

# Lead Education Lessons



Grades K4 and K5

## Lead Poisoning Prevention Lesson One

Grade Level: 4/5 year Kindergarten

Title: What is Lead?



### What You Need to Know:

Lead is a naturally occurring element found in many places. Hazardous amounts are in lead-based paint found in houses built before 1978. Children between the ages of six months and six years are at the greatest risk of lead poisoning. The impact of lead poisoning includes decreased intelligence, ability to learn, behavior problems, health problems including speech and language delays, hearing problems, kidney damage, seizure and in rare cases death. Lead has been found to decrease school performance and increase juvenile delinquency. It can decrease the health and economic status of the future adult population. Milwaukee has a high percentage of children affected by lead poisoning. Lead poisoning is serious but preventable. We can learn how to be lead safe and lead free!

### Materials:

- *Leroy Leadless Lead-Free Rap*
- City of Milwaukee Health Department coloring sheet

### Procedure:

- Ask: "Who knows what lead is?" Reinforce correct information and/or if no one knows say: "Lead is a poison that can make you sick! It hurts your brain and stops you from learning or makes you forget what you used to know."
- Share and act out the Leroy Leadless Lead-free Rap.
- Discuss how to be lead free.
- Send home parent resource information.



# Lead-Free Rap

**Wash your hands, wipe your feet**

**Always have good things to eat**

**Stay away from peeling paint**

**Get your lead test, you won't faint**

**In your mouth don't put a thing**

**From the doctor good news you'll bring**

**A healthy lead-free kid you'll be**

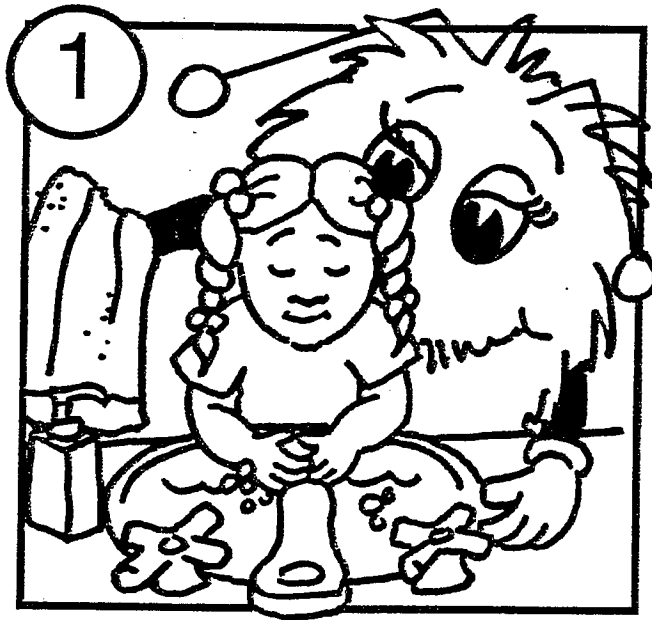
**If you don't believe me, just try and see**



- Pat Williams-France

# Leroy Leadless Lead-Free Rap\*

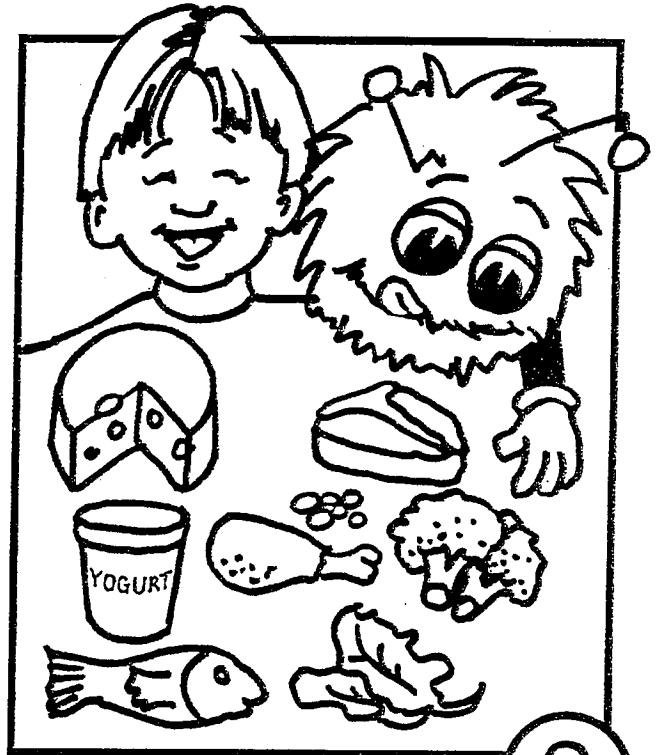
City of Milwaukee Health Department  
Childhood Lead Poisoning Prevention Program



