



An Environmental Health
Activity Booklet for
First Nations Kids



Government
of Canada

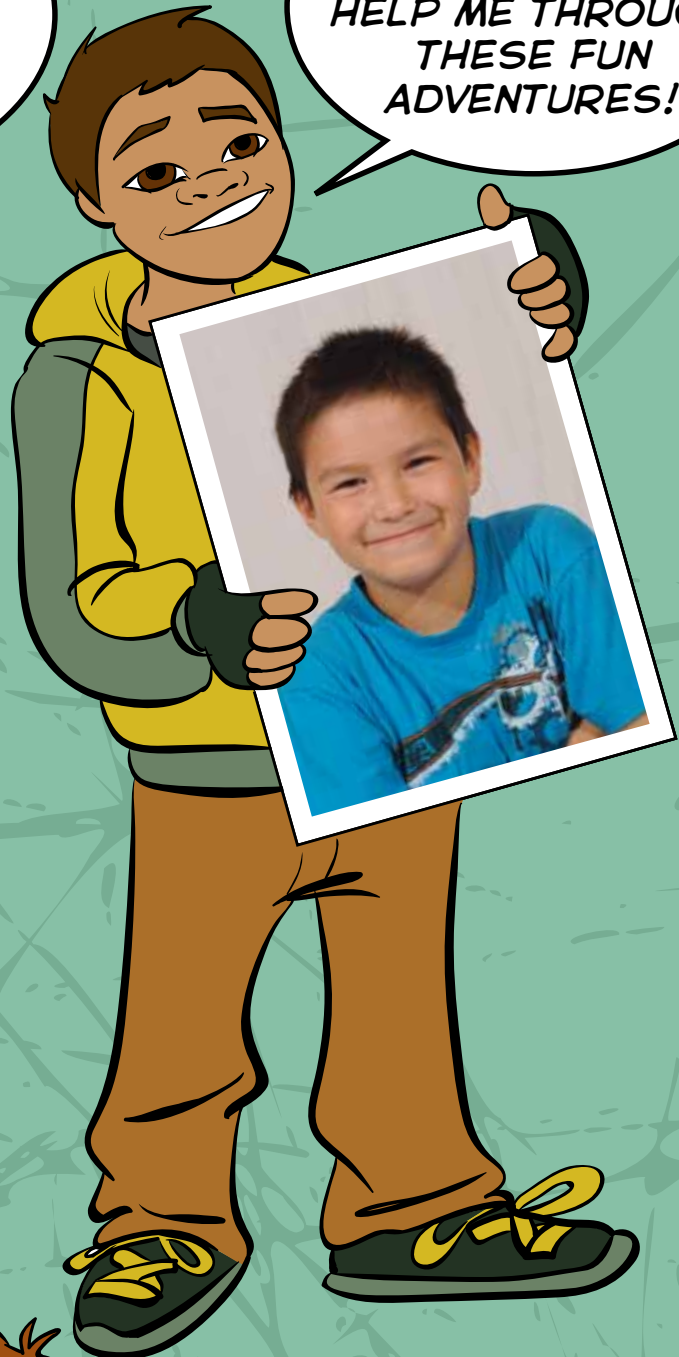
Gouvernement
du Canada

Canada

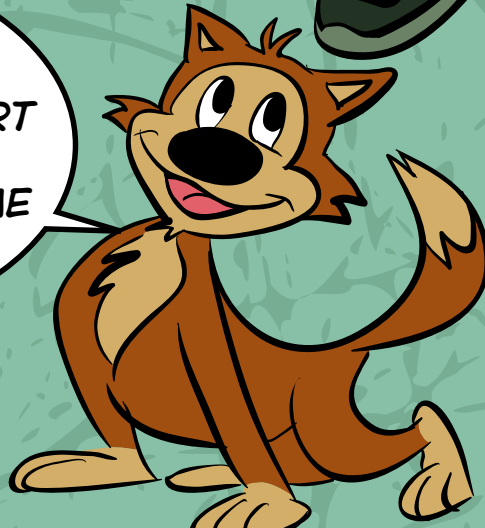
HELLO, I'M
SUMMER. IF YOU
LOVE GAMES AS
MUCH AS I DO, YOU
WILL ENJOY THIS
ACTIVITY BOOKLET.



HI, I'M TYRELL.
FOLLOW-ME AND
HELP ME THROUGH
THESE FUN
ADVENTURES!



HELLO CHAMP!
FRIENDS CALL ME
BUDDY. I'M AN EXPERT
IN ENVIRONMENTAL
HEALTH ISSUES. COME
PLAY WITH US!

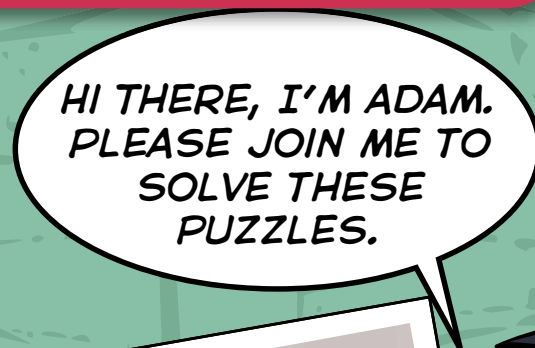


Introduction

The environment is anywhere you are - where you live, play, and learn. Your environment is indoors, outdoors and even under your bed!

