Environmental Health Explorer Educator Guide

The *Environmental Heath Explorer Activity Book* (EHE) was created to be a youth outreach tool for IGAP coordinators, teachers and educators, and other community members looking to provide environmental health education in their community. **Physical copies are available upon request for Alaskan communities.**

Target audience: kids age 5-13 (but feel free to provide a book to anyone of any age who is interested in completing it.)

Suggested process:

1. **Give out the books and explain how it works.** Tell participants to return to you when they have completed the appropriate number of pages. Participants should try to complete as many pages as they are years old. So if a child is 10 years old, they should try to complete at least 10 activity pages. (These goals can be adjusted to better fit your needs and activity plans.)
2. **Check their work.** For the open ended drawing or writing activities, give credit as long as they put in some effort. Consider asking about one or two of these activities to check knowledge/start a dialogue. For the activities that have an answer key (pages 3, 5, 6, and 11), check their answers, correct any errors, and discuss any missed questions.
3. **Sign the certificate, recite the pledge, and give out reward item (if available)**. Complete the certificate page (last page) by filling in the participant's name (environmental health explorer's name), date, and your name (educator's signature). Then flip to the first page, have them raise their right hand, and recite the EHE pledge (either by reading it aloud or by repeating after you). Then, if available, give them an EHE reward item.

Feel free to adapt these books and the process to best fit your educational activities, community, or audience.

Considerations:

- EHE books could be used as take home material and can be paired with a class lesson, educational event, or other program.
- To encourage participants to complete the book, it might be useful to give them a deadline for completion or to organize a follow-up activity where they should return with a completed book.
- Encourage children to ask their families for help. This can be an opportunity for family members to also learn and think about environmental health topics in the community.

Thanks for doing all you do to improve environmental health across Alaska and working to educate and inspire the next generation to care about environmental health too!

For any questions, advice, or to request physical copies of the activity books, please contact the ANTHC Community Environment and Health Department at 907-729-4043 or ceh@anthc.org.

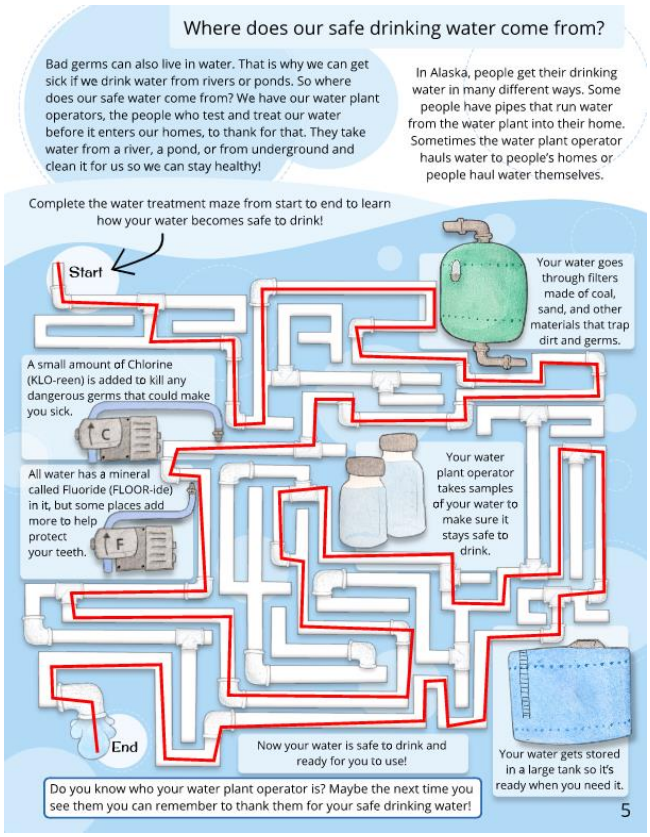
A downloadable PDF version of the *Environmental Health Explorer Activity Book* is available at: https://anthc.org/what-we-do/community-environment-and-health/environmental-health-field-services/

Answer Key

Page 3 – Why do we wash our hands?

Instructions: place a mark in the box if you should wash your hands before or after each activity. Some might be before AND after.

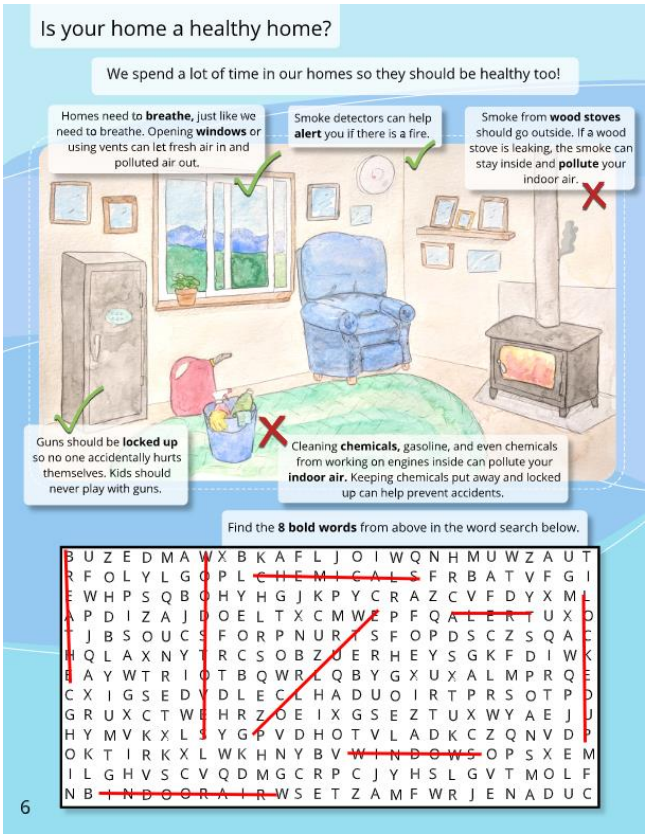
At least these boxes should be marked off.
*Feel free to accept marks in additional boxes. For example, depending on what you eat or cook, you may want to wash your hands before and after eating and cooking food.



Page 5 – Where does our safe water come from?

Instructions: Complete the water treatment maze from start to end to learn how your water becomes safe to drink!

Answer Key



Page 6 – Is your home a healthy home?

Instructions: Find the 8 bold words from above in the word search below.

Words include:
BREATHE
WINDOWS
ALERT
WOOD STOVES
POLLUTE
LOCKED UP
CHEMICALS
INDOOR AIR

Page 11 – Are you prepared for an emergency?

Instructions: Below, circle the things you would put in your emergency bag.

These items should be circled. The sandwich and bananas are not circled because they are perishable foods.

* If other supplies are circled and they give a good reason, feel free to accept those answers too.