

Senior (7-11 years) School 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, 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 Senior 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, wellbeing, and self-esteem.
- Identify things that can make eczema worse and learn how to deal with them.
- Learn how to make an eczema friendly classroom, including eczema triggers and things that can help eczema.

Things to consider before the session

- If you have a child or children in your class who have eczema, it might be a good idea 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.

Session Overview

- **Session length:** 45 minutes – 1 hour.
- **Activity format:** independent work and pairs or groups of 2-3 depending on class and teacher preference.
- **Session resources:**
 - PowerPoint slides – download these [here](#).
 - Myths and Facts worksheet – If you are happy to cut out slips to use for the Myths and Facts activity, then print this [worksheet](#) on A4 paper. If you prefer the children to complete the worksheet using a pen or on a tablet, then print out or use this [version](#).
 - Eczema Friendly Classroom Poster – Print [this](#), ideally on A3 paper
 - Eczema Friendly Picture Cards - print this [worksheet](#) on A3 or A4 paper and cut out the picture cards
 - Blu tack or sellotape is needed to stick picture cards to the poster.

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 4-21: Myths and Facts Activity

This activity can be done in pairs or small groups. There are two versions of the worksheet. One involves cutting out the slips of paper before the session so that the children can organise the myths and facts into piles and the other is a worksheet which can be completed using a pen or on a computer/tablet. You can choose which version



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to use based on how interactive you want the session to be and how much time you have. Each pair/group will need a worksheet or pile of paper slips.

The first activity involves the children looking at ten statements about eczema and deciding which are myths and which are facts. If you are using the version with the paper slips, the children need to sort each statement to the correct pile: one for myths and one for facts. If you are using the worksheet, the children need to write/type 'M' or 'F' next to each statement to indicate whether it is a myth or a fact. There are five myths and five facts. Explain to the class:

Paper slips: *"We are going to look at some sentences about eczema. Your job is to decide if each one is a myth or a fact. Move each sentence to the correct pile: one for myths and one for facts."*

Or

Worksheets: *"We are going to look at some sentences about eczema. Your job is to decide if each one is a myth or a fact. Write/type an 'M' or an 'F' next to each sentence to show whether it is a myth or a fact."*

After the children have completed the activity, go through the answers using the PowerPoint presentation.

This activity will take approximately 20 minutes.

Slide 22-39: Eczema Friendly Classroom Activity

The second activity involves the children thinking about making their classroom eczema-friendly, including how eczema can affect someone at school, what can make it worse (triggers), and what can make it better (helpers). Explain to the class:

"I will go through the PowerPoint slides, showing one picture at a time. As we look at each picture, I want you to decide whether it is something that eczema can affect at school, something that makes eczema worse, or something that can help with eczema at school. Things that make eczema worse are called 'triggers' and when the eczema goes through periods of being worse this is called a 'flare up'. As we go through the slides, we will create a poster on the classroom wall to help us remember how we can make our classroom eczema friendly."

You can get the class to indicate their answers by raising their hands.



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After each picture, you can get the class to discuss the answer and why this might be (see explanations below). You can then choose a child from the class who can stick the corresponding picture card onto the poster on the classroom wall. At the end of the session, you can remind the class that if they want to remember how to make the classroom more eczema-friendly, they can look at the poster on the wall.

Picture Cards:

How can eczema affect someone at school?

1. **Finding it hard to concentrate:** Eczema can make the skin itchy and uncomfortable, which can make it hard to concentrate during lessons.
2. **Feeling tired & grumpy:** Having itchy and sore eczema can make it hard to sleep and make someone wake someone up during the night. This can make them feel tired and grumpy during the day.
3. **Feeling self-conscious:** If someone's skin is flared up, their eczema might be more visible, which can make them feel self-conscious. You can help by not staring or making comments about it.

What things can make eczema worse?

1. **Dust:** Dust can be a trigger for eczema. That means it can irritate the skin and make it flare up.
2. **Pollen:** Pollen from flowers and trees can be a trigger for eczema. When pollen lands on the skin it can make eczema flare up.
3. **Certain fabrics:** can rub against the skin and cause it to become irritated. People with eczema might want to avoid rough fabrics or materials like fleeces to stop this happening. Some people find 100% cotton and soft clothes help their skin.
4. **Certain foods:** Some foods can make eczema worse especially if the person is allergic to them. For example, this could happen from things like dairy, eggs, and nuts.
5. **Hot or cold temperatures:** Very high or low temperatures can dry out the skin or cause sweating which can make the skin flare up.

What things can make eczema better at school?

1. **Creams and emollients** – can help eczema feel better (less sore and itchy) and stop water escaping from the top layer of the skin. Someone might need to use emollients throughout the day to look after their skin, especially after washing



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their hands, playing outside, or using paints. They might also have some special creams that they use when their eczema is flared up.

2. **Special soaps** - help keep the skin clean without making it dry or itchy. They are gentle on the skin for people with eczema.
3. **Fidget toys** – they help distract someone from their eczema being itchy and keep their hands busy to help stop them from scratching their itchy skin.
4. **Comfortable clothes** – are gentle on the skin and help stop it from being itchy and sore on rough materials. Someone with eczema might need to wear different school uniform that doesn't irritate their skin (e.g., cotton) or special garments for eczema (e.g., vest, gloves).
5. **Cool pack** - When eczema on the skin is itchy and sore a cool pack helps soothe the skin and make it less itchy and uncomfortable.
6. **Sitting on a mat:** 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.
7. **A later start time:** 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. Because of this, it might help them to come into school a bit later sometime.

This activity will take approximately 20-30 minutes.