

AIR QUALITY ACTIVITY BOOK



CARE ABOUT YOUR AIR

Dear Student:

What do you think about when you feel the breeze outside? How about when you look up at the sky? Do you ever think about the air you breathe at home or at school?

We can't see it, but air is all around us and clean air is essential for us to live healthy lives, no matter who we are or where we are. Air quality also affects the environment around us, including the parks we play in, the places where animals roam, and the spaces where plants grow.

Air pollution can impact our health - keeping us away from school and the activities we would normally enjoy - and air pollution can harm the environment. That's why it's important to know your air quality and do things that can keep you healthy when there is poor air quality.

This activity book features some words related to air quality and will help you understand how air quality can influence your daily activities. We only have one Earth and we need to make sure we are protecting ourselves and our planet.

- U.S. Environmental Protection Agency



Meet Sky, the Air Quality Awareness Week mascot!

Visit the AQAW webpages by scanning the QR code below or by using the following weblink to learn more about how you can get to know your air! www.epa.gov/aqaw

Did you know Air Quality Awareness Week is May 6-10 this year?



WORD SCRAMBLE

Unscramble the letters below to find words that relate to air quality.

LTPATLONU P L T
_ _ _ _ _ _ _ _

IWRIFELD W L F
_ _ _ _ _ _ _ _

PERLIATSC R T S
_ _ _ _ _ _ _ _

SNEIISEVT S N I E
_ _ _ _ _ _ _ _

XEEPSROU P S E
_ _ _ _ _ _ _ _

COMESSYET E O Y
_ _ _ _ _ _ _ _

CNESEJER E S N
_ _ _ _ _ _ _ _

NATRUE T E
_ _ _ _ _ _ _ _

AHATTIB H B T
_ _ _ _ _ _ _ _

SENEBIFT B N S
_ _ _ _ _ _ _ _

LFGA PGORRMA L G O M
_ _ _ _ _ _ _ _

RSWEESAAN A A S
_ _ _ _ _ _ _ _

WORD SEARCH

There are 16 words hidden in this word search that relate to air. Can you find them? Don't forget to look up, down, forward, backward, and diagonal!



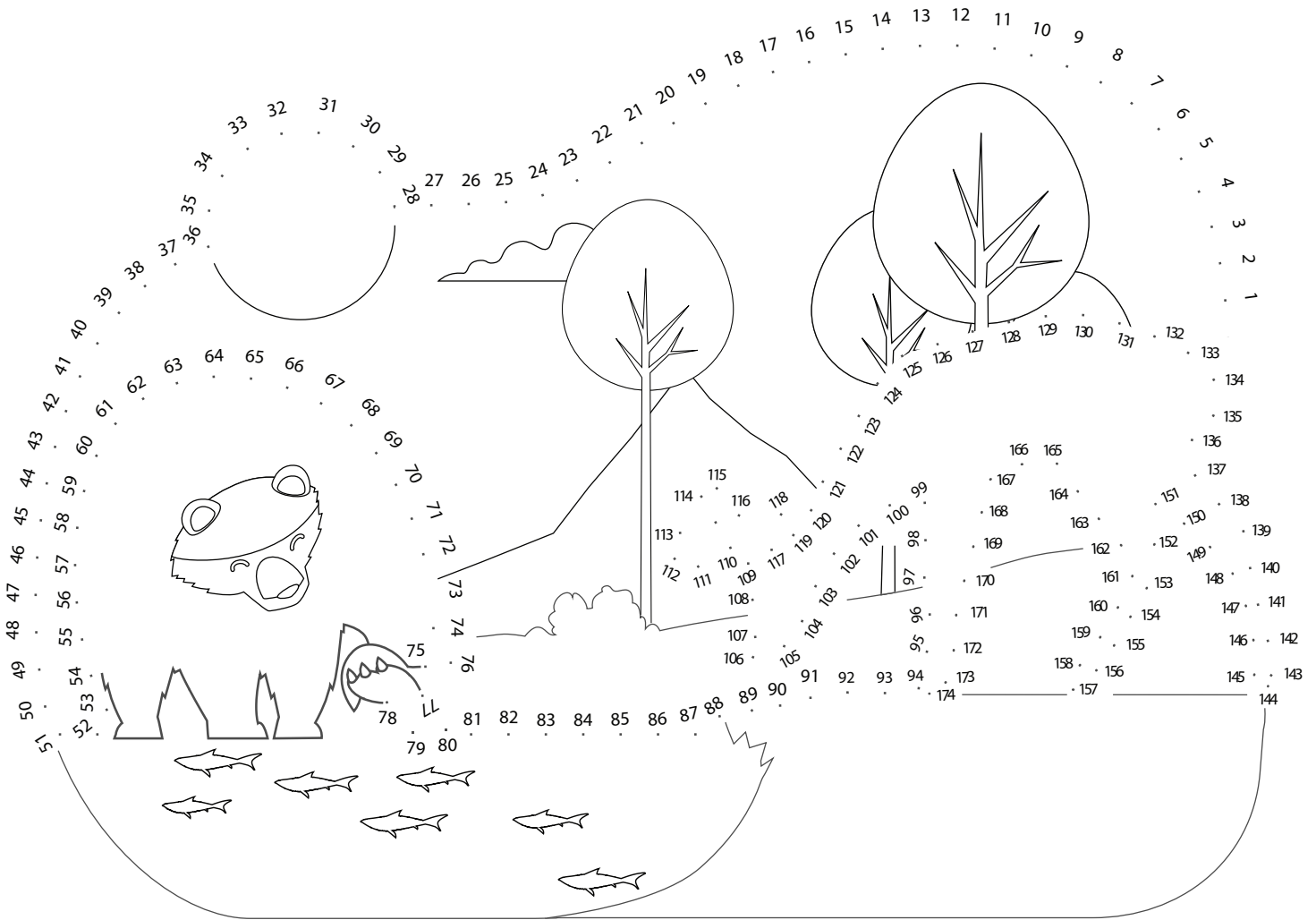
Air Quality
AQI
Smoke
Justice
Ecology
Air Cleaner

