CAMP KID SCOOP FIT & FUN SUMMER! .com
SMART FUN IN THE SUMMERTIME
THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
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LOVE THE SKIN YOU'RE IN!

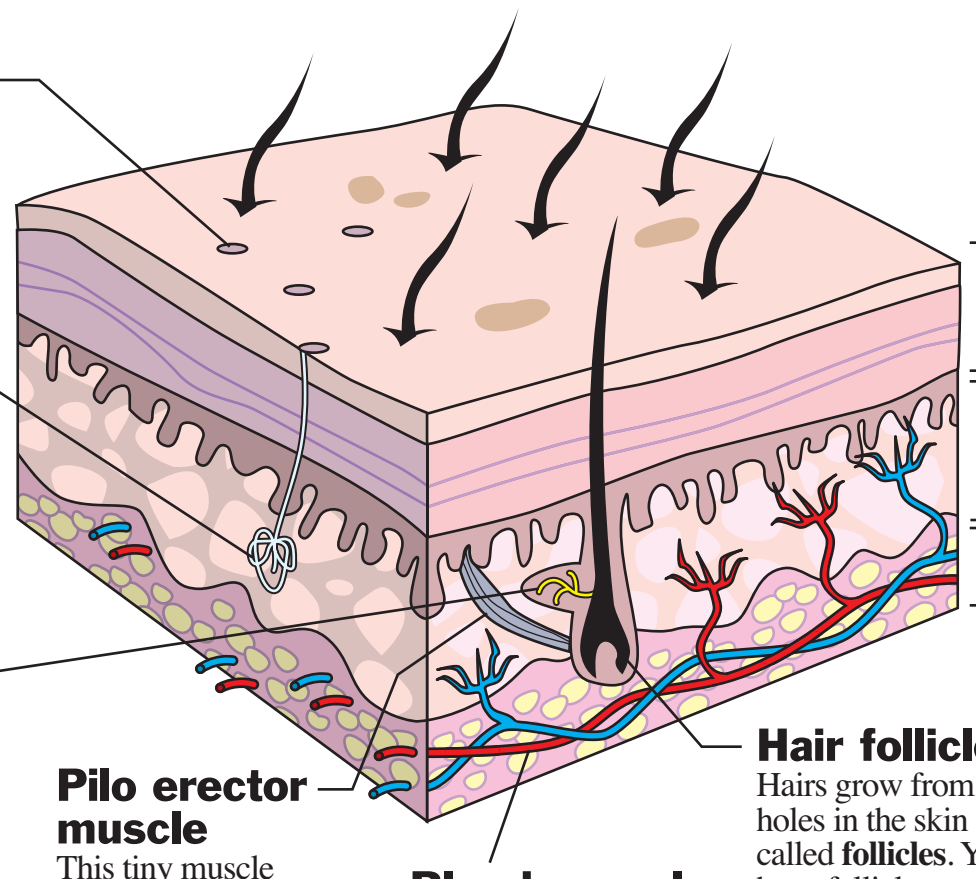
Take a good look at your skin. The surface of your skin will flake off and be gone soon.

Every minute you lose 30,000 to 40,000 dead skin cells off the surface of your skin.

Your skin is always making new skin cells that rise to the top to replace the old ones.

A close look at your skin

Your skin is made up of two layers, the *epidermis* and the *dermis*.



Pores
When you get hot, your **pores** open and sweat comes out. You cool off when the sweat evaporates.

Sweat gland
This gland produces sweat, also known as **perspiration**.

Oil gland
Your **oil glands** make oil that keeps your skin moist and soft. Too much can clog a pore and make a pimple.

Pilo erector muscle
This tiny muscle attached to each hair follicle makes hairs stand up when you get goosebumps.

Blood vessel
Each square inch of human skin consists of twenty **blood vessels**.

Hair follicle
Hairs grow from holes in the skin called **follicles**. You have follicles on almost every part of your body.

Epidermis
The epidermis is the top layer of skin. It waterproofs your body and keeps germs out.

Cells in your epidermis make something called **melanin**. Melanin gives skin its color. Patches of skin with extra melanin are called **freckles**.

Dermis
This thicker layer of skin has **blood vessels**, **sweat glands**, **hair roots** and **nerve endings** which let you sense pain, touch, heat and cold.

Subcutaneous tissue
This is a layer of fatty tissue under the dermis which helps your body stay warm.

Standards Link: Life Science: Students know that living organisms have distinct body systems that solve specific functions in survival.

Extra! Extra! Skin Dot-to-Dot

Find the letters that spell each of the following words on one page of the newspaper. Use different color crayons to connect the letters in order to spell each word.

epidermis
dermis
follicle
gland
vessel
freckle
skin
melanin

Standards Link: Spelling: Spell grade-level appropriate words correctly.

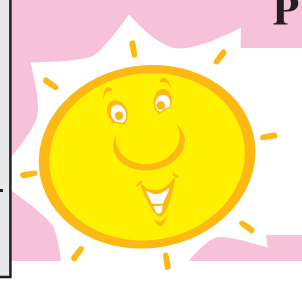
Fuzzy Facts

Which parts of your body don't have hair? Unscramble these words to find out.

