

Let's Salute Your Birthday Suit



Professions: Dermatologist

Grade Level: K-5

References: www.healthyhands.com

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: Children will learn many of the skin's functions. Children will listen to a poem that tells them all about their skin and answer questions that will change them to use what they've learned.

Materials needed: "Let's Salute Your Birthday Suit" story/poem

Duration: 10-15 minutes

Instructions:

- Begin by asking the class if they can name one of the largest organs in their body. [*Skin.*] Ask how much they think a person's skin weighs. [*Five to ten pounds, depending on his or her size.*]
- Tell children that you are going to read them a humorous (but true) poem about skin. It's called, "Let's Salute Your Birthday Suit!"
- Read the poem to the class. If the children's reading skills are sufficiently advanced, divide the poem into sections and have the children read the parts aloud.
- Review the concepts in the poem.
- Review Words to Share
 - ◆Dermis
 - ◆Energy
 - ◆Epidermis
 - ◆Goose Bumps
 - ◆Melanin
 - ◆Groove
 - ◆Shivering
 - ◆Sweat
 - ◆Temperature controls

Ask the following questions:

- What things can your skin do to help you? [*Hold your parts together, cool you off or heat you up, fend off germs, repair tears.*]
- What is Melanin? [*A darkening agent in your skin that protects you from the sun's rays.*]
- How does sweat help you? [*It cools your body as it evaporates.*]
- What's the difference between the dermis and the epidermis? [*The epidermis is the outside of your skin. It stops dirt, germs and strong sunlight from getting into your body. The dermis is the middle layer of skin that makes new epidermis at the top and contains all the nerves, blood vessels, sebaceous glands, sweat glands and hair roots.*]

Possible extensions include:

- Children may wish to act out the poem, complete with visual aids.
- Children may dig deeper in areas of study such as Skin and Infection, Skin and Healing, Skin and Sensitivity, Fingerprints, etc.
- Children may write their own skin poetry.

Let's Salute Your Birthday Suit!

Free to every newborn child
Comes a bag, and this bag is wild!
It's quite amazing, and it's true;
It really can take care of you!

It holds your muscles, bones and blood.
(Without it, there might be a flood!)
It covers you just like a suit
And keeps you warm from head to foot.

Most clothing fades when sun comes in,
But your bag produces **melanin**:
A super-nifty dark'ning action
To save you from a sun reaction.

Besides that, there's a useful system —
An **auto-cooling mechanism**!
When temperatures rise to 92,
Your Birthday Suit knows what to do!

It makes your outside skin feel wet,
It works quite well — we call it **sweat**;
And when this sweat evaporates,
It cools you off so you feel great!

Three million tiny sweaty glands
Are in your arms and legs and hands,
And lots of other places too,
Too hard to count; I can't, can you?

When temperatures drop, and you feel
chilly,
Your suit's got a trick, and it's a dilly!
It "arms" you with **goosebumps** that
stiffen your hair,
And trap a warming layer of air...

Now if you still are in a dither,
Your muscles twitch and make you
shiver!

That "shiver switch" turns on, you see,
And that produces **energy**!

You really should feel great just knowing
That your **epidermis** is showing!
That's the outside of your skin —
It keeps bad germs from getting in!

It isn't really very thick,
But helps keep you from getting sick!
The underpart is called the **dermis** —
And it's alive! But please don't "squirmus."

It holds your cells and roots and glands.
(Let's give our dermis a great big hand!)
Tear your suit? Did it get damaged?
Well, fear not; your bag can manage!

Don't go out to buy a spare...
Your Birthday Suit can **self-repair**!
Your skin's got **grooves**, so you can
wiggle;
It's sensitive to feel a tickle.

It's damp and dry and thin and hairy.
Sound complex? It sure is! *Very!*
But it's the best deal you can find,
So take care of your own; you can't
have mine!

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A **dermatologist** is a special doctor who helps you with skin problems. They will look at your skin to see if you have any diseases or conditions that they can fix. They can prescribe medicine to help you.



Some examples of skin disorders: eczema, mole removal, acne, diaper rash, hives, warts



Dermatologists also treat problems with hair and nails.



Dermatologists go to about 12 years of college!