Sometimes things in the environment can make people sick. This activity book will show you lots of ways to help your family and friends stay healthy.

You can check your answers to the activities in this booklet on the last page.



Get the lead out!

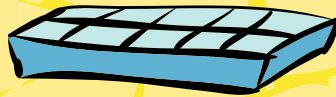
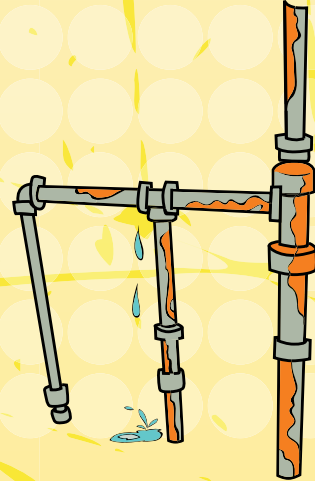
Lead is a metal found naturally in the earth's crust and can be added to certain products. There are many ways lead can get into your home - soil, pesticides, drinking water, paint and dust to name a few. Exposure to lead can make you feel sick.

The good news is there are things you can do! Take off your shoes, wash your hands, mop and dust floors, walls, ceilings, and window sills regularly.



Is lead hiding here?

CIRCLE THE ITEMS WHICH MAY CONTAIN LEAD.



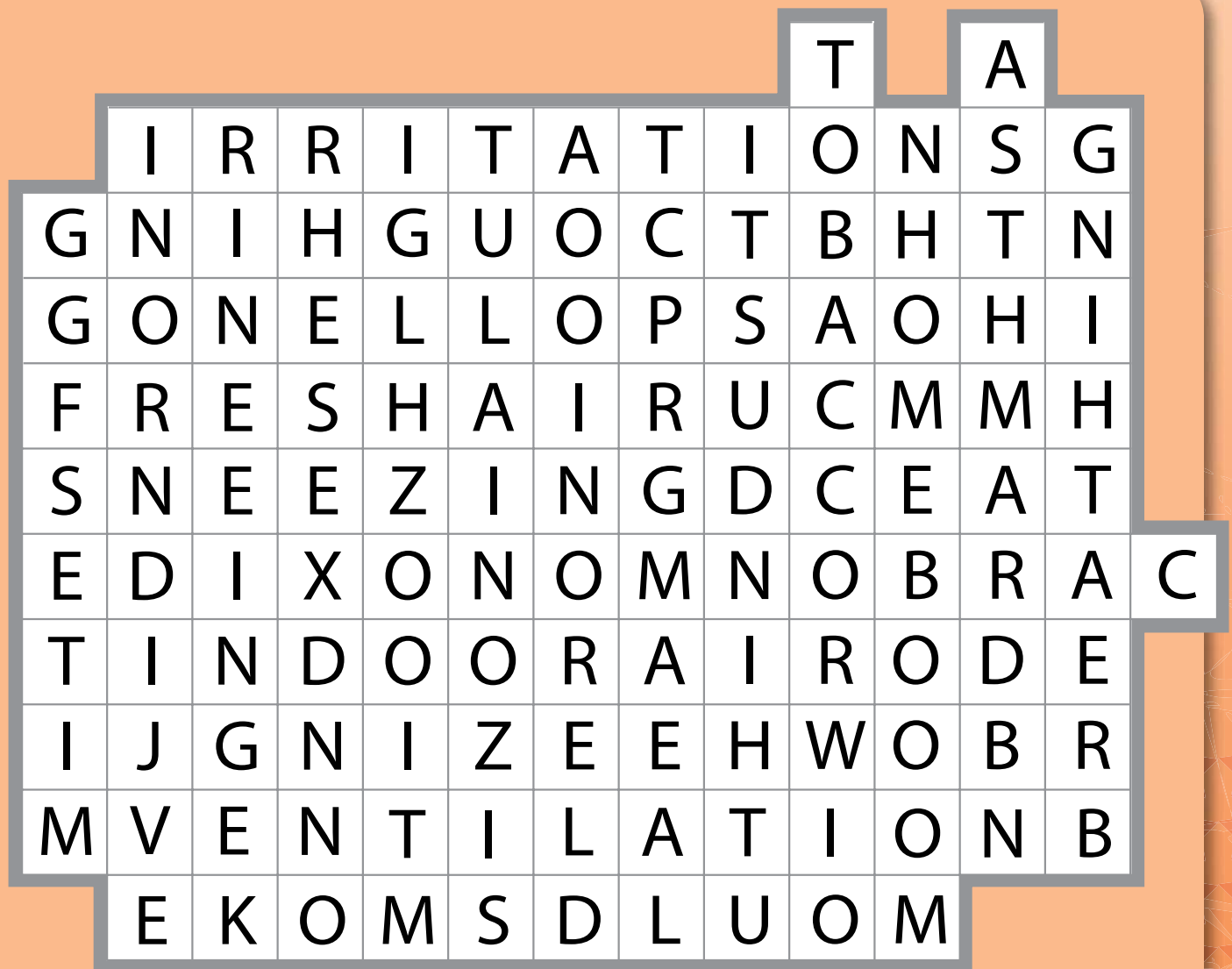
Breathe easy!

