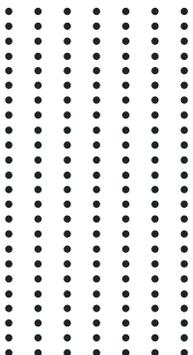
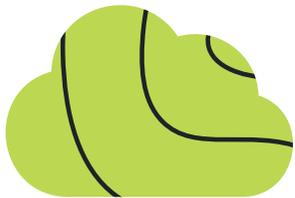




# Clean air superheroes



# Clean air - should we care?



**TRUE**  
OR  
**FALSE**



**TRUE**

OR

**FALSE**

**Q1.**

Pollution is anything that can harm people, or the planet.



# Answer: True

There are different types of pollution that can cause harm to the land, water or air. For example, plastic litter or dangerous gases.

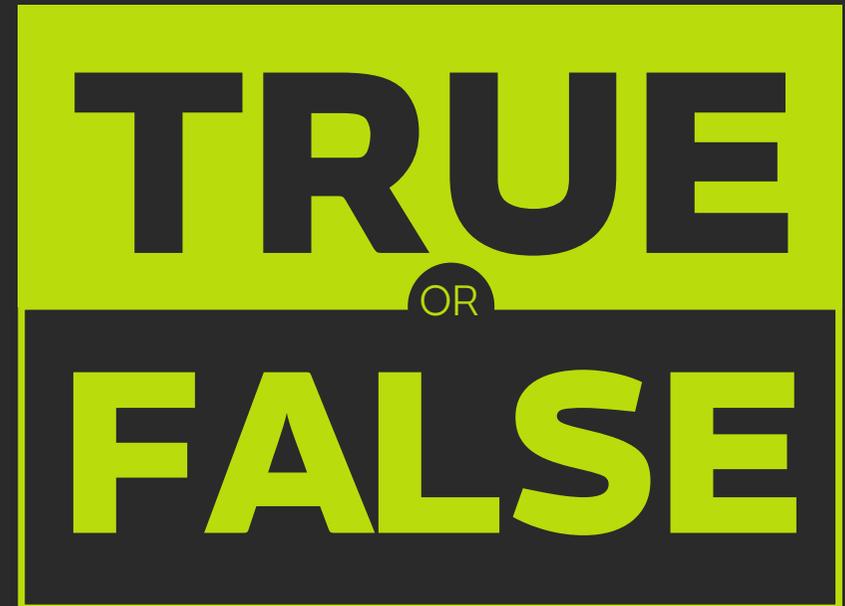
# Q1.

Pollution is anything that can harm people, or the planet.



# Q2.

Air pollution harms our health.  
It is only harmful to our lungs.



# Q2.

Air pollution harms our health. It is only harmful to our lungs.

## Answer: False

Air pollution can harm every organ in our bodies. When we breathe in polluted air, the toxic particles and gases get into our bodies through our lungs. This pollution can then get into our blood and travel to every organ in our bodies.



**TRUE**

OR

**FALSE**

**Q3.**

Any amount of air pollution is bad for our health.



# Answer: True

The more air pollution that is around us, the bigger the risk to our health. This is because air pollution can travel all around our bodies and is especially harmful to our hearts, lungs and brains. It can make us unwell so, it's best to have less air pollution!

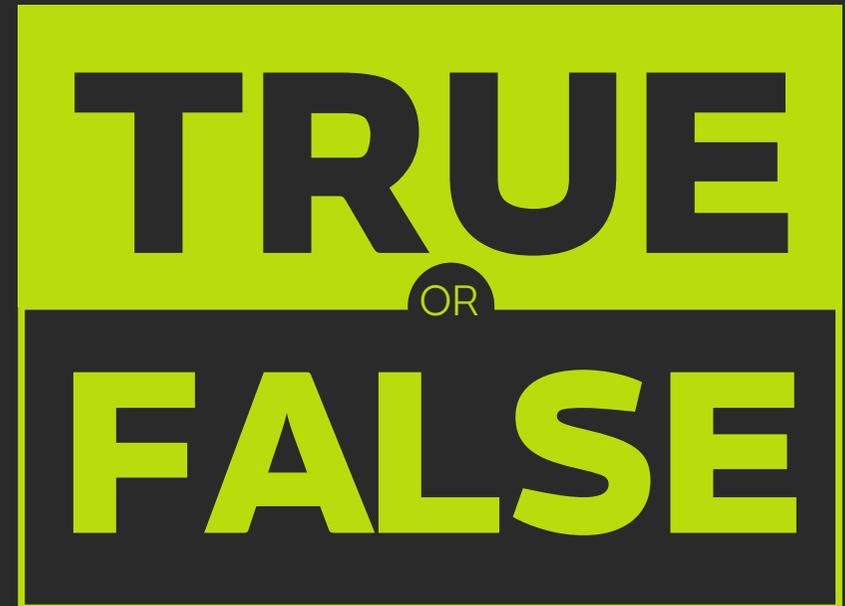
# Q3.

