MDHHS
Michigan Department of Health & Human Services

MI Environmental Health Learning Lessons

Community Guide

MI Environmental Health Learning Lessons Community Guide

Introduction

The Michigan Department of Health and Human Services (MDHHS) Environmental Health Bureau (EHB) has developed learning lessons to educate residents on how they can protect their health from environmental hazards. These learning lessons share best practices and offer educational activities to learn about reducing exposure to environmental hazards.

Purpose

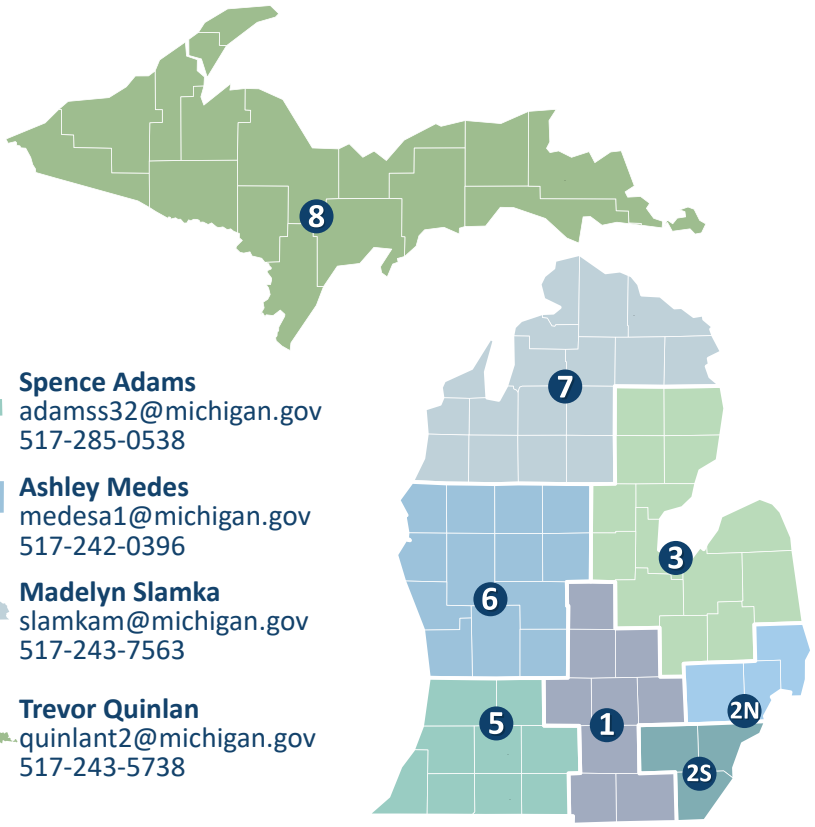
This document contains science-based educational learning lessons guides and materials. These learning lessons seek to:

Increase Michiganders' knowledge and awareness of environmental hazards, including the potential impact to one's health.

Educate and empower Michiganders to take actions to reduce and prevent their exposures to environmental hazards.

How to Request Learning Lessons in Your Community

1. Browse the available learning lessons. Each lesson provides a description with learning objectives, an engaging activity and take-home materials for each participant.
2. Email the regional community engagement coordinator in your area to schedule a learning lesson now!



1 **Ashley Mark**
marka@michigan.gov
517-582-2877

2N **Lauren Payton**
paytonl1@michigan.gov
517-243-8787

2S **Madison Whitaker**
whitakerm4@michigan.gov
517-290-4006

3 **Hannah Theodorovich**
theodorovichh@michigan.gov
517-449-3938

5 **Spence Adams**
adamss32@michigan.gov
517-285-0538

6 **Ashley Medes**
medesa1@michigan.gov
517-242-0396

7 **Madelyn Slamka**
slamkam@michigan.gov
517-243-7563

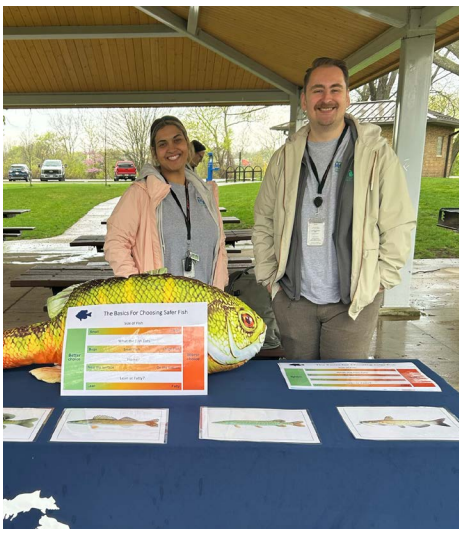
8 **Trevor Quinlan**
quinlant2@michigan.gov
517-243-5738

Eat Safe Fish (ESF) Order up! Learning Lesson

Description

This fun, picture-based lesson is great for visual learners to learn about Michigan fish and environmental health.