We usually think of air pollution as being outdoors, but the air in your home could also be polluted. Indoor air pollution can come from tobacco smoke, mould and gases like carbon monoxide.

Keeping the air clean at home is important.



Word search



Find these hidden words related to indoor air!

The words could be up, down, left, and right so look carefully!

ASTHMA

HOME

SMOKE

BREATHING

INDOOR AIR

SNEEZING

CARBON MONOXIDE

IRRITATION

TOBACCO

COUGHING

MITES

VENTILATION

DUST

MOULD

WHEEZING

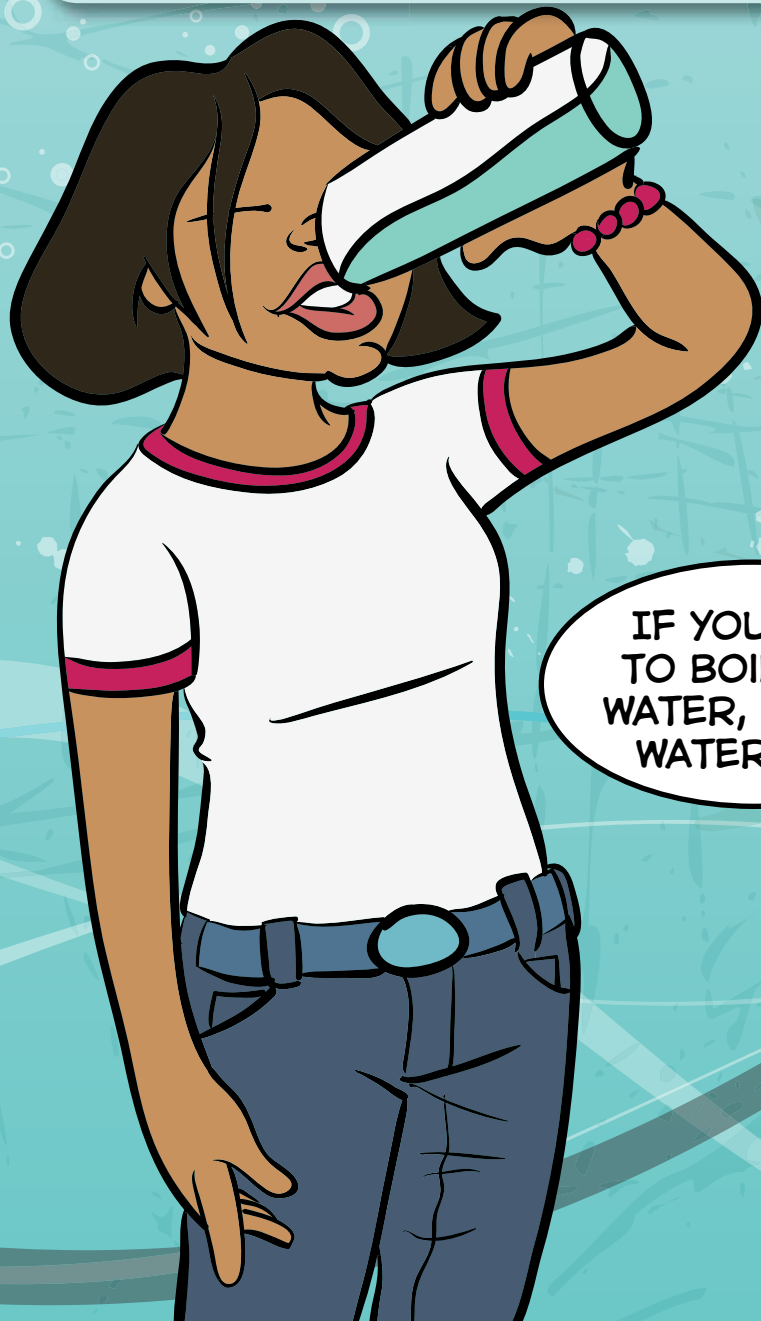
FRESH AIR

POLLEN

Water works

All plants and animals, including people, have to drink water. But sometimes our water gets germs and chemicals in it. You and your family can help keep your water clean.

- If your community receives a Boil Water Advisory/Order, you must ask an adult to boil any water you use for drinking, cooking, making ice cubes, washing food, and brushing your teeth. This should be a rolling boil for at least one minute.
- Do not drink water directly from a rubber hose, especially if the hose has been in the sun all day. The rubber can break down and leak toxic chemicals.



