

# SKIN HEALTH

**Subtopic:** Eczema **Age Group:** 8-10 **Time:** 45 min

## OBJECTIVE: SWBAT

- State the basic cause for eczema
- Identify what a “trigger” is
- State that eczema is a common condition
- State at least one way to treat eczema

## MATERIALS

- *Eczema and Immuno* handout

## ASSESSMENT

- During Guided Practice, Facilitator should check for understanding through asking questions/repeating terms throughout exercise.
- During Closing, Facilitator will assess understanding of material by evaluating how students answer review questions.

## OPENING

**3 min**

1. Facilitator asks students if they can name any super heroes.
  - a. If students respond, Facilitator asks what makes them super heroes/what their jobs are.
  - b. If students are unresponsive, Facilitator can name a few super heroes and ask what their jobs are.
2. Facilitator begins to transition into topic:
  - a. Today we are going to talk about our bodies' super hero, the immune system, and how it can get a little crazy and try to protect us from bad and good things—which can cause something called eczema.

## INTRODUCTION TO NEW MATERIAL

**20-25 min; Materials: *Eczema and Immuno* handout**

1. Facilitator begins to explain eczema. Facilitator can have students read sentences from handout, and after each sentence on handout, Facilitator can further explain using information below:
  - a. Our body has a super hero called Immuno [Immune-o]. This super hero helps fight off infections, but sometimes he gets really excited and starts to fight off the good stuff too.
  - b. This can irritate our body by causing itchy skin.
  - c. Immuno needs to sleep, so when he is resting, our skin doesn't itch. But sometimes, something will wake him up suddenly and he freaks out, overreacts, and tries to fight it off, causing itchy skin and even a rash.
  - d. These things that wake up Immuno are called triggers.
  - e. Triggers are not necessarily bad guys, but we should try to avoid them if we have eczema so we don't wake up Immuno. You should check with a doctor to see what your triggers are if you have eczema, but some common triggers are:
    - i. Soap
    - ii. Sweat
    - iii. Dust
    - iv. Juice
    - v. Scratchy clothes
  - f. Make sure you don't scratch that itchy skin! It will keep Immuno awake and fighting, causing your skin to get even itchier—maybe even causing an infection.

- 
2. Facilitator asks, “How do you know if you have eczema?”
    - a. You should see your doctor to be diagnosed because there are different kinds of eczema, but it can come in many forms and is very common.
      - i. You might have red scaly bumps that feel rough and dry.
      - ii. Your skin might ooze.
      - iii. Or you might not see anything at all!
    - b. But don’t worry, eczema is NOT contagious, and you can help stop the itching by avoiding triggers and using (depending what your doctor and parents say):
      - i. Creams/ointments
      - ii. Pills
      - iii. A soft, cool wet towel if you have eczema on your eyes
      - iv. Light therapy
    - c. Having eczema isn’t weird. It’s actually very common. As many as 1 in 10 kids have it, and some say 1 in 5 kids have it. It’s nothing to be ashamed of. In fact, it means your Immuno is extra protective!

---

### GUIDED PRACTICE

None.

---

### INDEPENDENT PRACTICE

None.

---

### CLOSING

**1-2 min**

1. Facilitator says, “So let’s review.” Facilitator can ask some of these questions. Make sure to ask questions g. and h.:
  - a. We have an immune system, or Immuno; what’s its job?
    - i. Fight off bad things like germs and sicknesses
  - b. What happens when Immuno meets a trigger?
    - i. It overreacts and causes itchy skin
  - c. What are some types of triggers?
    - i. Soap
    - ii. Sweat
    - iii. Dust
    - iv. Juice
    - v. Scratchy clothes
  - d. What happens if we keep scratching our skin?
    - i. It stays itching/Immuno stays awake.
  - e. What are some things we can use to help relieve the itchiness?
    - i. Creams/Ointments
    - ii. Pills
    - iii. Cool wet cloth
    - iv. Light therapy
  - f. Who should you see if you think you have eczema?
    - i. Parents/doctor
  - g. Is it weird to have eczema?
    - i. No! It’s really common.

- 
- h. Is eczema contagious?
    - i. Nope!
  - 2. Facilitator says, “Now you know more about eczema, and you might even realize you have it. Remember, it’s not weird and is not contagious. Talk to your parents if you think you have eczema, and they can look at it and take you to the doctor if needed.”

