



## How to deliver our Senior Workshop to your class

Our senior workshop is suitable for children aged 7 plus, approximately. We have a junior version that is better suited to younger children so please get in touch if you think that would be more appropriate. This document provides all the necessary links and instructions to deliver the senior workshop.

### NB: Do you know of a child with eczema in the class?

Do you know of a child with eczema in your class, who may or may not be a member of EOS? Have a chat with the child/children to see if they are happy for people to know they are a member of EOS/have eczema. Also, do they want to take part in the moisture meter experiment? They may wish to chip in about their own experiences of treatments, triggers or things that help. However, it may be that they prefer not to have any attention drawn to them so it's important to iron this out ahead of the workshop and be sensitive to their wishes.

## Links to workshop resources

- Before delivering the workshop, could you please complete this short [survey](#).
- [Senior class workshop video](#) – Play this for your class when you're ready to deliver the workshop. It includes several "discussion points" where you pause the video to ask for some answers. While the video is less than 20 minutes, the workshop takes longer. It depends on how long you spend on each discussion point but would be more like 40 minutes. See below for more about each discussion point.
- [Flower worksheets](#) and accompanying [guidance](#) - These worksheets can be used for a post-workshop activity, full instructions provided in the guidance document.

## Notes about Discussion Points

This section provides guidance for each discussion point in the recording. You will know your own group of children best so you can tailor this guidance to their age and stage.

### Discussion Point 1:

Take a few guesses from the children before returning to the recording. Answers may be random! **Skin** is the correct answer so you can return to the recording if you hear this answer.

#### Discussion Point 2:

Take 3-4 guesses and bear in mind the answer is **2.5 million** so if answers are too low, encourage them to go higher. You could remind them there are 67 million people living in the UK so the answer will be pretty high!

#### Discussion Point 3:

Take a few guesses, you might get lots of interesting suggestions! The answer we are after is that **anyone can have eczema** so if you get this answer, you can return to the recording.

#### Discussion Point 4:

All children in the class get to have a go of the moisture meters. However, the experiment to test how well a moisturiser works is **not** something the whole class take part in. A child who has eczema may take part if they have permission to test their own emollient. The presenter would ideally also do the experiment (bringing a moisturiser on the day).

Here are step by step instructions for the experiment with the moisture meters:

1. To use the moisture meter, remove the cap, turn it on and then press it against your skin until the number pops up. This tells you the moisture level in your skin. A second number will appear a few seconds later but you can ignore it (it gives a measure of the oil in the skin but we are just interested in the moisture level).
2. You can reset the meter using the button nearest the display screen and it is then ready to use on someone else. We recommend passing one wipe around with each moisture meter to wipe the tip between turns.
3. Part 1 of the experiment involves taking a reading for whoever has moisturiser to test. This might just be the presenter but there may also be a child with eczema who has permission to take part.
4. Make a note of the initial readings taken and immediately apply the cream or lotion. Avoid using an ointment (which is thicker and greasier so it takes too long to soak in for the purposes of this experiment).
5. While the cream soaks in, the moisture meters are passed around the rest of the children. Everyone can take their own reading.
6. When everyone has had a turn, collect all the moisture meters. Re-take the readings for whoever applied moisturiser.
7. Have a discussion about what happened to the number - did it go up? What does this mean?

Note: We have done this experiment many times and the number always goes up so it would be very unusual for this not to happen. Try to use the same moisture meter device for the first and second reading if possible.

After you have finished the experiment, return to the moisture meter experiment recording.

Discussion Point 5:

Give the children a short time (half a minute?) to look around the class and see if they can spot anything that might be a trigger for eczema. We usually just get the children to do this from their seated positions, but if you want to let them wander around the class to search, you can, that just might take a little longer. Get some ideas from the children before moving on with the recording.