IF YOU NEED
TO BOIL YOUR
WATER, BOIL MY
WATER TOO!



Find 7 differences



What's bugging you?

Pesticides are used to get rid of pests or keep them away.

However sometimes pesticides can be very harmful to people, especially if they are not used correctly.

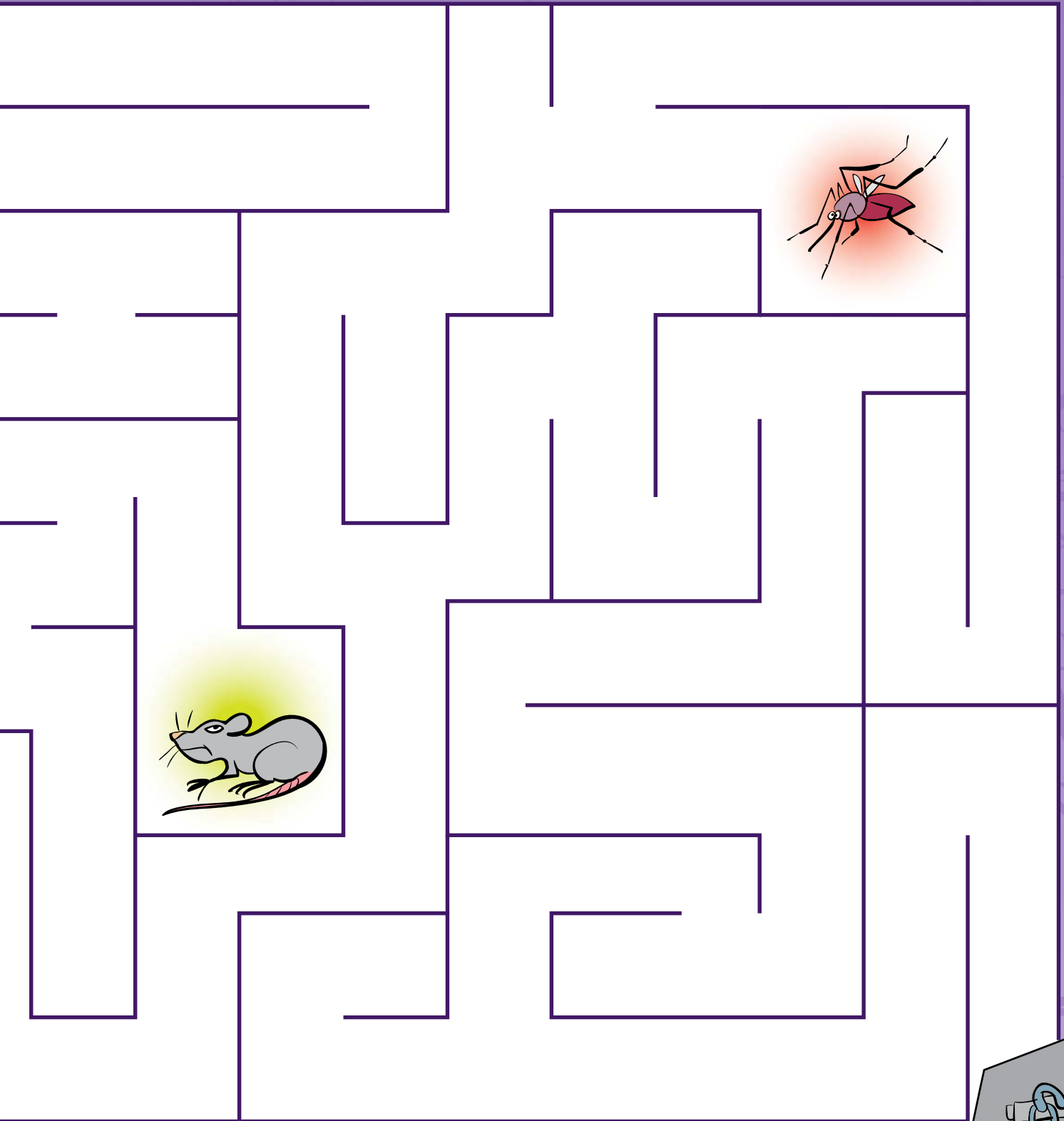


START

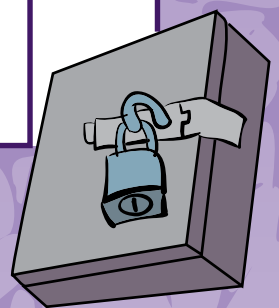
PESTICIDES CAN HARM PEOPLE AND PETS. CAN YOU HELP KYRA AND TYRELL TO STORE CHEMICAL PRODUCTS IN THE LOCKED CABINET?



PESTICIDES



END



Read the label!

Labels often use words to show how toxic or dangerous the product is. The words are: Caution, Danger, and Extreme Danger. Labels can also use **Warning Symbols**.

Make sure you know what the warning symbols mean so there are no accidents. You and your family need to be careful not to come in contact with the chemicals!