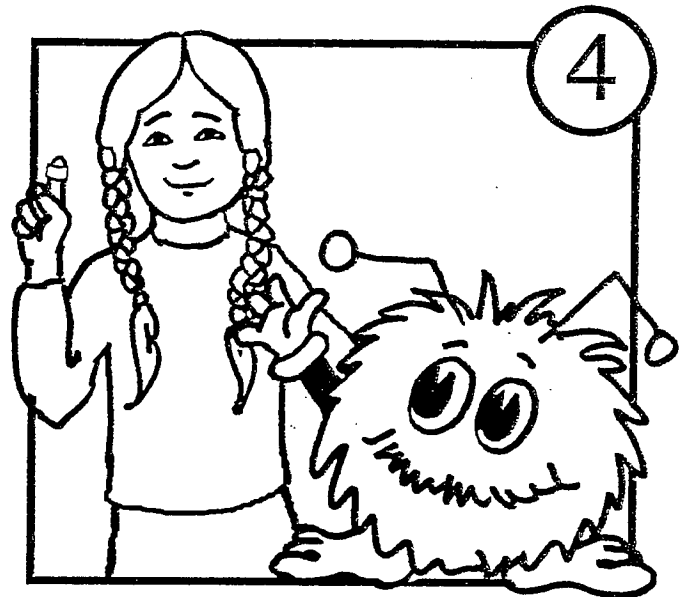
Wash your hands,  
wipe your feet



Stay away from peeling paint



Always have good  
things to eat

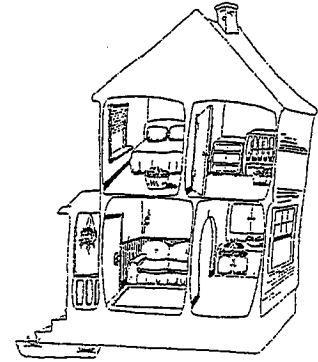


Get your lead test,  
you won't faint

## Lead Poisoning Prevention Lesson Two

Grade Level: 4/5 year Kindergarten

Title: Where is Lead?



### What You Need to Know:

Lead is found inside a house on friction and impact surfaces like windows and doors in homes built before 1978. Friction and impact surfaces and other areas of peeling paint can create lead dust and paint chips. Lead can also be found on inside walls, woodwork, ceilings, floors, stairs, outside railings, old toys, furniture, dust, soil, water, mini-blinds, antiques and imported dishes, and some traditional "folk" remedies.

