

HEALTHY AIR

Did you know that air pollution is a problem that can affect your health? You might have heard of air pollution outside, such as smelly exhaust fumes next to busy roads, but air pollution can be a problem inside as well. Children in the UK spend most of their time inside, in fact on average children spend only 68 minutes per day outside, so having clean air inside is important to keeping fit and healthy.

How much time did you spend outside today?

Is this more or less than the average of 68 minutes?

Pick a different day, maybe a weekend or a day with different weather conditions. How much time did you spend outside?



T D G V S D M K L G G W K M Y L T D D S
 W J K X N W M P B J N J X C K Q Z R I Z
 R B Q N F Y R O G Q R O G O V R D V F D
 B E B F L N K Q L N T Y F H T R G F F U
 R R D G V Q S X C D G U U B P B G M I N
 A C E N T H Y P E R A C T I V I T Y C H
 L U V A E Z G C M B H B C T C W Y F U I
 L S F D T S F B K T S V V B J G L H L N
 E I H K Q H S W S W Y D N Q S Y Y S T A
 R C S V M M I O F G X L G Y H Q P Z Y T
 G C H E S T I N F E C T I O N S T Z S T
 Y D K P C M G M G T I C F V T J C M L E
 W R B S F B S T W P H Z W T N M C P E N
 T N E T Z G F W B B R E T H G Q B B E T
 W D C B S F P G G K P O E C E C V R P I
 R G Z V Q T T H S Q T Z B Y P E W K I O
 D X E Y P G D M F Y K S M L E C Z L N N
 B K M R E S R S H N K Q F N E S J E G I
 E K A N J S K I N P R O B L E M S Z M N
 S J T Z J D R P Z F R F L R Z P S W L R

The wordsearch includes different problems school age and pre-school children might experience that are sometimes caused or made worse by dirty air.

Pre-school

- Allergy
- Chest infections
- Skin problems
- Hyperactivity
- Inattention

School age

- Difficulty sleeping
- Redness of the eyes

Both

- Breathing problems
- Wheeze
- Eczema



Do you ever feel any of these things? Where do you feel them?