

Keep Indoor Air Clean

Materials

- Printed pictures
- Pens or Crayons

Initial Discussion with Kids

Explain that indoor air means the air that we breathe when we are in our homes, schools, or other indoor spaces. Sometimes the air we breathe outside might not be clean. This is called “pollution”. Think about exhaust from big trucks or smoke coming from the chimney.

Explain that indoor air also can have things in it that might make our indoor air not as clean. When our air is not clean, sometimes it can make us feel ill.

Activity

1. Place the printed pictures around the room (or have one large picture for the whole class to work on together).
2. Ask the kids to circle the pictures of things that are sometimes in our homes or other indoor places that might make the air not as clean.
3. Talk about why each thing may or may not make our air cleaner and what they or their families could do to make the air cleaner.



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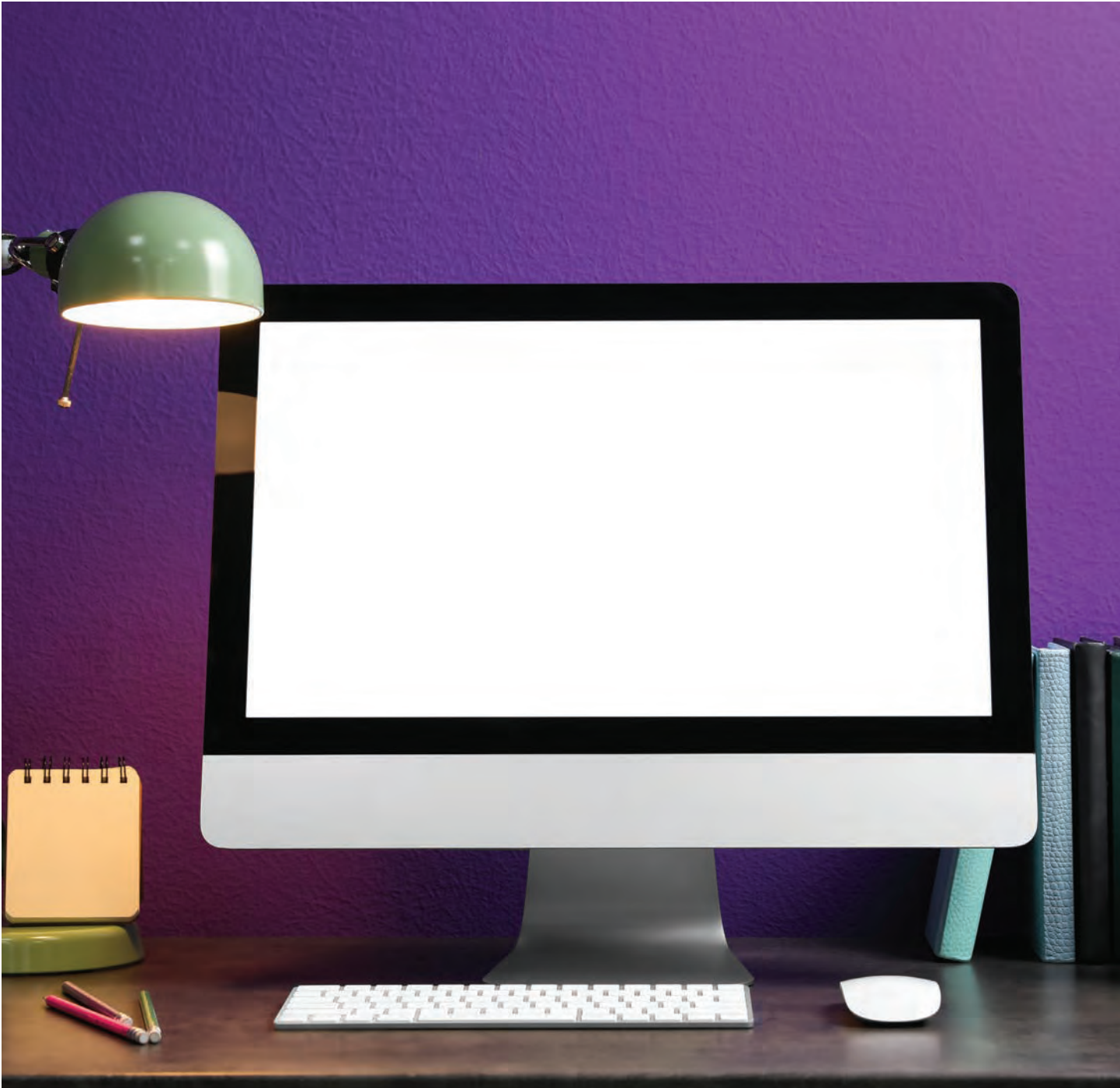
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Answer Key

The fireplace, dust, things we spray in the air, pets, and paint can all cause pollution indoors.

Discussion Questions

- Go picture by picture and discuss: Why do you think this item does/doesn't make pollution (i.e., makes our air not clean) inside?
- What can we do to make our air cleaner?

Discussion Points

- **Fireplace:** Smoke from fires can put harmful gases and tiny particles into the air that you can breathe in. Families should make sure their fireplaces are properly vented and in good working order.
- **Dust:** Can be found almost anywhere! It's most easily seen on flat surfaces like tables, and bookshelves. Dust is full of teeny tiny things like dirt and dead skin cells. It can make us sneeze and cough. You can reduce dust by vacuuming and damp dusting (using wet cloth to dust) weekly.
- **Things we spray in the air:** Sprays that make the room smell nice or even cleaning sprays can have things in them that can hurt our lungs and our bodies. Try to use "safer" alternatives like vinegar and water for cleaning.
- **Pets:** Pets like dogs, cats, hamsters and rabbits shed their fur and dead skin cells (dander). Dander, saliva, urine, and feces can cause allergic reactions in some people. Keeping pets off beds, couches, and chairs and vacuuming regularly can help reduce pet allergens.
- **Paint:** Painting a new room or using paint as a hobby can cause pollution. There are healthier paint options—some paint brands offer low-VOC (Volatile Organic Compound) options. When using paint, make sure to open doors and windows to help clear out the air.