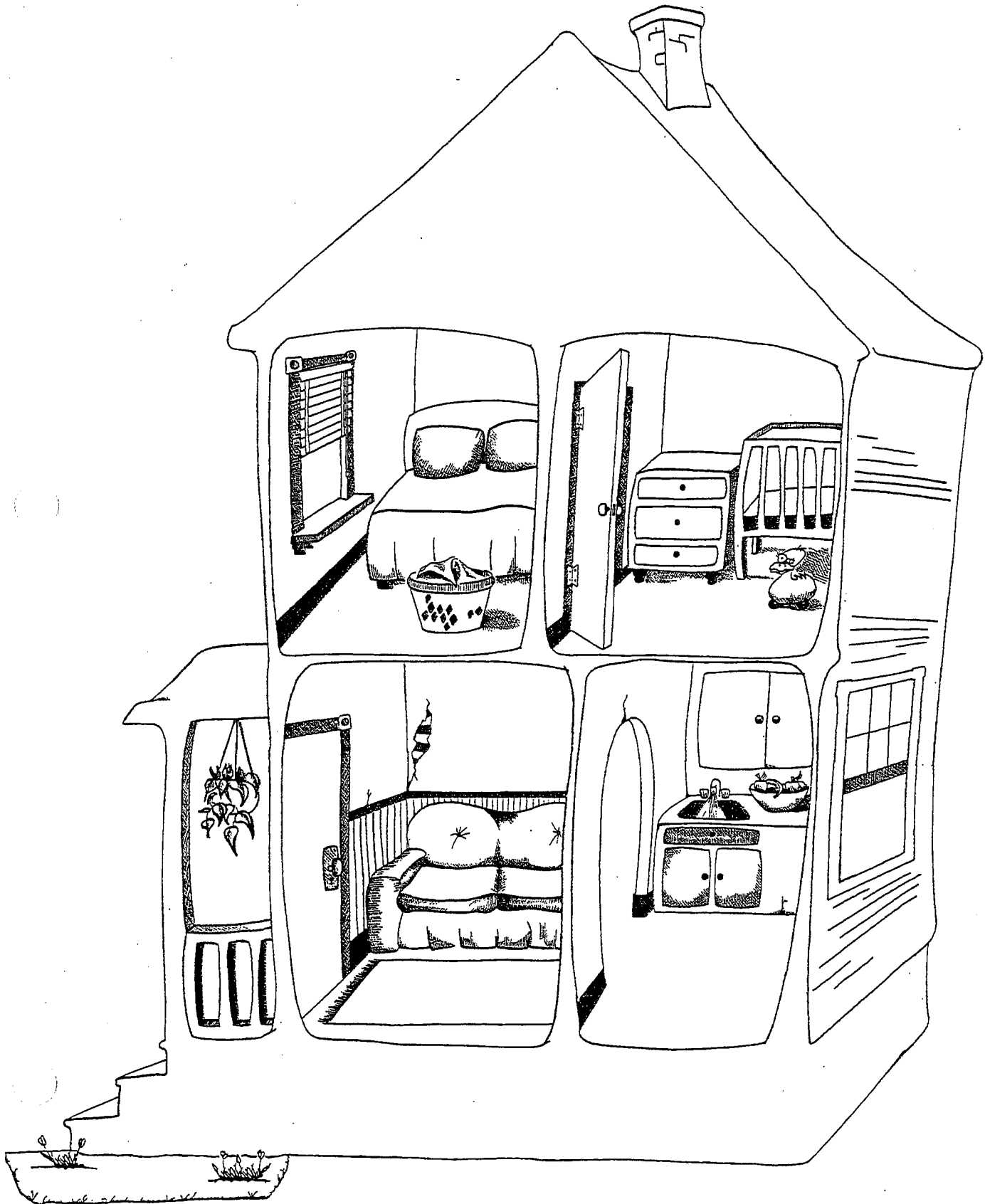
### Materials:

- *Look Out For Lead* coloring sheet overhead transparency
- Wipe off marker

### Procedure:

- Using *Look Out For Lead* overhead transparency, review the dangers of lead and what to do from lesson one. Talk about where lead dust is hiding in the house. Invite children to help.
- Teacher: Who knows where lead is hiding in this house? Come up and put an X (with wipe off marker) where you can find lead.
- Teacher: Who else can find another place to find lead? (Continue until all areas are found and marked.)
- Pass out individual coloring sheets. Child marks X for lead.
- Send home along with parent copy with added information.
- See parent resources.

