

IT'S JUST SKIN, SILLY!

DISCUSSION GUIDE

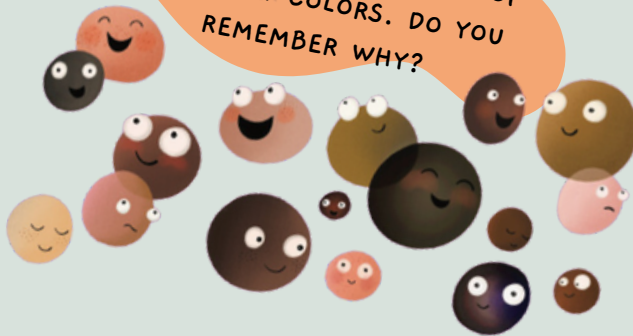
HI! IT'S ME, EPI! LET'S TALK ABOUT EVERYTHING YOU'VE LEARNED FROM MY TOUR OF OUR SKIN!



BEFORE WE MET, DID YOU EVER THINK ABOUT YOUR OWN SKIN? DID I CHANGE YOUR MIND ABOUT ANYTHING?



OUR SKIN COMES IN LOTS OF DIFFERENT COLORS. DO YOU REMEMBER WHY?



WHAT DID YOU THINK ABOUT YOUR SKIN COLOR BEFORE YOU READ THE BOOK? WHY?



WHAT ARE SOME OF THE THINGS THAT YOUR SKIN DOES FOR YOU?

DID YOU KNOW?
SKIN IS THE LARGEST ORGAN IN THE BODY!

WHY DO YOU THINK THE STORY IS CALLED, IT'S JUST SKIN, SILLY?

WHAT IS ULTRAVIOLET RADIATION AND WHY IS IT IMPORTANT TO EPI'S STORY?



WHAT HAPPENS TO YOUR SKIN WHEN IT'S IN THE SUN?

WHAT DO YOU LIKE MOST ABOUT EPI?



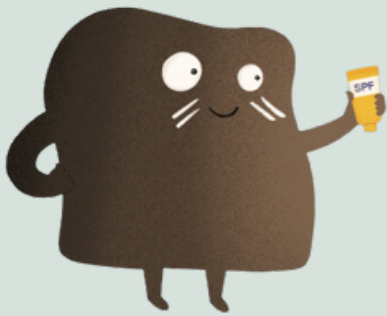
IF EPI HAD A VOICE, WHAT WOULD IT SOUND LIKE?

HAVE YOU EVER LET SKIN COLOR CHANGE THE WAY YOU BEHAVE OR ACT TOWARDS OTHERS? WHY?



DO YOU REMEMBER? WHAT IS MELANIN?





TAKING CARE OF YOUR SKIN



EAT FOODS THAT KEEP YOUR SKIN IN TIP-TOP CONDITION LIKE CITRUS FRUITS, WHOLE GRAINS, AND GREENS



SOAK UP THAT VITAMIN D! GO ON A WALK. HEAD OUTSIDE TO EXPLORE. SIT OUTSIDE TO READ. EAT VITAMIN-D- RICH FOODS LIKE FISH, DAIRY, JUICE, AND EGGS



ALWAYS USE SUNSCREEN OUTDOORS



(WRITE SOMETHING ELSE YOU DO TO TAKE CARE OF YOUR SKIN!)

HOW DOES OUR SKIN HELP TO KEEP US COOL?



WHAT ARE SOME THINGS YOU'VE HEARD GROWN-UPS SAY ABOUT SKIN COLOR? HOW DID THAT MAKE YOU FEEL?

WHAT ARE THE MAIN WAYS THAT OUR SKIN DIFFERS FROM THAT OF OTHER MAMMALS?



DID YOU KNOW?
SKIN COLORS BEGAN TO CHANGE WHEN PEOPLE MOVED TO PLACES THAT HAD LESS INTENSE SUNLIGHT!

WHAT DO YOU LIKE MOST ABOUT YOUR SKIN?