Asthma
Health
EPA
Sensors
Ozone

Partnership
Science
Climate
Indoor Air
Air Filter

CONNECT-THE-DOTS

Connect the dots below to complete the picture. And remember, a healthy environment helps people stay healthy, both indoors and outside.



WORD SCRAMBLE

Unscramble the letters below to find words that relate to air quality.

MOIOTRN M _ _ N I T O _ _

ITNNMEONRVE E N V _ _ O N M _ _ N T

RSIK R _ _ K

CEFETSF E _ _ F E _ _ T S

HARTE H _ _ R T

NGUL _ _ N G

VTTYIAIC A _ _ T _ _ V I T Y

NDORIO I _ _ D O O _

OTRFILIATN F _ _ L T _ _ A T I O _

SERCRAHE R E _ _ E A _ _ C H

EUMOCINSIMT C O _ _ M U N _ _ T I _ _ S

SJIECT40U J _ _ _ T I C _ _ 4 _

WHY DO YOU CARE ABOUT AIR QUALITY?



WRITE YOUR ANSWER IN THE CLOUD!



AQI ACTIVITY MATCHING GAME

Draw a line from each air quality flag to the correct activity behavior.



Move **all activities** indoors or reschedule them to another day.



Great day to be active outside!



It's OK to be active outside, especially for **short activities** such as recess and physical education (PE).

For longer activities such as sports practice, take some breaks and do easier activities. Watch for asthma symptoms and take it easy, as needed.

Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.



Great day to be active outside! For **all outdoor activities**, take more breaks and do less intense activities.

Consider moving **longer or more intense activities** indoors or rescheduling them to another day or time.

Watch for symptoms and take action as needed.

Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

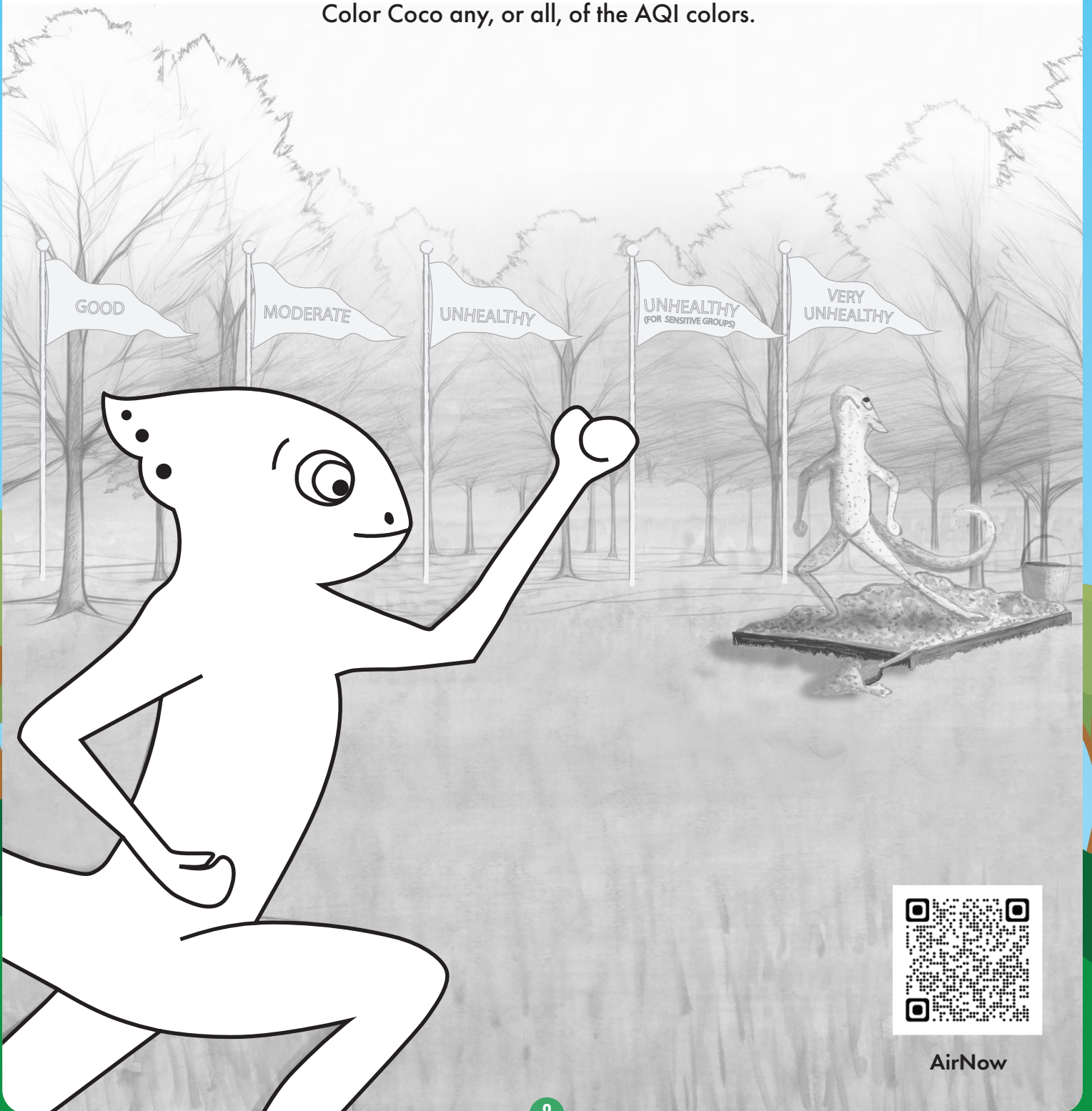


Good day to be active outside!

Students who are unusually sensitive to air pollution could have problems.

COLOR COCO!

Chameleons change color to match their surroundings, or camouflage, or to communicate. Colors are ways to communicate air quality information. AirNow.gov is a great way to check your local outdoor air quality. You can check your local air quality at AirNow.gov or by scanning the QR code below. No local air quality data? No Problem! Color Coco any, or all, of the AQI colors.



AirNow

COLOR COCO AND FRIENDS!



Exercise is fun and helps you feel strong! Remember to take more breaks if the air outside is unhealthy. Check the air quality color at airnow.gov

Check out the children's book "Why is Coco Orange?" to read how Coco and his friends at Lizard Lick Elementary solve a mystery as they learn about air quality and how to stay healthy when the air quality is bad.



AIR QUALITY CROSSWORD PUZZLE

Directions

Fill in the crossword puzzle with your answers to the questions below.