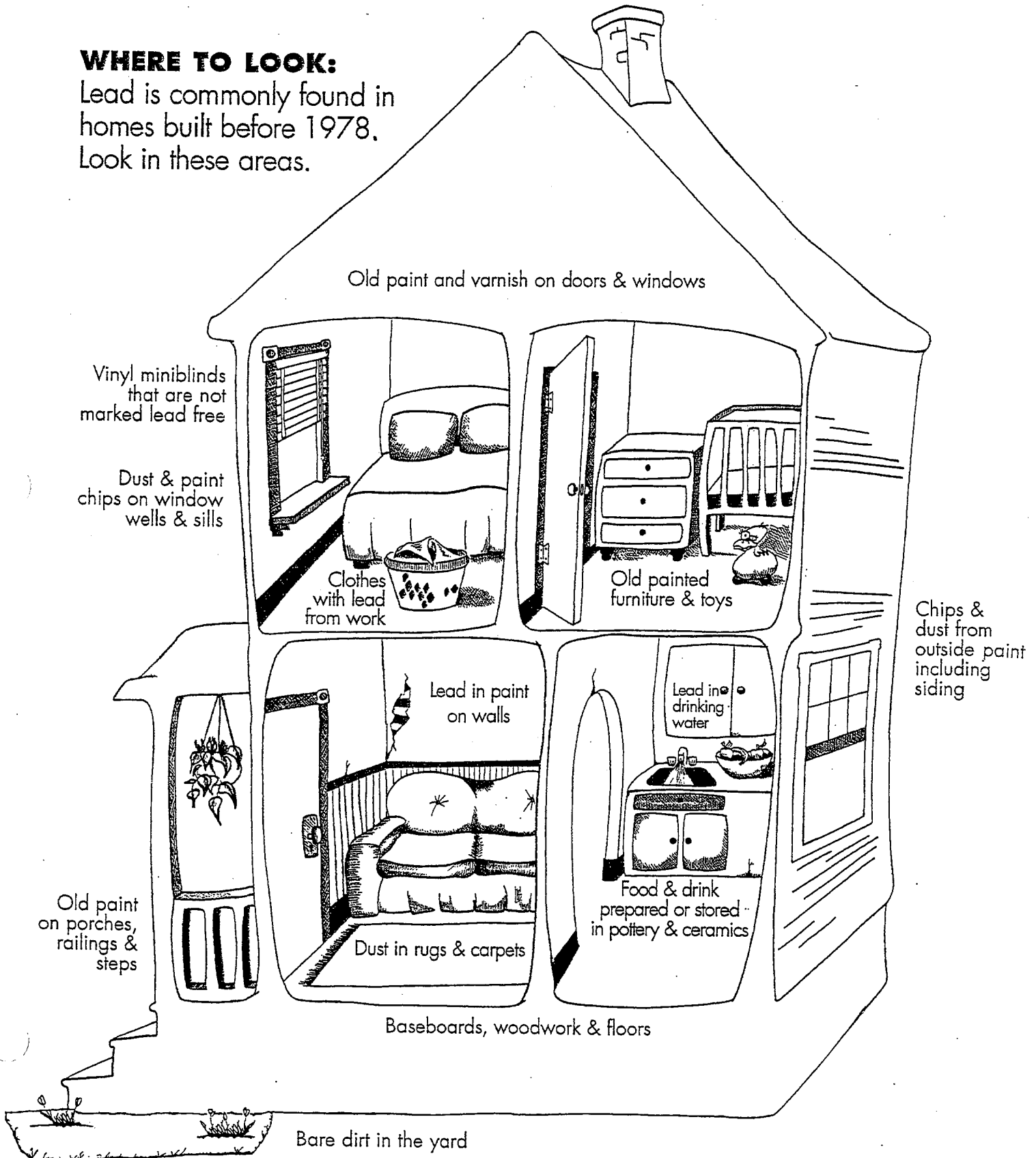
# LOOK OUT FOR LEAD



# LOOK OUT FOR LEAD

## WHERE TO LOOK:

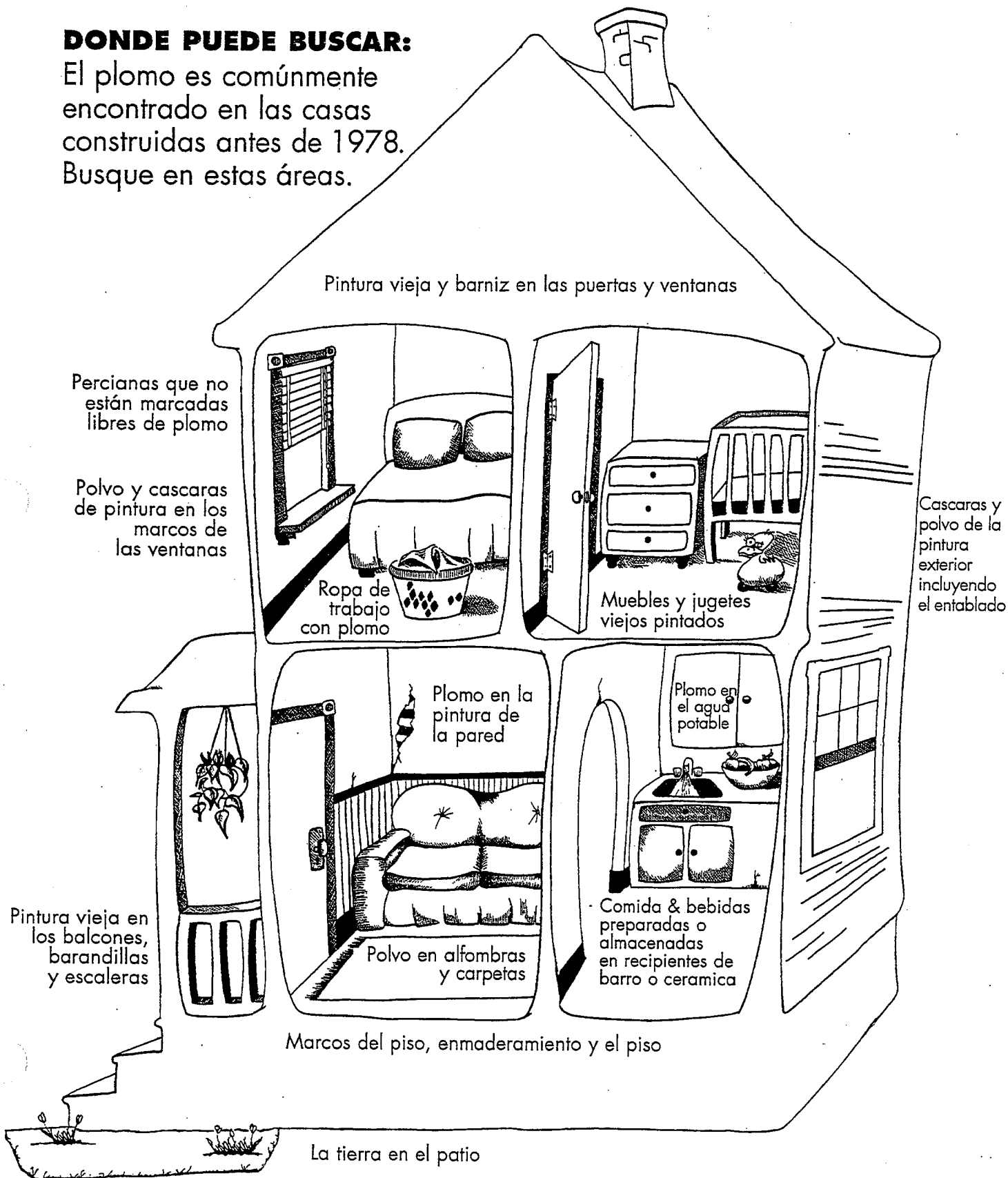
Lead is commonly found in homes built before 1978. Look in these areas.



# TENGAN PRECAUCIÓN DEL PLOMO

## DONDE PUEDE BUSCAR:

El plomo es comúnmente encontrado en las casas construidas antes de 1978. Busque en estas áreas.



## Lead Poisoning Prevention Lesson Three

Grade Level: 4/5 year Kindergarten



Stay away from peeling paint

Title: Lead Dust is Hard to See.

What You Need to Know: Lead levels go up in spring and summer when windows are raised and lowered. Friction against the peeling lead paint creates a lead dust and paint chips. Young developing children put their fingers and toys, which may be covered with lead dust, in their mouth. They may also pick up and eat paint chips. Lead has a sweet taste to young children.

### Materials:

- Lollipop for teacher
- Access to window sill (with dust or dirt pieces or pretend paint chip made from dried classroom art paint)
- Sink if possible (or pretend)

### Procedure:

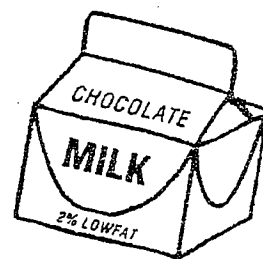
- Teacher: Come into class eating a lollipop. Tell how you washed your hands before you ate. Apologize for eating a lollipop in front of them, but say that next time you'll bring one for everyone!
- Walk over to the window to check the weather while continuing to eat lollipop.
- At window, set down lollipop on windowsill (allow it to pick up large dust or dirt piece or lead safe paint chip). Talk about the weather or something you see outside.
- Pick up lollipop and pretend that you're going to put it back in your mouth! (At this point children will likely scream not to do that! If they don't, prompt them!)

- Ask: "Why shouldn't I eat this?" Have children come up with comments about lead and dust that is on it and that it can make you sick.
- Ask: "What should I do?" Children make suggestions, usually say to "wash it off" - Teacher tries to wash it off (but don't wash it well, keep dirty spot visible). They may say, wash it again. Keep this going until given the solution to throw it away!
- Throw lollipop away saying you can always get another one!



Stay away from peeling paint

## Lead Poisoning Prevention Lesson Four



Grade Level: 4/5 year Kindergarten

Title: How to be Lead-free

What You Need to Know: A diet high in iron and calcium helps keep lead from being stored in a child's body. Foods high in vitamin C combined with high iron foods help the body to absorb more iron. Children low in iron absorb more lead. An empty stomach and high fat foods also absorb more lead. Children need regular spaced meals and healthy snacks. They need to be reminded to wash hands often and before eating. Although, water is not a common source of lead, lead can leach out of old lead pipes after sitting overnight. Lead can also be found in hot water. Let cold water run until very cold before using. Use only cold water for drinking, cooking and baby formulas. Use caution with imported dishes that may contain lead.