Match words with images

DO YOU KNOW THE SYMBOL FOR EACH WORD?
DRAW A LINE TO MATCH THE WORD WITH THE SYMBOL!

POISON



CORROSIVE



FLAMMABLE



EXPLOSIVE



What did you say?

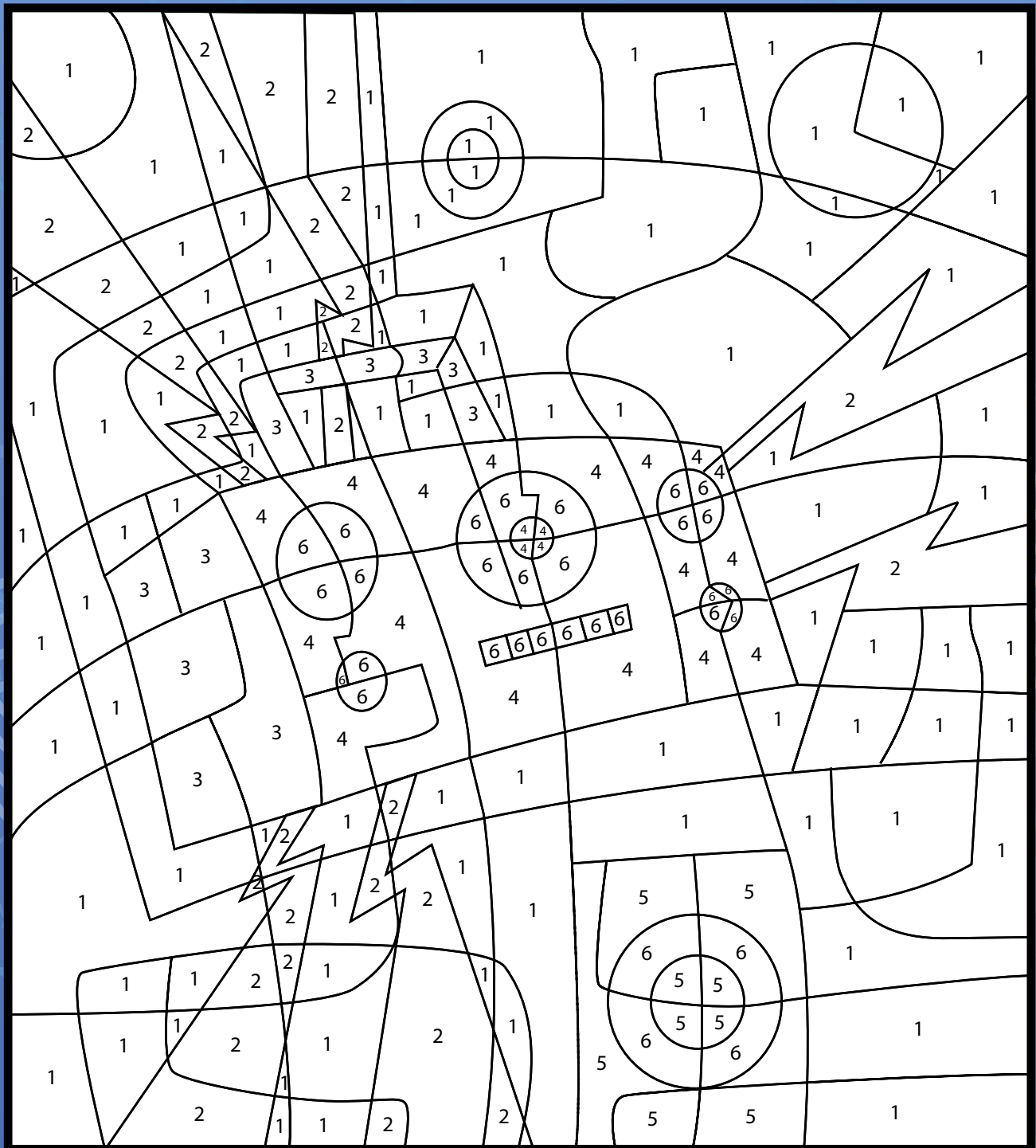
Sound is what you hear. Noise can be unwanted sounds that are unpleasant to the listener. Loud noise can badly damage your hearing if you are exposed to it long enough.



Color by number

1- BLUE
2- GREEN
3- ORANGE

4- YELLOW
5- RED
6- GREY



Look out for health risks in your environment!

Congratulations! Look out for health risks in your environment and you'll make your home and community a safe place for you and your friends.

