbers (doctors, hospitals, poison control centers, etc.)

Don't forget to check all medications and sterile items for expiration dates and restock your kit after supplies have been used. And be sure to read product directions before use.

