



**CLEAN AIR PARTNERS**

# **AIR QUALITY EDUCATION RESOURCE GUIDE**

**A TEACHER'S GUIDE TO CREATING  
ENVIRONMENTAL STEWARDS**

When we educate young people about the importance of clean air, we empower them to help solve problems in their community.



# ACTIVITY GUIDANCE FOR SCHOOLS

## REGULAR PHYSICAL ACTIVITY PROMOTES HEALTH AND FITNESS.

This can pose a challenge when the air is unhealthy to breathe.

The U.S. Environmental Protection Agency has provided **guidelines** as to when and how to modify outdoor physical activity based on the Air Quality Index. These guidelines can help protect the children's health, who are more sensitive than adults to air pollution.

Clean Air Partners provides local air quality information to help you determine the following:

- If it's safe to play outside, or if playing games or exercising indoors is the safer choice.
- How long to play outside.
- What time of day to play outside.
- What kinds of activity to engage in outside.
- What level of intensity of play is safe to engage in outside.
- If special considerations need to be given to students with asthma or other respiratory problems.



# CURRICULUM AND LESSON PLAN IDEAS

IN ADDITION TO CLEAN AIR PARTNERS' [ON THE AIR CURRICULUM](#), THE FOLLOWING ARE A VARIETY OF LESSONS FROM AROUND THE COUNTRY.

## Elementary School

[Up in the Air](#)

[Air, Air Everywhere](#)

[The Adventures of Clair and Cam](#)

[Climate Change Basics](#)

## Middle School

[The Storm Project - Middle School](#)

[Air Quality Youth Education](#)

[Michigan Environmental Education](#)

[Air Pollution - What's the Solution?](#)

## High School

[The Storm Project - High School](#)

[It's Our Air](#)

[Michigan Environmental Education](#)

[Air - The Search for One Clean Breath](#)

VISIT THE [CLEAN AIR PARTNERS WEBSITE](#) FOR MORE TIPS TO PROTECT YOUR HEALTH AND IMPROVE THE AIR.

