

Kids School Programmes:

A. Lesson Plan: Kindergarten to Gr. 2

Let's talk about serious allergies and what we can do to keep each other safe:

- Does any one know what an allergy is?
- An allergy is what happens when our bodies don't like something. We might get itchy or sneeze when we see a cat or smell flowers.
- These are not serious allergies.
- There are some children in our school who have serious allergies.
- Their allergies are so serious that they could get very sick if they eat the wrong kind of food or get stung by a bee.
- You might be surprised that some of the foods that you love to eat can make other children very very sick. So sick that they might need to go to hospital.

Who loves milk?

Who loves eggs?

Who loves peanut butter?

- It is hard to imagine that something that you enjoy as much as milk, eggs or peanut butter could make one of your friends so very sick.
- That doesn't mean that those foods aren't good for you ... they are.
- People who have allergies are no different from anyone else.
- You can't tell if a person has serious allergies just by looking at them.
- They are the same as you are.
- It's just that some things that are good for you are not so good for them.

Let's play a game:

Stand up (or hands up) if you have blue eyes

Stand up if you have brown eyes

Stand up if you are a girl

Stand up if you are a boy

Stand up if you are human

Stand up if you think that something poisonous could make you sick

People are the same in lots of ways and different in lots of ways. But in some ways we are all the same.

Q. *Can you name a few ways that we are all the same?*

A. *Examples might include:
We all need to eat.*

*We are all human.
Poisons make all of us sick.*

Q. Can you name a few ways that we are different?

A. Some of us have allergies ... while poisons make all of us sick, some things make only some of us sick.

Q. Do you worry about eating poison by accident? Why not? How do you stay away from poisons?

A. *Examples of responses might include:*

- Label ... skull and cross bones (teacher could show something that looks like a food ... liquid paraffin, for example, looks like water ... but the children would recognize it as poisonous because of the skull and cross bones)
- Are they kept in the cupboard beside the spaghetti? No, we keep them away from our food.
- Some may have special tops that make it hard for you to open them.
- What does your mommy or daddy do after they have touched them? They wash their hands.

Q. If you accidentally ate a poison, what would your mommy or daddy do?

A. Your mommy or daddy would take you to the hospital and you might need to take some medicine.

Q. That's what food allergies can be like for your friends. Things that are fine for you may be poisonous for them. Now that you know that some things are poisonous for your allergic friends you also know what to do to keep them safe. It's the same as what your mommy or daddy does for you. What are some of the things that you can do to help keep your friends safe?

A.

- Look at food labels ... teacher could show examples of labels
- Not bring things to school that could make your friend sick
- Wash your hands before and after eating
- Not share your food with food allergic friends
- Not share your straw, fork, knife or spoon.
- **Q.** If you think that a friend is not well you should:
A. Get an adult to help.

There is something else that you should know.

- People with allergies have special medicine. They may carry it with them in a fanny pack. This medicine can save their lives and it is not something to play with. It is a needle and a person who carries this needle is brave in a special kind

of way. Most of us are given needles by the doctor, but as allergic people get older, they must learn to give a needle to themselves! Their needle is called an EpiPen[®]. Do you know that it was designed so that astronauts could give it to themselves in outer space?

So ... what do we all want?

- We all want to be safe
- We all want friends who care about our needs

Q. What are the things that we need to remember?

A.

- Don't bring things to school that could make your allergic friend sick
- Wash hands before and after eating
- Don't share food with a food allergic friend
- Don't share straws, forks, knives or spoons
- If you think that your friend is feeling sick, get an adult to help

Q. What is the emergency number?

A. 911