Participants will learn characteristics to look for in certain fish and the proper way to prepare each fish. They will also learn about contamination of waterbodies in Michigan. Participants will play a 'mix and match' game based on facts they just learned!



Age Group(s)

This activity is best conducted with ages eight to 10 years old. The program will be modified depending on the average age of the audience members.

Participant Learning Objectives

Through this learning lesson, participants will learn:

- What persistent, bioaccumulative chemicals are.
  - How chemicals get into waterbodies.
  - How chemicals build up in fish in these waterbodies.
  - How human health can be impacted by these chemicals.
- What kinds of fish and chemcials are found in waterbodies around Michigan.
  - Option to customize information to local waterbodies, if desired, using local eat safe fish guide.
- What resources are available from DEH.
- The basics for choosing safer fish to consume.

Learning Lesson Length

This lesson is approximately 60 minutes long. The instructor will be available at the end of the lesson for questions.

Take Home Resources

At the end of the learning lesson, participants will leave with the following take home resources:

- Regional Eat Safe Fish guide.
- Buy Safe Fish brochure.
- Get to Know the 3Cs fact sheet.
- Statewide Safe Fish Guidelines fact sheet.
- Kids activity sheets: maze, word search, lake icy fish identification game, and coloring page.
- Measuring tape.
- Temporary tattoo.

MDHHS
Michigan Department of Health & Human Services

Mi Water Source! Enviroscape Learning Lesson

Description

The Mi Water Source! Enviroscape Learning Lesson aims to raise awareness on the importance of water and protecting your health. This lesson uses an interactive 3D model to demonstrate how everyday activities can contribute to water pollution and contamination.

The program highlights how these activities can impact water sources used for drinking water, such as surface water and groundwater. Through this demonstration, students will learn how to reduce those impacts and protect our health!

Age Group(s)

This activity is best conducted with ages five to 14 years old and a guardian or teacher. The program will be modified depending on the average age of the audience members.

Participant Learning Objectives

Through this learning lesson, participants will learn:

- How everyday activities can affect the quality of our sources of drinking water.
- Easy actions to help reduce drinking water contamination.

Learning Lesson Length

This lesson can range from five minutes to 20 minutes in length, depending on the need. This lesson can be combined with the Why Water's Worth It Learning Lesson for a longer session.

Take Home Resources

At the end of the learning lesson, participants will leave with the following take home resources in the Care for MI Drinking Water Youth Activity Bag:

- MiWell postcard.
- Why Water's Worth It book.
- Follow Your Water From Start to Tap activity book.
- Water Quality Bracelet activity.
- Stickers.
- Bookmark.
- Coloring pencils.
- Highlighter.

MDHHS
Michigan Department of Health & Human Services

Mi Water Treatment! Enviroscape Learning Lesson

Description

The Mi Water Treatment! Enviroscape Learning Lesson is a fun, hands-on activity. It shows how water moves through a town or city—from source water to water treatment plants, to homes and businesses and back to the environment. Participants will learn about drinking water treatment, wastewater systems, private wells, septic tanks, stormwater runoff and groundwater.

Age Group(s)

This activity is best conducted with ages 12-18 years old.

For younger age groups, consider the Mi Water Source! Enviroscape Learning Lesson.

Participant Learning Objectives

Through this learning lesson, participants will learn:

- The path water takes from source water to homes.
- How wastewater is collected and treated before returning to the environment.

Learning Lesson Length

This lesson is about 25 minutes long. The instructor will be available at the end of the lesson for questions.

Take Home Resources

At the end of the learning lesson, participants will leave with the following take home resources:

- Drinking water stickers.
- Word search.
- Cinch bag.
- Highlighter.
- Pen.
- Folding frisbee.

MDHHS
Michigan Department of Health & Human Services

Why Water's Worth It Learning Lesson

Description

An educational story time reading offers the whole family the opportunity to enjoy a story that inspires personal responsibility and environmentally conscious choices. In the story, the main character is a young girl that shares the journey that water takes and the process in which it's managed!

The reading can also be accompanied by a short video about how water makes its way from the environment to our homes.

Age Group(s)

This activity is best conducted with children ages four to ten years old and a guardian or teacher.

Participant Learning Objectives

Through this learning lesson, participants will learn:

- How water is "cleaned" to drink.
- How little things you do at home can make a big difference.

Learning Lesson Length

The lesson is approximately 20 minutes long. The instructor will be available at the end of the lesson for questions.

Take Home Resources

At the end of the learning lesson, participants will leave with the following take home resources in the Care for MI Drinking Water Youth Activity Bag:

- MiWell postcard.
- Follow Your Water From Start to Tap activity book.
- Water Quality Bracelet activity.
- Stickers.
- Bookmark.
- Coloring pencils.
- Highlighter.