Any amount of air pollution is bad for our health.



# Q4.

Young people have the power to take action on air pollution.



# Q4.

Young people have the power to take action on air pollution.

## Answer: True

Everyone has the power to take action on air pollution. Young people can speak to other children and ask adults for help too. We can all work together for a clean air future!



**TRUE**

OR

**FALSE**

**Q5.**

Air pollution is more dangerous for children and adults who have health conditions (problems).



# Answer: True

There are lots of ways that children and adults can protect themselves from air pollution and they can get extra help to do this, e.g. by talking to a doctor or nurse about their health condition, or asking a parent or teacher to help them find out more about their health problem.

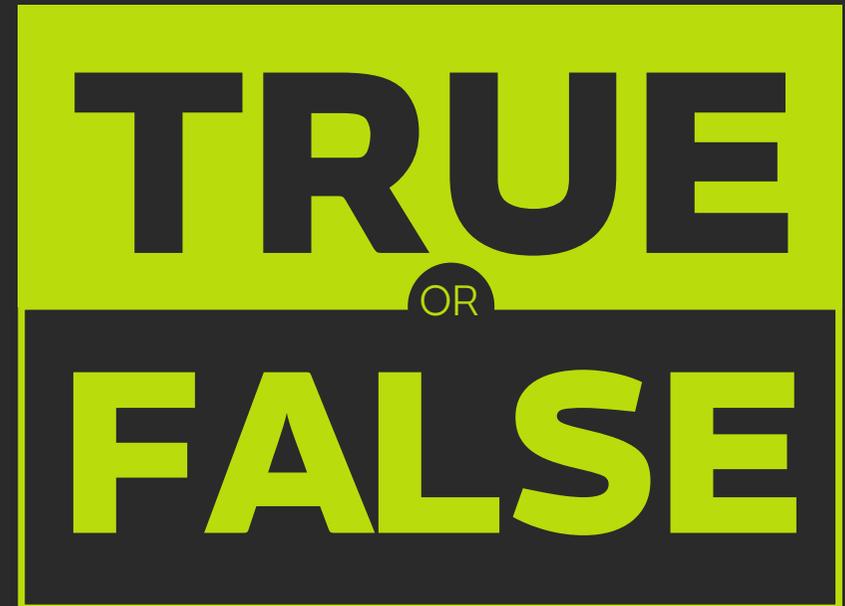
## Q5.

Air pollution is more dangerous for children and adults who have health conditions (problems).



# Q6.

Nearly all UK schools are in areas of high air pollution.



# Q6.

Nearly all UK schools are in areas of high air pollution.

## Answer: True

Over a million children in the UK have their health and ability to learn damaged every school day, because their schools are in areas of high air pollution.



**TRUE**

OR

**FALSE**

**Q7.**

Air pollution can be indoors  
and outdoors.



# Answer: True

Air and air pollution can move around easily. We will find out where air pollution comes from later!

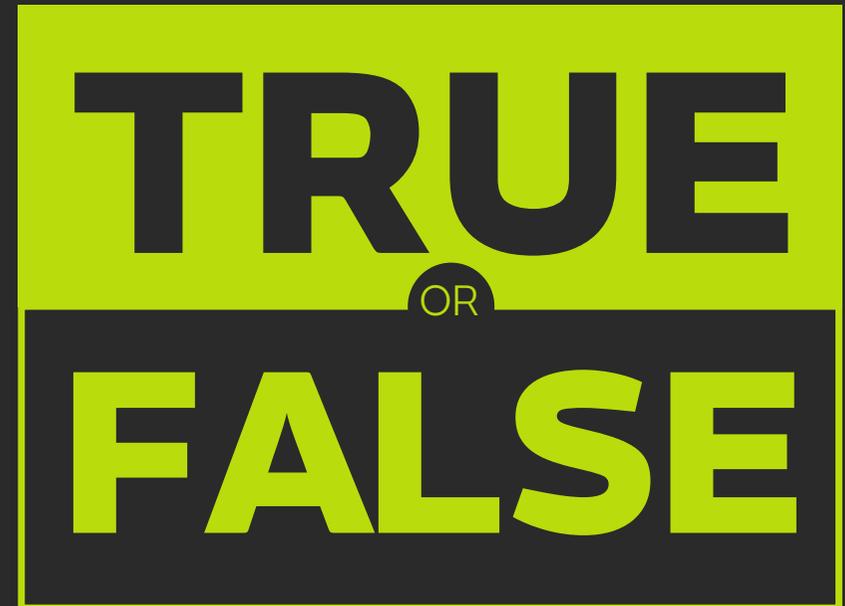
## Q7.

