

Indoor Air Quality Coloring Sheet

Grab the crayons for this indoor air quality coloring sheet and discussion.

Materials

- Coloring sheet for each kid
- Crayons, markers

Initial Discussion with Kids

Air quality is how clean or dirty the air we breathe is. People pollute or make the air dirty in many different ways. Things like factories, power plants and emissions from vehicles make our outdoor air polluted. Indoors, we can pollute the air by the things we bring inside—for example, dust and dirt from our shoes, cleaning products, and even pets can make our indoor air dirty. Luckily, there are things that we can all do to make sure our indoor air is as clean as it can be.

Activity

Have kids color the indoor air quality coloring sheet.

Discussion Questions

- What items in the picture do you think may be making the air dirty?
- Do you see anything that is making the air cleaner?
- How do we know if our air is unclean?
- If this was our classroom, what can we do to make the air cleaner?
- Why is clean air important?

Answer Key

- **Hazards/Sources:** Cleaning products, vehicle emissions/exhaust, possibly chalk/dry erase markers
- **What's making the air cleaner:** Portable air cleaner, opening windows to improve ventilation (only at low-traffic times of day)

Discussion Points

- We can't always tell how dirty our air is, but sometimes we can. We can see or smell things that let us know—like when it smells like smoke from a fire, or if it looks smokey in the air. Sometimes we may not see or smell anything, but our bodies are telling us that the air is not clean. We may sneeze, cough or our eyes may start to water. For people with allergies and asthma, they may not be able to breathe well.
- Cars, trucks, buses, even airplanes and ships can make pollution by releasing particles and chemicals into the air that can travel deep into our lungs and make us feel sick if we breathe too much.
- Cleaning products can have chemicals and other ingredients that make us not feel great. We can use safer cleaning products that have fewer harmful ingredients. When cleaning using these products, it's best to open up windows and clean when fewer people are around.
- Things we use to write may dirty our air. Chalk dust can be harmful to breathe in. Markers, including dry erase markers, can have strong fragrances and toxic chemicals.
- We can help to make our air cleaner by eliminating or reducing pollutants in the classroom—avoid using harmful cleaning and teaching products. If being used, open up windows to improve air flow. Outdoor air is often cleaner than indoor air. We can use a machine called a HEPA air cleaner to reduce pollutants in the air.