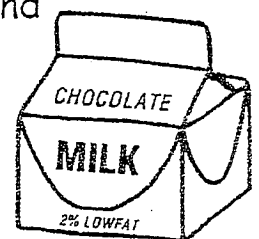
### Materials:

- Pictures of foods (Dairy Council of Wisconsin food group pictures included with lesson can be used to depict healthy foods)
- Variety of non-food objects and junk food wrappers
- Bag or box to hold pictures and objects
- Optional cooking pot and access to sink (or pretend)

### Procedure:

- Review what happened with the lollipop in lesson 3.
- Ask: Is a lollipop good food?

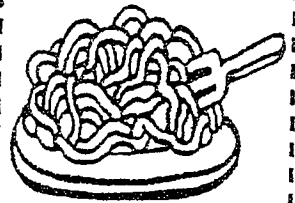
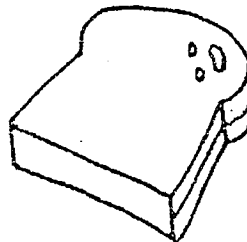
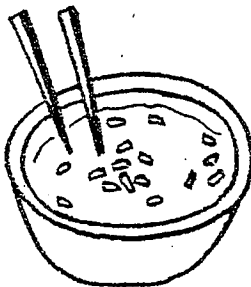
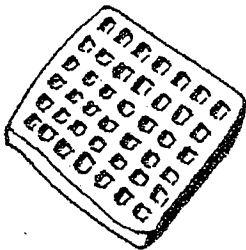
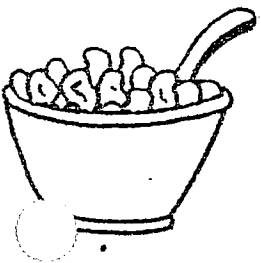
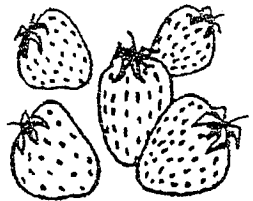
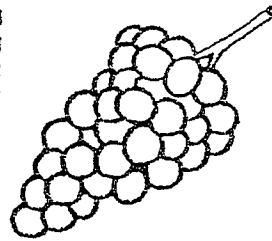
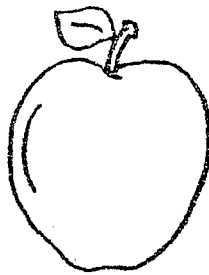
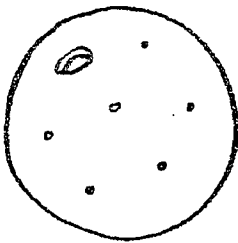
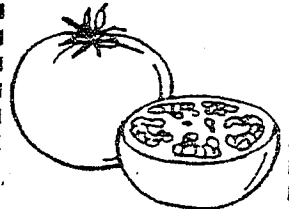
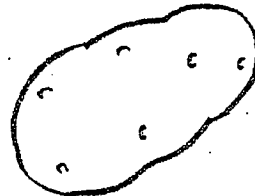
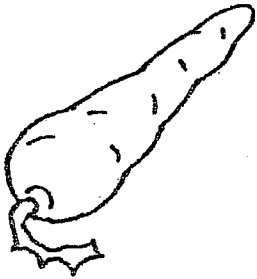
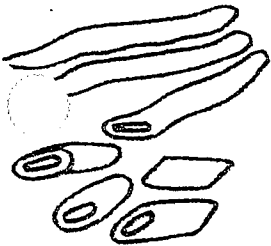
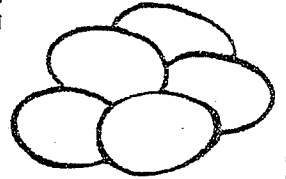
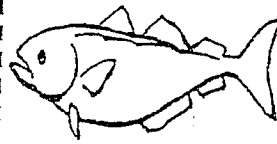
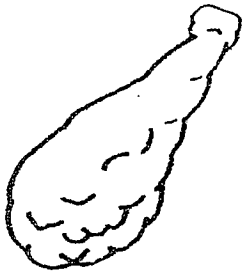
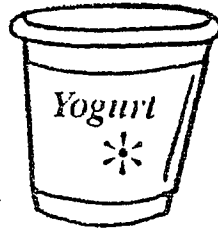
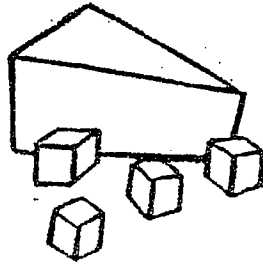
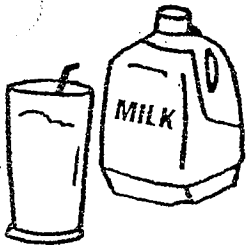
- Discuss the difference between just tasting good and being good for you. "Good for you" food keeps lead out of your body. Junk food "tastes good" but sticks to lead and then lead stays in your body. Non-food items don't belong in the mouth and may have lead dust
- Pick children to come up and pick an item out of the bag. They decide if the item is "good for you", just tastes good and sticks to lead (junk food) or is not food and should be kept out of the mouth. If it's "good for you" they get to keep it, if not they have to put it back. The object is to collect two pictures or objects, then raise hand and say, "I'm lead free." Continue until all children have collected at least two healthy foods.
- Variation: Make large sorting graph or picture of a person. Junk food has a magnet or Velcro and gets "stuck" to lead, which also has a magnet or Velcro on it. "Good for you" food passes on to larger picture of growing child.
- Optional: Talk about water. Water is "good for you." How do you get a drink of water? (model turning on water and putting cup under to fill) Talk about lead in water. Dump out the first cup and let water run until it is very cold. (Let children feel cold water)
- Ask: "what if you needed hot water to make soup or a bottle for the baby?" "Where could you get hot water?" (Discuss why you shouldn't use hot tap water for cooking. Lead sticks to hot water. Have children solve problem of how to get the water hot - cook on stove or in microwave.) Model getting cold water from the sink and putting pan on pretend stove. Let children take turns doing this.