Air pollution can be indoors and outdoors.



# Q8.

Better air quality is only better for the environment.



# Q8.

Better air quality is only better for the environment.

## Answer: False

Improving air quality helps improve the environment, tackle climate change, and improves peoples' health and wellbeing.

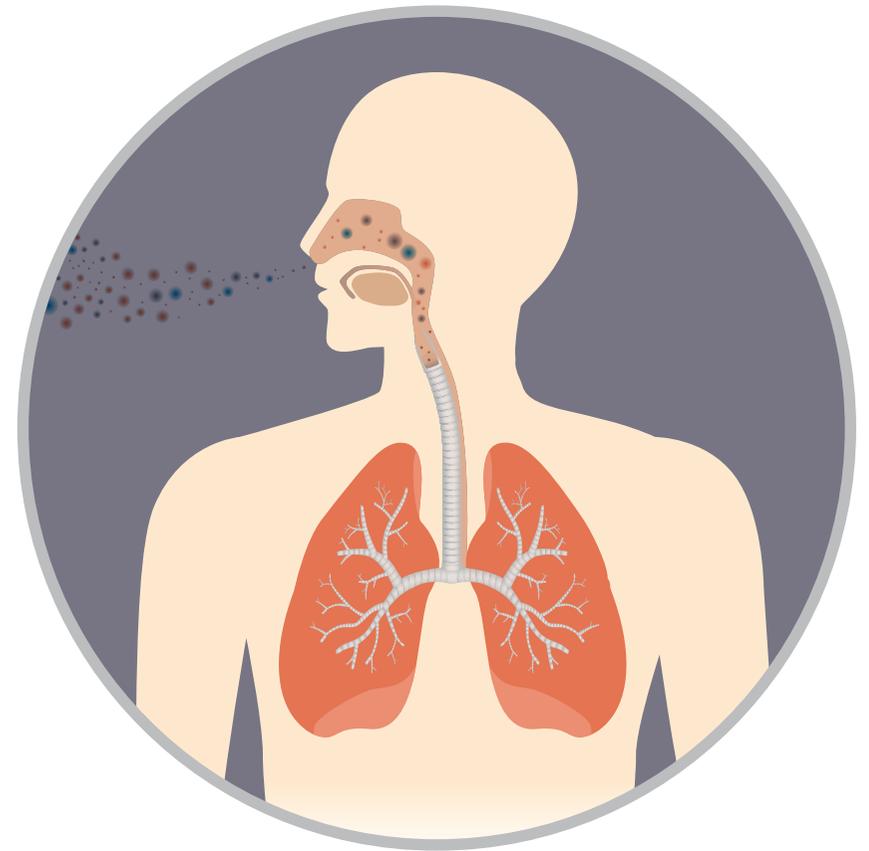
Taking action for clean air can be fun and bring the local community together too!



There are different types of pollution. They all cause damage to the air, land or water. Can you think of some examples?



