

Facts4Life Activity Mat

Check In Activity

If a balloon modeller was at a party, what model would you ask them to make for you and why?

Draw the balloon model that you'd like – you may even want to model it for real if you have modelling balloons!



Brilliant Bodies

Watch this Facts4Life video on Allergies then answer the questions.

<https://www.youtube.com/watch?v=wSSWMjW6lgk>

How many people are affected by allergies?

Why do scientists think that more people are developing allergies?

What is an allergy and what different types of reaction might people have?

What is an allergen? Name some.

There are some factors that seem to make allergies more likely, what are they?

What can help people to manage their allergy symptoms?

Lots of different bugs in our bodies seems to be good for our health. What can we do to 'collect' a variety of healthy bugs?

Further Facts4Life research:

'Smoothing the path': The **micro human biome** is the name given to the collection of bugs in and on our bodies. Scientists are discovering how important this collection of bugs is in helping us to be healthy. See what you can find out about it.



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Puzzle Time!

- allergies
- allergen
- environment
- reaction
- symptoms
- sneeze
- runny nose
- itchy
- eyes
- skin
- bugs
- health



Take Notice

We're going on a smelly hunt!
Search around your house or outdoor space for 10 different smells. Choose carefully (and safely of course) as some smells are best avoided!

For more activity ideas, visit <https://facts4life.org/for-parents-carers/>