L E S S O F O T E F E

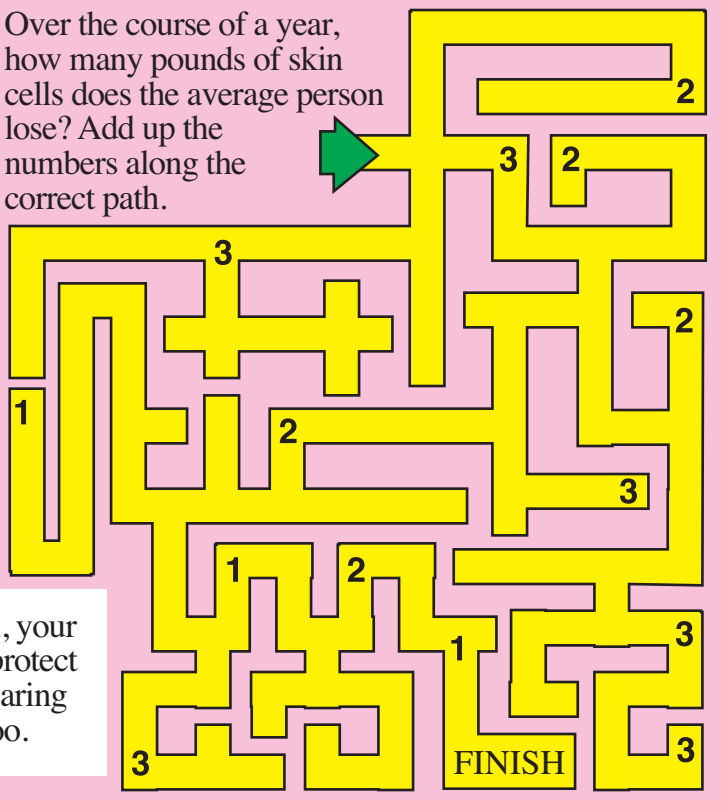
S L A P M F O S H A D N

P I L S



When you go out into the sun, your cells make extra **melanin** to protect you from getting burned. Wearing sun screen is important, too.

Over the course of a year, how many pounds of skin cells does the average person lose? Add up the numbers along the correct path.



Kid Scoop Puzzler

Humans have skin, but so do other living things. Draw a line from each living thing to the name of its "skin."

trees	husk
egg	peels
bananas	bark
horses	pod
peas	shell
coconut	rind
melon	hide

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

EPIDERMIS
FLAKE
FOLLICLE
TISSUE
PORE
GLAND
VESSEL
MELANIN
NERVE
LAYER
MOIST
SWEAT
SKIN
CELLS
PIMPLE

Find the words in the puzzle. Then look for each word in this week's Kid Scoop stories and activities.

L	P	M	O	T	A	E	W	S	N
L	I	O	M	E	L	A	N	I	N
E	M	I	V	E	T	T	K	M	E
S	P	S	H	I	R	S	E	R	R
S	L	T	S	D	E	S	K	E	V
E	E	S	N	I	Y	R	K	D	E
V	U	A	N	S	A	A	O	I	K
E	L	C	I	L	L	O	F	P	I
G	N	N	Y	F	S	L	L	E	C

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop Together: Proof It!

*Are you an eagle-eyed reader? Read the articles below and correct the **eight spelling and grammar errors** you find. The first one is done for you. Then, rewite the article correctly.*

Amazing Skin Heals Itself

Little bits of your epidermis rub off all the times. (time) When you dry yourself with a towel, scratch an itch or even when someone tickles you, deed skin cells fal off your body.

When you fall and scrape your nee or get scratched by a branch, your epidermis gets damaged. Underneath the epidermis, you can sea your pink dermis layer.

Soon, a scab will form, which will act like a shield to keep out gurms. After new epidermis sells have grown, the scab will fall off and you will have grow a new layer of healthy skin.

Standards Link: Writing: Edit text to check for correct spelling and grammar.

Kid Scoop VOCABULARY BUILDERS

This week's word:
EVAPORATE

The verb **evaporate** means to disappear without being seen to go or to change into vapor.

The puddle began to **evaporate** after the hot sun appeared in the sky.

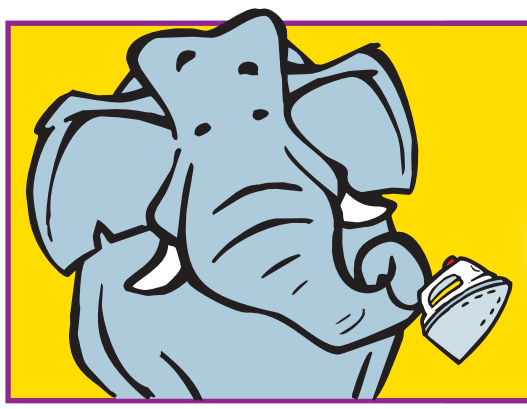
Try to use the word **evaporate** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Beauty Is As Beauty Does

This old saying means that good deeds are more important than good looks and that you become beautiful by acting in a beautiful way. Look through the newspaper for examples of these words of wisdom.

Standards Link: Research: Use the newspaper to locate information.



Why are elephants so wrinkled?

ANSWER: Ever try to iron an elephant?

Write On!

I'm Proud of My Skin

Think of five or more positive adjectives that describe your skin. Write a paragraph that proudly describes your skin.