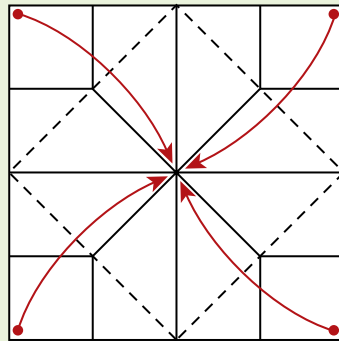
LET'S
SNIFF OUT
ENVIRONMENTAL
HEALTH RISKS



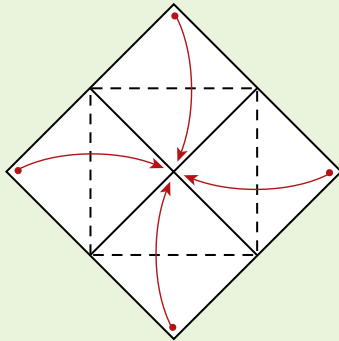
Instructions for folding a Cruncher:

1. Cut the Cruncher.

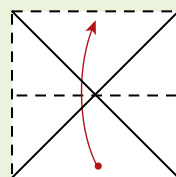
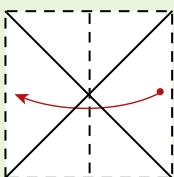
2. Illustrations facing down - Fold all four corners so they meet in the middle of the paper.



3. Flip over - Again fold all four corners together so they meet in the centre of the paper and leave them there.



4. Fold in half in one direction, then in half in the other direction.

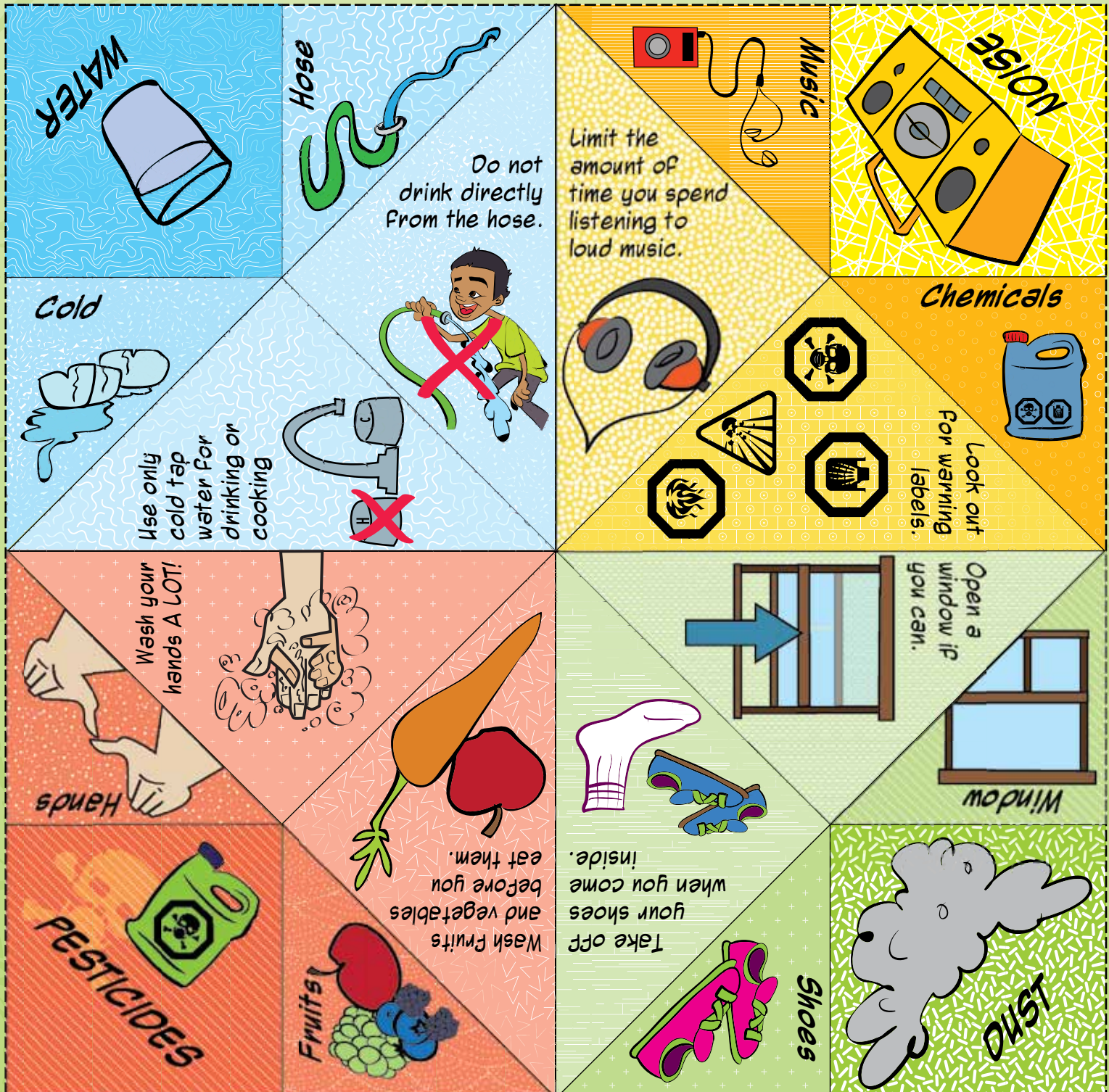


5. Finish - Stick your thumbs and first two fingers into the four pockets on the bottom of the cruncher and start crunching.