MDHHS
Michigan Department of Health & Human Services

Step Up for Water Quality Bracelet Learning Lesson

Description

This bracelet-making activity is a fun way to learn about protecting the environment! As you string different colored beads, the worksheet will explain how everyday actions can affect the water we drink. Once the bracelet is tied, it reminds you that everyone has a role in keeping water clean.

The activity is paired with a short video that shows why water quality is important and gives simple tips on how we can all help protect it.

Age group(s)

This activity is best conducted with ages 5 to 10 years old with a guardian or in a classroom setting.

Participant learning objectives

Through this learning lesson, participants will learn:

- How the things we do every day can have an impact on the water we drink.
- How we can step up for the environment to protect the quality of our drinking water.

Learning lesson length

This lesson is approximately 20 minutes long. The instructor will be available at the end of the lesson for questions.

This lesson can be combined with the Mi Water Source! Enviroscape Learning Lesson and/or the Why Water's Worth It Learning Lesson for a longer lesson length.

Take home resources

At the end of the learning lesson, participants will leave with the following take home resources:

- Care for MI Drinking Water Youth Activity Kit.
  - Follow Your Water from Start to Tap activity book.
  - Stickers.
- Bookmark.
- Coloring pencils.
- Highlighter.
- Step Up for Water Quality Bracelet activity.

MDHHS
Michigan Department of Health & Human Services

How to Clean your Aerator Learning Lesson

Description

This is an engaging, educational activity for the entire family! Participants will learn how to maintain their faucets and drinking water to protect their health from potential hazards associated with home plumbing

The instructor will use a sink and faucet model to demonstrate the step-by-step process for cleaning the screen at the end of your faucet. This screen is called an aerator. The instructor will describe throughout the demonstrations why it's important to clean aerators and will share tips and tricks with using materials you already have at home!

After the instructor runs through the demonstration, participants are welcome to practice cleaning the aerator on the model.

Age Group(s)

This activity is best conducted with ages seven years old and older.

Participant Learning Objectives

Through this learning lesson, participants will learn:

- What an aerator is and why it's important to clean them.
- How to clean an aerator and how often aerators should be cleaned.

Learning Lesson Length

This lesson is approximately 20 minutes long. The instructor will be available at the end of the lesson for questions.

Take Home Resources

At the end of the learning lesson, participants will leave with the following take home resources:

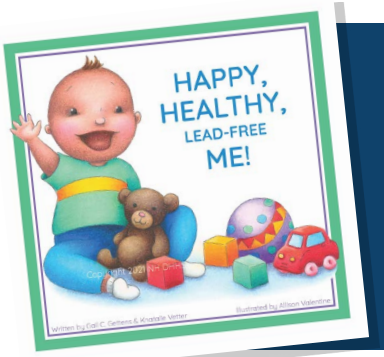
For Adults

- How to Clean Your Aerator fact sheet.
- Adult Exposure to Lead fact sheet.
- Know the Facts fact sheet.
- Home Plumbing Checklist fact sheet.
- Get Ahead of Lead fact sheet.
- Jar gripper (helps loosen aerator).

For Children

- Care for MI Drinking Water Youth activity kit.
- Be a Lead Superhero coloring sheet.
- Be a Lead Superhero maze activity sheet.

MDHHS
Michigan Department of Health & Human Services



Lead Safety: Happy, Healthy, Lead-Free Me Learning Lesson

Description

An educational story time reading for young children and their families. The whole family can listen together to the story that will prompt discuss and information sharing about where sources of lead can be found in the home, how to do repairs within the home, best cleaning practices, and how to get a blood test to see if there has been a recent exposure to lead. The instructor will also share the resources that will go home with the participants and will be available at the end of the lesson for questions.

Age Group(s)

This activity is best conducted with ages two to four years old and a guardian.

This activity can also be conducted with ages five to seven years old and will use the "Happy, Healthy, Lead-Free Me" to prompt conversation about reducing your risk of lead exposure.

Participant Learning Objectives

Through this learning lesson, participants will learn:

- Where lead can be found in the home.
- A blood test can be done to find out if someone has had a recent exposure to lead.
- Things to do in the home to reduce the risk of lead exposure.

Learning Lesson Length

This lesson is approximately 30 minutes long. The instructor will be available at the end of the lesson for questions.

Take Home Resources

At the end of the learning lesson, participants will leave with the following take home resources:

For Adults

- Know the Facts fact sheet.
- Pregnant and Breast-Feeding Persons fact sheet.
- Childproof Home Improvements fact sheet.
- Homeowner and Tenant Guide fact sheet.
- Serve Up a Healthier Future brochure.
- Jar gripper.
- Pen.

For Children

- Be a Lead Superhero maze activity sheet.
- Be a Lead Superhero coloring sheet.

MDHHS
Michigan Department of Health & Human Services