

Migrant Out of School Youth Mini-Lesson

Lesson Format: MEP staff conducts a 10 minute lesson on each of the 4 topics listed below. The MEP staff takes out each item, defines what it is, demonstrates how it is used, describes the purpose of the item, and engages in a conversation with the OSY about the items and what their experience is with them. Once all 4 topics and all items have been completed, the MEP staff schedules a follow-up lesson to review and to offer other resources.

Lesson Procedure:

MEP Staff:

- Introduces themselves
- Gathers the parents/OSY's into a small group (one on one teaching is also ok)
- Takes out and discusses backpack/laundry bag and contents – checks for prior knowledge
- **Defines, describes, and demonstrates, the backpack/laundry bag and its contents

Discussion Questions:

1. Have you used these items in the past? Were they helpful?
2. Why is having good health so important?
3. What are some ways that you plan on using these items? How frequently?

Summarization Questions:

1. What is something new that you learned from this lesson?
2. Which item will be most useful to you? Why?
3. What other resources can we help you with?

Conclusion: Thank-you for participating. The backpack/laundry bag and its contents are yours to use. Here is my contact information in case you need anything else. We will follow-up with you to see if there is anything else we can help you with and to answer any other questions that you may have. Thank-you.

All materials in this backpack are for your use. Please use them. We hope that they are useful to you. Please contact us if you have any questions. 863-534-0656



I. Educational Materials

Key Idea: Improve your English skills and use educational resources

A **backpack** is used to carry educational or personal items in. The straps go over your shoulder to help keep the weight of the backpack balanced. If kept in good condition, it can be used for many years.

Pens, pencils, and pencil sharpeners are used for writing. They can be used for writing letters, notes, or documents.

Notebooks are used to take notes or to write letters. They can also be used as way to keep a schedule or journal.

A **calculator** is used to calculate work hours, pay, or other real-life math questions.

A Spanish/English **dictionary** is used to help translate a word from Spanish to English. It can help you study English and to learn common words and phrases in English.

A **magazine** is included. It is in Spanish. Magazines are full of important information. Please read the magazine – you will learn something new.

The **Resource Guide** offers health, education, and transportation information in Polk County, Florida. It has contact information for clinics, schools, programs, English classes and other community centers. Please use these resources.

A **document holder** is used to put your identification and other important papers in for safe keeping. This will help prevent losing these documents and you can keep them with you at all times.

II. Personal Hygiene

Key Idea: Have pride in your health and appearance



A **comb** is used to keep hair brushed and neat. It is common to brush your hair after a shower or before leaving home to go shopping or to attend a meeting/interview.

Shampoo is used for washing hair. It is important to wash your hair with shampoo to keep it clean and to prevent dandruff and an oily appearance.

Soap is used to wash the body. It is important to wash your body to keep it clean and to prevent rashes, bacteria, and body odor. Washing your hands is very important to help prevent getting sick.

Deodorant is used under the armpits. Its purpose is to prevent body odor and can be applied after taking a shower.

Hand Sanitizer is used on the hands. It is used to get rid of germs on your hands that can make you sick.

First Aid Kits are used for minor injuries like cuts, sore ankles, or sore wrists. The band aids are used to cover cuts and sores. The bandages are used as a wrap to support sore ankles or wrists.

Tissue is used for wiping your nose. It is travel size so you can carry it in your pocket.

Disposable Razors are used for shaving your face (men) or your legs and armpits (women). It is best to use razors with a shaving cream to prevent skin rashes.

III. Dental Health

Key Idea: Keep your teeth and gums healthy



Toothbrush and **toothpaste** are used to brush your teeth to keep them clean. A person should brush their teeth at least once a day when possible. After brushing your teeth, use water to rinse your mouth and spit.

Dental floss is used to clean between your teeth. Floss cleans the areas of your teeth that the tooth brush cannot reach. Having clean teeth is important for your physical appearance and for preventing gum disease.

IV. Work-related Health



Key Idea: Prevent migrant-work related health issues

Sun block is used to prevent sun burns. The most susceptible parts of the body for sunburns are the arms, hands, neck, face, and ears. To be effective, sun block must be applied on the needed areas when the skin is dry and before exposure to the sun.

A **hat** is used to prevent sun burns. Even if you have sun block on, a hat can provide added protection from the sun and can keep the sun out of your eyes.

Work gloves are used to prevent blisters, cuts, and from getting pesticides on your hands. Your hands will stay in better health when work gloves are used.

A **long-sleeved shirt** can be used to prevent sunburns on your shoulders and back, to prevent cuts and sores on your body, for warmth, and to help prevent pesticides from getting on your skin.

A **rain poncho** is used to keep rain off your body. It can be worn over your shirt. There is a hood to keep rain off your head. Staying dry is important to prevent getting sick in wet weather.

Safety Glasses are worn over your eyes to keep pesticides and other debris from getting in your eyes. Keeping your eyes free from injury is important so you can perform your job duties without eye pain or interference.

Socks are to wear on your feet. They help prevent blisters from your shoes and can provide warmth and comfort as you are working.

Insect repellent is used to keep mosquitoes and other insects off your body while you are working. It is typically used on areas of the body with no clothing coverage like your arms, hands, neck, ears and face. Insect repellent should be kept away from your eyes and mouth.