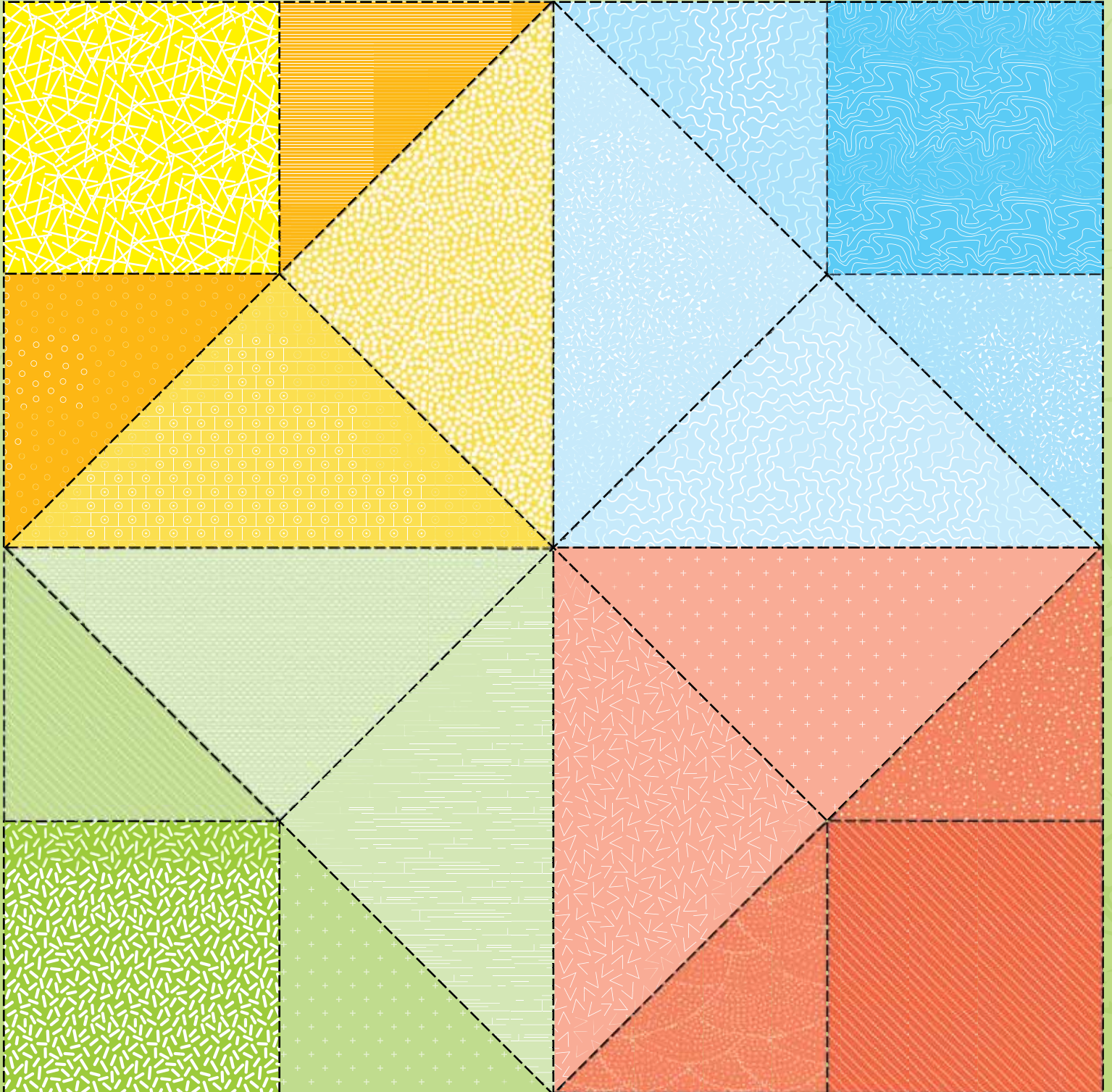
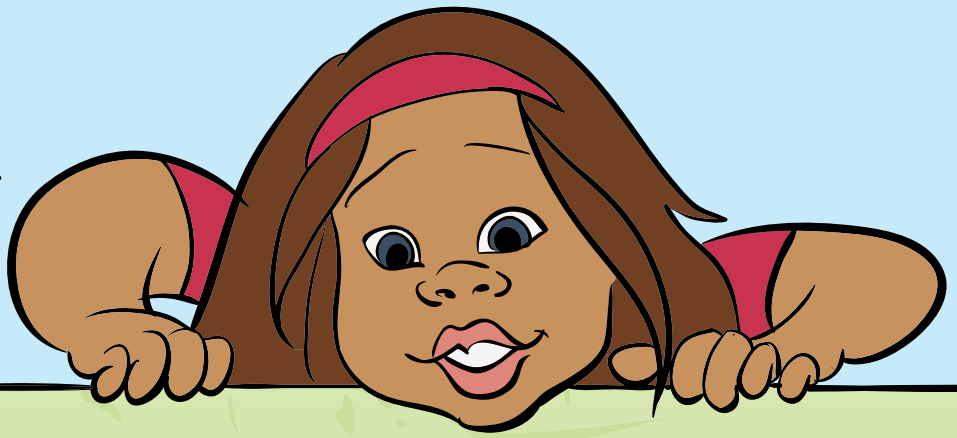


Play with a friend or on your own.

