

Air Quality Flag Program

SPRING 2022 NEWSLETTER



EARTH DAY 2022

As you plan your Earth Day celebrations, consider some options from the Flag Program. Do fun activities (otherwise known as lesson plans but we won't tell), read or watch the *Why is Coco Orange?*, fill out a crossword on air quality, or choose something from our Things to Do list. We've got something for everyone! Whatever you do, have fun and thank you for helping make the Earth a better place! <https://www.airnow.gov/earth-day-crossword-puzzle-and-activities/>



This year's theme is **Be Air Aware & Prepared!** During the week, organizations nationwide plan events that increase air quality awareness and encourage people to check the Air Quality Index (AQI) daily. Flag Program participants already do that! This year's daily topics include:

Monday – Wildfires & Smoke
Tuesday - Asthma and Your Health
Wednesday – Citizen Science & Sensors
Thursday – Environmental Justice & Air Quality
Friday – Air Quality Around the World

For more information, go to <https://www.airnow.gov/aqaw/>.

NEW LESSON PLANS

We've heard your requests and are working on new lessons plans for all grades. Recently updated lesson plans include *What's Up There Besides Air* and *Bird's Eye View*. Both are also now available in Spanish!

Find all our classroom curriculum at <https://www.airnow.gov/air-quality-flag-program-classroom-curriculum-publications/>.

Celebrate Earth Day!

See how many of these activities you can do to make the Earth a healthier, better place.

1. Read a **book** about nature
What are you interested in?
2. Plant a tree
Make sure it's **native** to your area!
3. Make a **plastic** bird feeder
Find out what birds in your area like to eat.
4. Create art
Use recycled objects or things you find outside.
5. Pick up trash
Make your community a cleaner place to live!
6. Grow a plant
Start some **veggies or flowers** in your yard or in a pot.
7. Go on a nature walk or **bike**
What plants and animals do you see?
8. Display an **air quality flag** in your community
Let everyone know how clean the air is!
9. Get outside and have fun!

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Things to Do

Other Activities

Air Quality Crossword Puzzle

AIR QUALITY AWARENESS WEEK

MAY 2-6

Is your organization looking for a way to increase the awareness of local and national air quality? Join up with others across the country to participate in Air Quality Awareness Week.

¿Qué hay allí arriba además del aire?

SEPA

Extensión

- Agregar los buses del aula. Pregunte a los alumnos si creen que el aire del aula está limpio. Encuéntrelos con la forma de llenar el aula con aire y pida a los alumnos que observen qué hay allí arriba del Fraz de los. Pida a los alumnos que dibujen y describan qué encontrarán que venían. Analice sus conclusiones. Pregunteles qué cambios se utilizarían si pudieran y por qué.
- Pida a los alumnos que hagan un collage con imágenes y recortes de revistas. En una mitad de la hoja, dibulen cosas lindas que se ven cuando se está en el aire. En la otra mitad, dibujen cosas lindas que se ven cuando se está en el aire. Pídales que expliquen los dibujos de personas que trabajan y cuáles de ellos.
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Depending on the level of exposure, health effects from ozone can:

- Cause coughing and sore/scratchy throat.
- Make it more difficult to breathe deeply.
- Inflammate and damage the airways.
- Aggravate lung diseases such as asthma, emphysema, and chronic bronchitis.
- Increase the frequency of asthma attacks.

What can you do when ozone levels are higher? Take it easier when working or playing outside, take more breaks, and schedule outdoor activities in the morning when ozone levels are lower.

We always welcome suggestions for new outreach and learning materials, so don't hesitate to contact us!

OZONE: A REFRESHER GOOD UP HIGH, BAD NEARBY

Ozone season is beginning in many parts of the country. What does that really mean?

Ozone occurs both in the upper atmosphere and at ground level. In the stratosphere, ozone occurs naturally and helps protect us from the sun's harmful ultraviolet (UV) rays. This beneficial ozone has been partially destroyed by manmade chemicals, causing what is sometimes called a "hole in the ozone layer." However, with continued reductions in emissions, the ozone layer is expected to be completely recovered by the middle of the 21st century.

At ground level, the very same molecule is a harmful air pollutant, especially on hot sunny days when ozone can reach unhealthy levels. Those most at risk include children, older adults, and people with asthma or who are active outdoors, especially outdoor workers.



Of course, all this information takes us back to why we use the Flag Program. Check your Air Quality Index forecasts and display your flags daily to help protect your community when the air quality is poor!

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