**Why Should I Play Inside Today? Activity Sheet**

**Additional Resources**

**Additional activities to do with children**

***Make a DIY air purifier:***

<https://www.epa.gov/system/files/documents/2023-08/DIY%20Air%20Purifier%20Infographic_508%20Compliant.pdf>

See also (instructions available in English and Spanish): <https://envhealthcenters.usc.edu/infographics/infographic-diy-air-filter>

***Read or listen to a wildfire picture book:***

“Why is Coco Red” Wildfire smoke picture book, EPA (available in multiple languages) <https://www.airnow.gov/education/why-is-coco-red/>

***Create a clean room:***

Create a Clean Room to Protect Indoor Air Quality During a Wildfire, EPA, [www.epa.gov/indoor-air-quality-iaq/create-clean-room-protect-indoor-air-quality-during-wildfire](http://www.epa.gov/indoor-air-quality-iaq/create-clean-room-protect-indoor-air-quality-during-wildfire)

**Other resources**

***How to talk to a child about disasters:***

Talking to children about wildfires and other natural disasters, American Academy of Child & Adolescent Psychiatry, <https://www.aacap.org/App_Themes/AACAP/Docs/resource_centers/disaster/resource_group/resources/parents/Talking-Children-about-Wildfires-and-other-Natural-Disasters.pdf>

***To learn more about wildfires and children’s health:***

Children’s Health and Wildfires, Pediatric Environmental Health Specialty Units <https://www.pehsu.net/Children_s_Health_Wildfires.html>

Smoke-Ready Toolbox for Wildfires, EPA <https://www.epa.gov/air-research/smoke-ready-toolbox-wildfires>

Fires and Your Health, AirNow.gov <https://www.airnow.gov/air-quality-and-health/fires-and-your-health/>

Children’s Health and Wildfires: A Resource for Families, EPA, <https://www.airnow.gov/publications/wildfire-guide-factsheets/protecting-children-from-wildfire-smoke-and-ash/>

E-Book on Wildfire Health Impacts, CDC, <https://wspehsu.ucsf.edu/wp-content/uploads/SoH_Sofia_WildfireHealthEffects_TrainingModule.pdf>

***Ways to protect yourself and children:***

Protecting yourself from wildfire smoke, California Air Resources Board <https://ww2.arb.ca.gov/smokereadyca>

How wildfire smoke affects your body, CDC, <https://www.cdc.gov/wildfires/risk-factors/>

Wildfire Smoke and Children, CDC, <https://www.cdc.gov/wildfires/risk-factors/wildfire-smoke-and-children.html>

Steps to protect babies and children from wildfire smoke, Washington State Department of Health <https://doh.wa.gov/sites/default/files/legacy/Documents/4300/Smoke_sensitive%20populations%20Babies%20and%20Children_English.pdf?uid=64c141640d1c6>

Protecting Children's Health During and After Natural Disasters: Wildfires & Volcanic Ash, EPA, <https://www.epa.gov/children/protecting-childrens-health-during-and-after-natural-disasters-wildfires-volcanic-ash>

What to do when wildfire smoke is affecting your area, New York State Children’s Environmental Health Centers, <https://nyscheck.org/outdoor-air-quality-wildfire-smoke/>