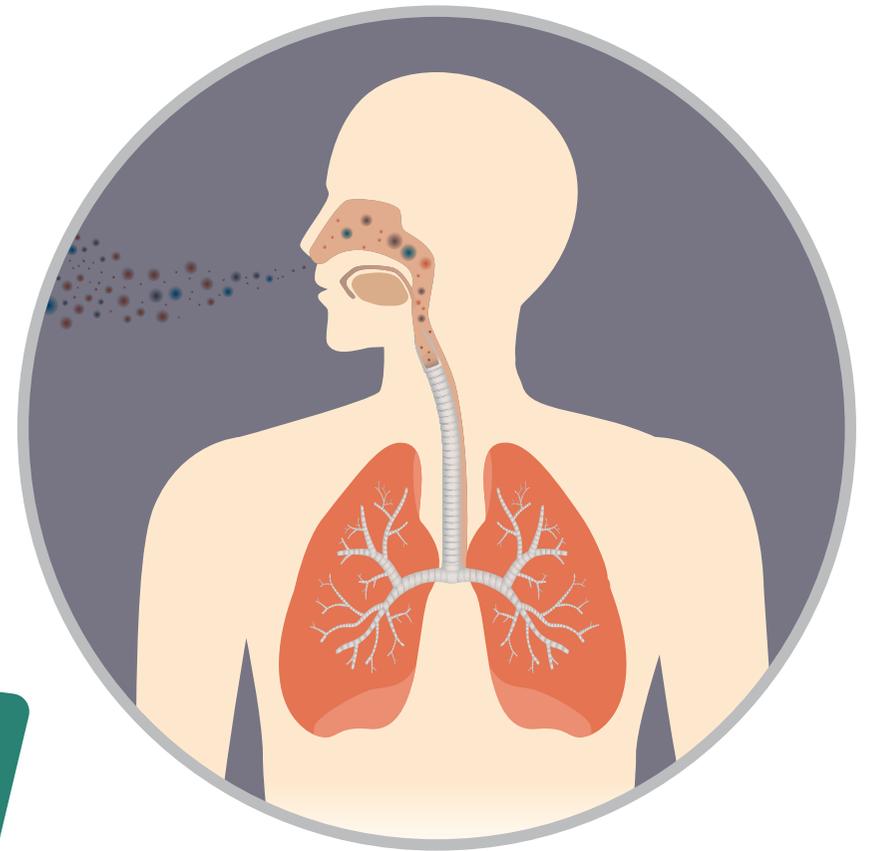
# What is air pollution?



# What is air pollution?

Air pollution is made up of tiny pieces of pollution in the air, such as chemicals, gases and other substances e.g. dust and mould.

These pieces are called particles - they're often so small that we can't see them! They can be found indoors or outdoors!



Does it matter if the air we breathe is polluted?

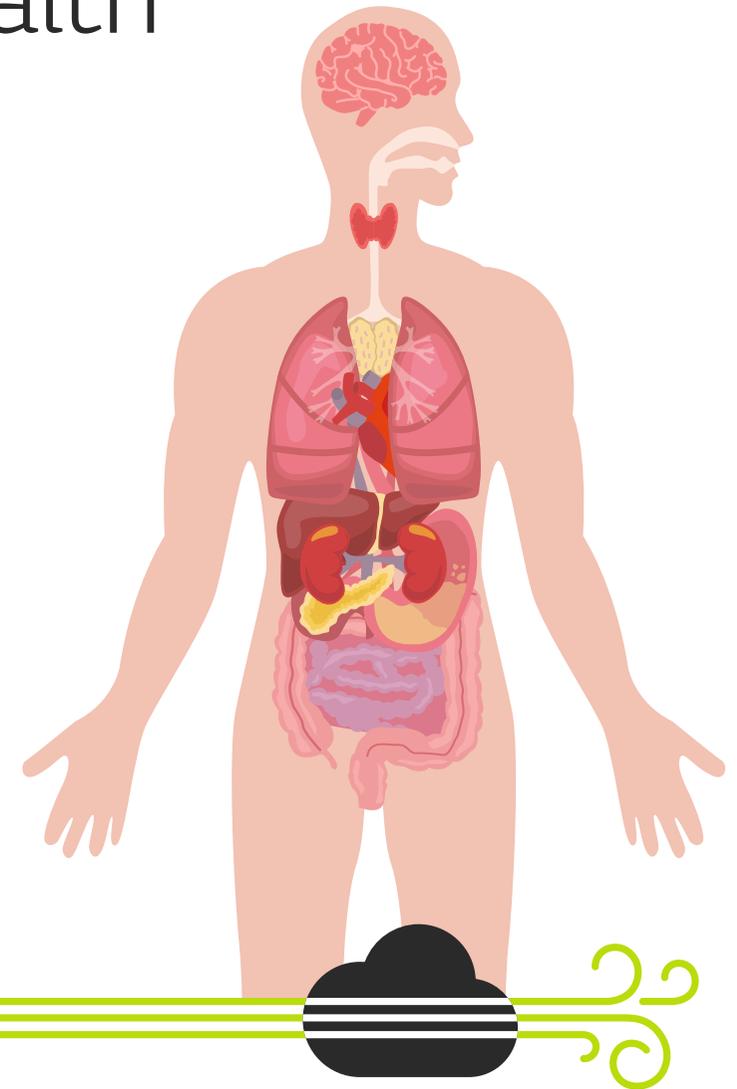


# Air pollution can harm our health

Air pollution enters our bodies through our lungs when we breathe.