1. Choose one of the top words.
2. Spell out the word as you open and close your cruncher.
3. Then choose one of the words that you can see.
4. Spell out the word as you open and close your cruncher.
5. Pick a word under the flap and read the Environmental Health tip.
6. Repeat the steps as many times as you want!



GO CRUNCHER
CRAZY!



Answers

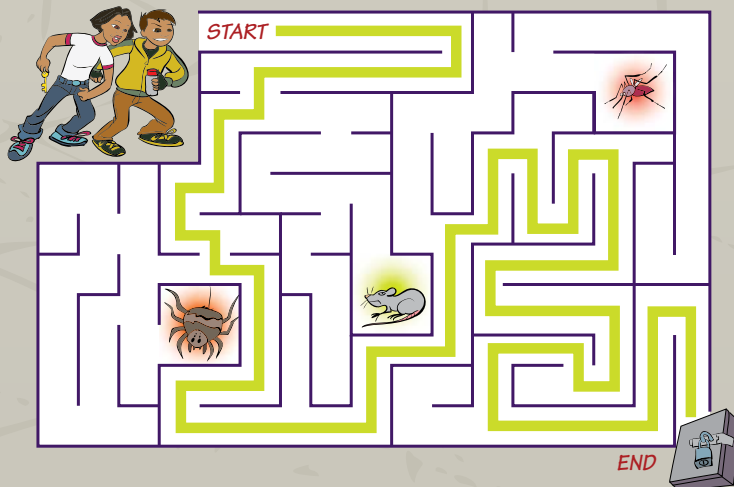
lead

ITEMS WHICH MAY CONTAIN LEAD



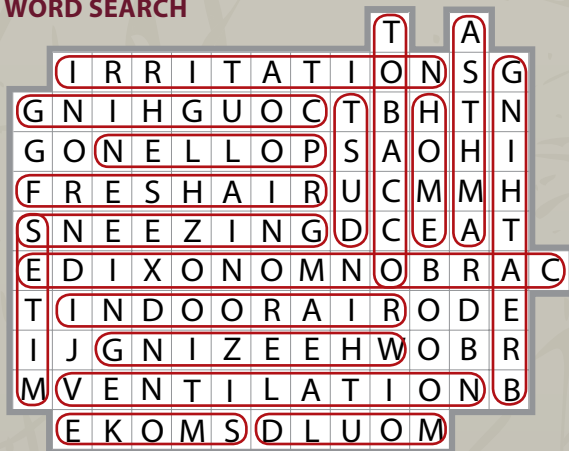
pesticides

MAZE



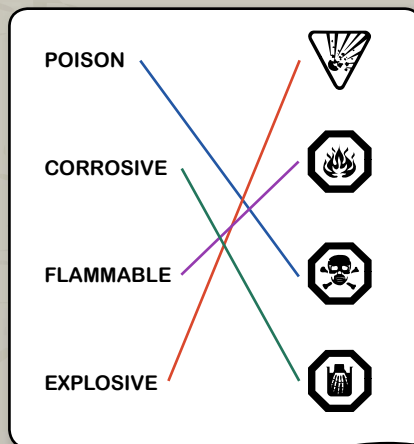
indoor air

WORD SEARCH



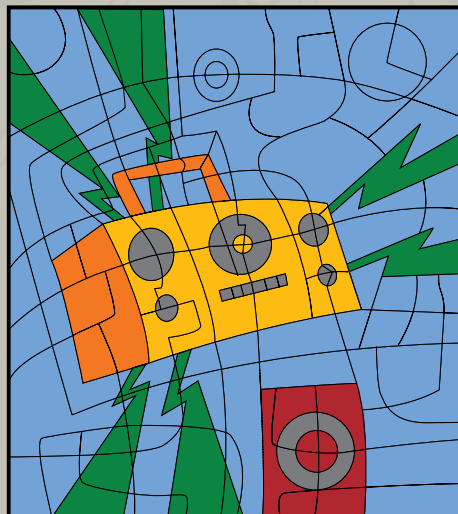
chemical products

MATCH WORDS WITH IMAGES



noise

COLOR BY NUMBER



drinking water

7 DIFFERENCES



GOOD JOB,
MY FRIEND!





To learn more about environmental health issues and tips on how to make changes in your home, visit your **local health centre** or go to www.healthycanadians.gc.ca/environment

© Her Majesty the Queen in Right of Canada,
represented by the Minister of Health, 2011.
ISBN: 978-1-100-17881-3
Catalogue No.: H34-218/6-2011E
HC Publication No.: 11030

Cette publication est aussi disponible en français sous le titre : *Livret d'activités sur la santé environnementale pour les enfants des Premières nations*

