

Dear Family,

In my class today, we learned about our skin.

Did You Know?

- The skin is an organ. It is the largest organ in the body. The human body is covered by skin. The skin is stretchy. It has many important jobs. The skin protects the body. It keeps muscles, organs, and fluids inside the body. It keeps germs and dirt from getting inside the body. The skin is waterproof. Water slides off the skin. The skin can tell the temperature of things. It tells the body when it has been hurt. The skin can repair itself.
- The skin has three layers. The outer layer is the one we see. It is called the epidermis. This layer makes new skin. The next layer is called the dermis. This is where the sense of touch is. When something is touched, the dermis sends a message to the brain. The brain tells you what to do. The third layer is called the subcutaneous layer. This layer keeps you warm and protects you from bumps. All of these layers work together to protect you and keep you comfortable.

Ask Your Child:

- Tell me what your skin looked like under the magnifying glass.
- Describe how the skin on your hands looked different from the skin on your arm.
- Explain something that is special about your skin.
- Tell me how to take care of your skin.

Activities To Do With Your Child:

- With your child, compare the skin on your hands with the skin on your elbows, knees, or the bottoms of your feet. Discuss how the skin is the same and how it is different.
- Have your child touch a piece of ice and put their other hand in room temperature water. Discuss how this feels on the skin.
- Drop some water on your hands and your child's hands. Discuss how the skin is waterproof.

Vocabulary To Use With Your Child:

- **skin** – the thin outer covering of the body.
- **body** – the physical parts that make up a person or an animal.
- **magnifying glass** – a lens that makes objects seen through it larger.
- **epidermis** – the outer nonsensitive layer of the skin.
- **dermis** – the layer of the skin beneath the epidermis.
- **subcutaneous** – the layer that is under the skin.