It then travels around our bodies through our blood and can make us unwell.

Any amount of pollution can be damaging to our health, but the more you are exposed to, the bigger the risk and the larger impact it can have.



# Air pollution: problems, health impacts and solutions

Activity 1. Place your cards under the 3 headings:

Sources of air pollution (where it comes from)				How air pollution affects our health				Air pollution solutions				
?	?	?	?	?	?	?	?	?	?	?	?	?
?	?	?	?	?	?	?	?	?	?	?	?	?

Extension: decide if the **sources** of air pollution are examples of **indoor** or **outdoor** air pollution.

Sources of air pollution (where it comes from)			
Sources of indoor air pollution		Sources of outdoor air pollution	
?	?	?	?
?	?	?	?

# Check your answers



## Sources of **indoor** air pollution come from things like...



Cooking - gases and particles are released when food is cooked.



Chemicals in personal care products (e.g. shower gels, body sprays), cleaning products or craft materials are released into the air. These harmful gases are called volatile organic compounds (VOC).



Burning things indoors releases gases into the air, e.g. burning wood and coal to heat homes, smoking, or burning candles and incense sticks.



Dust, mould and bacteria are made up of small particles that get into the air.

## Sources of **outdoor** air pollution come from things like...



Vehicles such as cars, vans, ships and planes release harmful gases and tiny particles into the air.



Factories and power stations release harmful gases into the air.



Farming often has a lot of animal waste and uses fertilisers and pesticides (chemicals) to help food grow. These can all cause air pollution.



Idling is when the engine is left on when the car or vehicle is not moving.

# Air pollution affects our health



Air pollution can impact your heart and cause future heart problems.



Air pollution can damage your lungs and impact your breathing.



Air pollution can affect your brain and therefore your ability to learn and your mental health.



Air pollution is more dangerous for children and adults with health conditions (problems).



Air pollution affects everyone! Any amount of air pollution can damage our physical and mental health.

# Air pollution solutions



Active travel - walk, cycle or scoot to school and other places.



Get the bus, tram or train to school and other places.



Discover quieter routes to school and other places. Avoid busy roads and find quiet side streets, when possible.



Walk on the side of the pavement that is furthest away from the road, especially if you can't avoid walking near a busy road!



Ask adults to turn the engine off when the car is not moving.



Ask adults to open windows when they are cooking.



Ask adults to open windows when they are cleaning



Ask adults to choose personal care and cleaning products that are milder and fragrance-free (no strong smells).



Remind children with health conditions that they can get extra support, for example: a nurse or doctor can help them find ways to stay safe from air pollution



Ask adults to not smoke indoors or near you, and to not burn things indoors e.g. candles and log burners.



Ask adults to avoid non-essential deliveries or chose the low pollution option when shopping online.

# What superpowers could we give our clean air superheroes?

- What superpowers will they need to protect people from air pollution?
- How will these superpowers help?
- Example superpowers could be:
  - Super senses: smell, touch, eye sight, hearing, taste
  - Strong
  - Fast
  - Flying
  - Invisible
  - Moving things with their mind
  - Teleporting



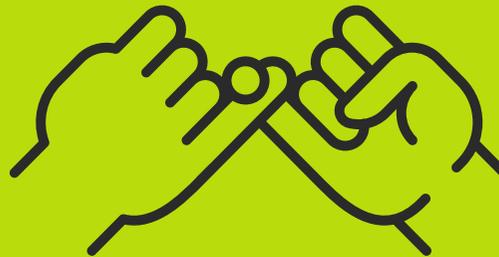
# Design a clean air superhero

Use the worksheets to help you:

- What superpowers will they have?
- How can they help protect people from air pollution?
- What could they do at your school?



# What actions could you take?



**Make a clean air promise!**



# Our clean air future

Share your ideas:

- What actions did your superheroes take?
- What clean air promises did you make?
- How could we work together, to make sure we all have a clean air future?

