



V1 February 2025

Junior (3-6 years) School/Nursery Follow-Up Lesson

Teacher's Guide

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This lesson can be used to carry out formative assessment of students' understanding of eczema. It will also reinforce knowledge and enable the students to apply what they learned during the workshop. It should be carried out approximately two weeks after completing the EOS Junior Workshop.

Learning outcomes

By the end of the lesson, the children should be able to:

- Understand what eczema is.
- Recognise the impact of living with eczema, including physical symptoms, impact on sleep and wellbeing.
- Identify things that can make eczema worse and learn how to deal with them.
- Learn how to support a classmate or friend who has eczema.



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Things to consider before the session

- If you have a child or children in your class who have eczema, it is important to speak to them beforehand to ensure they are comfortable with the session and to find out how they would like to be involved. For example, some children might want to share their personal experiences, while others might prefer not to be involved.
- You should also let their family know about the follow-up workshop, particularly if eczema is a sensitive issue for the child.

Session Overview

- **Session length:** 30-45 minutes.
- **Activity format:** independent work and pairs or groups of 2-3 depending on class and teacher preference.
- **Session Resources:**
 - PowerPoint slides – download these [here](#).
 - Picture cards - print this [worksheet](#) on A4 or A3 paper. Cut out the picture cards to use for the Picture Card activity.

Session Content

Slides 2-3: What is Eczema?

Use the PowerPoint slides to guide the session. First, ask the class who remembers what eczema is. The children can put their hands up to answer or you could give them a few minutes to talk to the person next to them. The answer is on the second slide:

“Eczema is a skin condition that makes the skin dry, itchy, and sore”.

This part of the session will take approximately 5 minutes.

Slides 4-28: Thumbs Up, Thumbs Down Activity

The next slides contain eight statements about eczema from the workshop and the children have to decide whether they are true or false by putting their thumbs up or down. Let the class know:

“We are going to play a fun game about eczema. I’ll read a sentence, and you tell me if you think it’s true or false by showing me a thumbs up for true and a thumbs down for false. Put your hands behind your backs while you choose your answer. I’ll count to three, and then you can show us whether you think the answer is true or false.”



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Children put their hands behind their backs and choose whether they think the answer is **thumbs up** or **thumbs down**, depending on whether they think the statement is true or false. The teacher counts to three, and the class shows whether they are giving a thumbs up or thumbs down.

This activity will take approximately 10 minutes.

Slides 29-41: Picture Card Activity

For the picture card activity, you will need to print and cut out the 10 picture cards. In pairs or small groups, the children should be given a set of picture cards to talk about. The cards relate to things that can help someone with eczema at school, which were covered in the school workshop. Let the class know:

“I am going to give your pairs/groups some cards that have pictures of things that can help a person with eczema at school. I want you to talk about what they are and why someone with eczema might need them at school”.

Give the group 10-15 minutes to talk about the picture cards and then discuss them as a whole group by going through each slide. Some examples of answers for each of the cards can be found below.

1. Creams/moisturisers

- **What are they for?** They help the skin feel better and stop it from being so itchy and sore when you have eczema.
- **When might someone with eczema need to use them at school?** When their skin feels itchy or sore, after activities like washing hands, painting, or playing outside. There might also be a set time of day when a child puts their creams on to help look after their skin and prevent it from feeling itchy.

2. Fidget toys:

- **What are they for?** They help distract from the itch and keep hands busy.
- **When might someone with eczema need to use them at school?** When their skin feels itchy, and they need something to help them focus on something else.

3. Soaps for Eczema

- **What are they for?** Special soaps help keep the skin clean without making it dry or itchy. They are gentle on the skin for people with eczema.

- **When might someone with eczema need to use them at school?** When they wash their hands, especially after activities like painting, playing outside, or using the toilets.

4. Avoiding Some Foods

- **What are they for?** Some foods can make eczema worse. Avoiding these foods helps keep the skin from getting itchy and sore.
- **When might someone with eczema need to avoid certain foods at school?** During snack time or lunch, they might need to avoid foods that make their eczema worse.

5. Cool Pack

- **What is it for?** When eczema on the skin is itchy and sore a cool pack helps soothe the skin and make it less itchy and uncomfortable.
- **When might someone with eczema need to use a cool pack at school?** When their skin feels very itchy or sore, especially after playing outside or during hot weather.

6. Comfortable clothing

- **What are they for?** Comfortable clothes are gentle on the skin and help stop itching on the skin from rough materials.
- **When might someone with eczema need to wear comfortable clothes at school?** Every day, to keep their skin comfortable and stop them feeling itchy and sore. Some children might have special garments under their school uniform or wear a slightly different uniform that is more gentle/comfortable for their skin (e.g. cotton).

7. Gloves

- **What are they for?** Gloves protect the skin from getting irritated, especially during activities like painting, playing outside, or when the weather is very cold.
- **When might someone with eczema need to wear gloves at school?** During activities that might irritate their skin, like painting, playing outside, when it's very cold outside.

8. Sitting on a Mat



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- **What is it for?** Sitting on a mat helps keep the skin from getting sore and itchy from the rough surfaces or from dust that might be in the carpet.
- **When might someone with eczema need to sit on a mat at school?** When the class is sitting on the carpet like for assembly, circle time, or story time.

9. Coming to School Late

- **Why might this happen?** Sometimes, people with eczema need extra time in the morning to take care of their skin which can make it hard to get to school on time. Also, their eczema might have kept them awake in the night from being sore and itchy so they might need to have some extra time in bed in the morning.
- **When might someone with eczema need to come to school late?** If they need extra time in the morning to apply creams or take care of their skin or if they have not slept very well because of their eczema being sore and itchy.

10. Feeling Tired/Sleepy

- **Why might this happen?** Sometimes, people with eczema have trouble sleeping because their skin feels itchy or uncomfortable.
- **What might happen if they haven't slept well?** They might yawn or be a bit grumpy at school. They might need to have a lie-in the next morning if they did not sleep well during the night.

At the end of the session, you can also ask the group for ideas of how they might help someone who has eczema at school. Some examples of answers can be found below.

- Be supportive of our friends if they are tired or grumpy during school and not make comments if they are yawning in class.
- Not sit on their special mat because we don't need it.
- To make sure they don't run out of soap, we should avoid using their special soaps on our skin if we don't need them.
- Not share our foods with other people and make sure we wash our hands after eating things that other people are allergic to.

This activity will take approximately 20-30 minutes. You can choose how many cards each pair/group discusses based on how much time you have.