NAME \_\_\_\_\_

# Food Group Pictures



Lead Poisoning Prevention  
Optional Lesson A



Grade Level: 4/5 year Kindergarten

Title: Lead Away!

Materials:

- Sesame Street Lead Away! Lead Poisoning Prevention video

Procedure:

- Ask: "Who knows what lead is?"
- Reinforce correct information and/or if no one knows say:  
"Lead is a poison that can make you sick! It hurts your brain and stops you from learning or makes you forget what you used to know. Let's let Elmo tell us about it and how we can be safe from lead!" Turn on video for class to watch.
- Video follow-up: Discuss "What did Elmo tell us to do about lead?"
  1. Stay away from peeling paint.
  2. Leave your shoes at the door.
  3. Wash your hands before you eat.
  4. See your doctor for a blood test.
- Ask: "Why should we do all this?" (Repeat items 1-4 and let children help.) Answer: "There could be lead or lead dust hiding."
- Ask: "Who had a blood test? Raise your finger if you had a blood test. Why do you need a blood test?" Answer: "To see if you have too much lead in you. Every child needs a blood lead test."

Lead Poisoning Prevention  
Optional Lesson B

Grade Level: 4/5 year Kindergarten

Title: *Lead, A Poison in Disguise!*



Materials:

- Copy of the City of Milwaukee Health Department storybook:
- *Lead, A Poison in Disguise!*

Procedure:

- Read the big book, *Lead, A Poison in Disguise!*
- At the end of the book, discuss: What should Susie do if she has something to eat? Where should Susie play? Where shouldn't she play? What should Susie eat? (Talk about healthy foods and how they keep lead out of your body)
- Review the importance of getting a blood test for lead levels.
- Follow-up: Reread *Lead, A Poison in Disguise!* to students on another day.

Lead Poisoning Prevention  
Optional Lesson C



Grade Level: 4/5 year Kindergarten

Title: Lead Poisoning Prevention Songs!

Materials:

- Copies or overhead of Lead Poisoning Prevention Songs

Procedure:

- Teach Lead Poisoning Prevention Songs
- Can be sung in class or as part of a school program

*Lead Poisoning Prevention Songs*

Staying Healthy (Tune of *Here We Go Round the Mulberry Bush*)

(substitute "lead free" for "healthy")

These are the things that we can do,

We can do, we can do.

These are the things that we can do,

So we will stay healthy. ("lead free")

This is the way we wash our hands ...