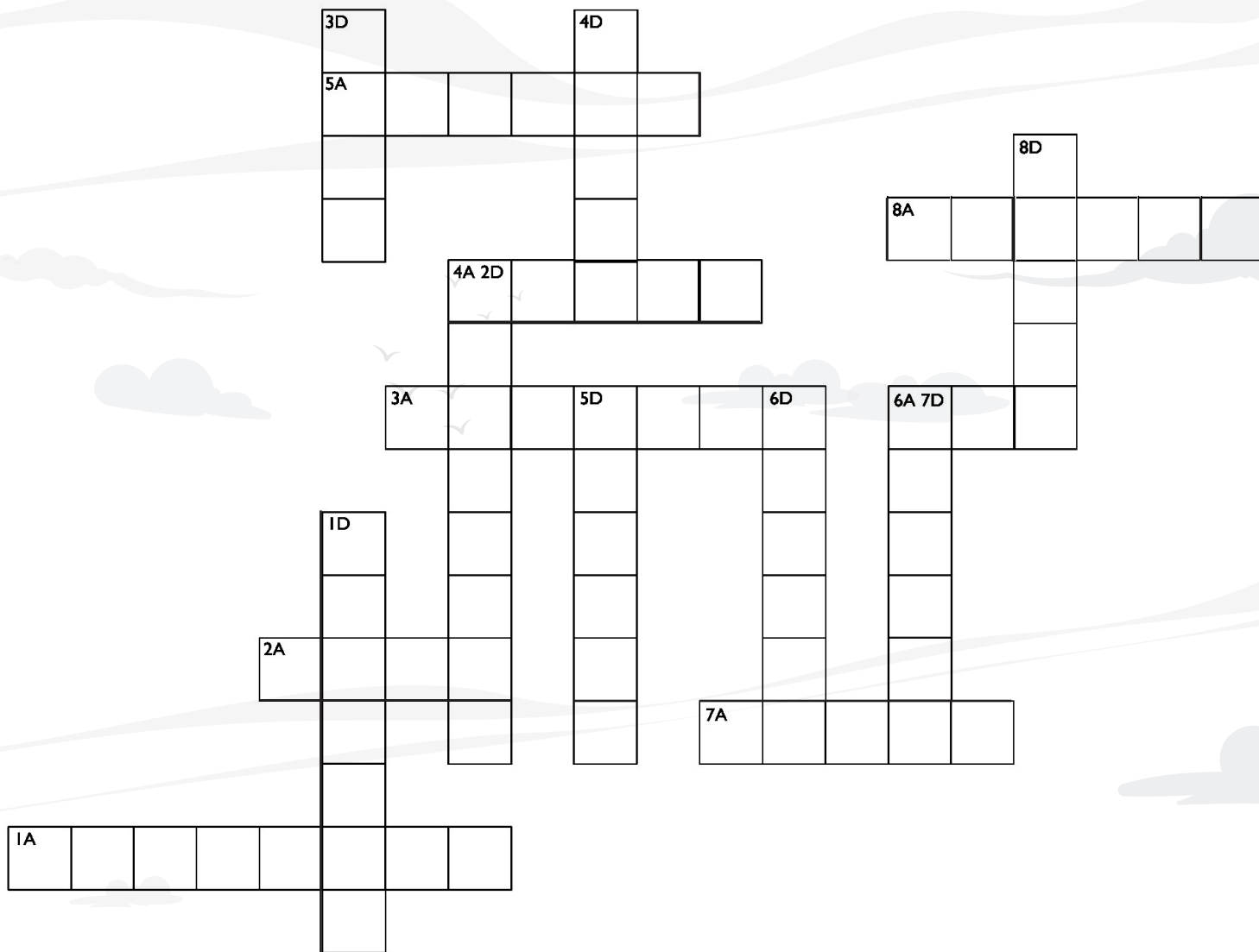
Across

- 1A. What we call the air when it is dirty from things like dust, soot, or chemicals.
- 2A. In addition to power plants and factories, these moving things that take us places can pollute the air.
- 3A. Tell an adult if you find it harder to _____ on a day when the air is polluted.
- 4A. Forest _____ can pollute the air.
- 5A. The name of the website where the Air Quality Index (AQI) can be found.
- 6A. We need to breathe _____ to live.
- 7A. The AQI color that means the air quality is “good.”
- 8A. Using a portable air cleaner and/or upgrading the air _____ in your furnace or central heating, ventilation, and air-conditioning system can help to improve indoor air quality.

Down

- 1D. “AQI” is an acronym for the Air _____ Index.
- 2D. You might hear about the AQI on the TV, or see it in the newspaper, as part of the weather _____.
- 3D. You might want to slow down and _____, not run, while outside on days when the air is polluted.
- 4D. If possible, find out what _____ the AQI is for today and tomorrow.
- 5D. Air pollution can make this breathing problem worse.
- 6D. Take it _____ when you’re outside when the air is polluted.
- 7D. We breathe faster and more deeply when we’re _____ than when we’re resting.
- 8D. Usually when the air is not polluted, the skies will appear _____.

AIR QUALITY CROSSWORD PUZZLE



LEARN MORE!

EPA offers many air quality classroom activities and lesson plans! Explore our resources by scanning the QR codes or by visiting the accompanying links below:

AQAW Webpage: www.epa.gov/aqaw



**AirNow:
Webpage:** www.airnow.gov



AirNow for Students: www.airnow.gov/education/students/



Air Quality Flag Program:
Webpage: www.airnow.gov/air-quality-flag-program/



Flag Program School Resources:
www.airnow.gov/air-quality-flag-program/schools/



Fly a Virtual Flag: www.airnow.gov/publications/air-quality-flag-program-classroom-curriculum/virtual-flag-display/