... So we will stay healthy. ("lead free")



This is the way we eat good food...

...This is the way we wash our toys ...

...This is the way we run the water ...

(continue with children thinking up new verses to be lead free)

These are the things our families can do,

Families can do, families can do.

These are the things our families can do,

To keep us healthy. ("lead free")

This is the way they mop the floor ...

...wash the window ...

...call the doctor ...

To keep us healthy ... ("lead free")

This is the way we care for our friends (dramatize action)

Care for our friends, Care for our friends.

This is the way we care for our friends,

So they will stay healthy too! ("lead free")

(Lead Poisoning Prevention Songs continued)

Lead Can Hurt Us (*Tune of Frere Jacques*)

Lead can hurt us. Lead can hurt us.  
What to do? What to do?  
We must tell our family. We must tell our family.  
Right away. Right away.

Lead's a poison. Lead's a poison.  
Stay away. Stay away.  
We want to be healthy. We want to be healthy.  
Now we know. What to do.

I'm Happy When I'm Lead Free (*Tune of: I'm Happy When I'm Hiking*)

*I'm HEALTHY when I'm lead free,*  
Free to learn and grow.  
I'm HEALTHY when I'm lead free  
Free to learn and grow.  
With hands that are clean and a room free of dust,  
I'm HEALTHY, yes HEALTHY (shout it out)  
When I'm lead free.

Songs by Thelma Young of the Bethel Head Start Program,  
*Developmental Disabilities Prevention Program of People Inc.,*  
*Buffalo, New York (permission granted)*

*See what other songs and words the children can make up.*  
*Review Leroy Leadless lead-free Rap.*



**Lead Poisoning Prevention**  
*Teacher Resources*

(Available in English, some in Spanish or Hmong)

**City of Milwaukee Health Department Lead Poisoning Prevention Program, Milwaukee, Wisconsin, 414-286-8492**

<http://www.ci.mil.us/citygov/health/lead/index.htm>

- Leroy Leadless Lead-Free Rap
- Lead Poisoning: Protect Your Children (call for school copies)
- Childhood Lead Poisoning Prevention Program Fact Sheet
- Lead, A Poison in Disguise! Big story book
- Levels of Lead Poisoning
- Lead in Child's Body graphic
- Keys to Healthy Eating and Snacking

**Look Out For Lead Wisconsin Childhood Lead Poisoning Prevention Program; State of Wisconsin Department of Health & Family Services; Division of Public Health 608-266-5817**

- Look Out For Lead house poster
- Look Out For Lead: blank picture of house, labeled picture of house, and "Parents Look Out For Lead" information sheets (English & Spanish)
- Look Out For Lead with healthy eating

**Sesame Street Lead Away! Lead Poisoning Prevention Project**  
15-minute video; Call: New York Sesame Street 212-875-6487

**Dairy Council Of Wisconsin pictures of healthy foods**

***Lead Poisoning Prevention Songs Developmental Disabilities Prevention Program of People, Inc., Buffalo, New York***

**Lead Poisoning Prevention**  
*Parent Resources*

Send copies of these resources home with children:

**City of Milwaukee Health Department Lead Poisoning Prevention Program, Milwaukee, Wisconsin, 414-286-8492**

<http://www.ci.mil.us/citygov/health/lead/index.htm>

- Lead Poisoning: Protect Your Children (call for school copies)
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*Lead Poisoning Prevention  
Web Site References*

- ◆ City of Milwaukee Health Department (MHD)  
Childhood Lead Poisoning Prevention Program (CLPPP)  
<http://www.ci.mil.wi.us/citygov/health/lead/index.htm>
- ◆ National Safety Council Environmental Health Center (EHC)  
Lead Poisoning Prevention Outreach Program  
<http://www.nsc.org/ehc/lead.htm>
- ◆ United States Environmental Protection Agency (EPA)  
National Lead Information Center (NLIC)  
<http://www.epa.gov/opptintr/lead/nlic.htm>
- ◆ Office of Healthy Homes and Lead Hazard Control - HUD  
<http://www.hid.gov/offices/lead/leadwnlo.cfm>
- ◆ Centers for Disease Control and Prevention (CDC)  
National Center for Environmental Health (NCEH)  
Childhood Lead Poisoning Prevention Program (CLPPP)  
<http://www.cdc.gov/nceh/lead/lead.htm>
- ◆ New Jersey Poison Information & Education System Learning Site (NJPIES) <http://njpies.org/>