

My Feet Hurt

Health Content Area: Learning about ingrown toenails and the proper care of your feet.

Grade Level: K-5

Goals:

Students will learn the cause, symptoms, treatment and prevention of ingrown toenails.

Students will understand the importance of selecting shoes that fit properly.

Objectives:

Students will learn to practice health enhancing behaviors that promote proper care of their feet.

Students will comprehend concepts related to health promotion and disease prevention.

Students will recognize common health problems related to feet.

Students will learn strategies to improve and maintain personal health.

Students will achieve health literacy.

Materials:

Picture Book Ingrown Tyrone by Tolya Thompson

White Drawing Paper 12" x 24"

Markers

Crayons

Colored Pencils

Procedure:

1. Initiate background information by asking students what they know about ingrown toenails.
2. Introduce the book, Ingrown Tyrone .
3. Discuss the cover.
4. Read the story and tell them you are going to ask questions about it after.
5. After reading, Ask: What is an ingrown toenail? Answer: When a toenail is ingrown, the sides or corners of the nails curl down and dig into the skin and the skin grows over the nail, causing, swelling, pain, and redness.
6. Ask: What causes an ingrown toenail? Answer: Many things can cause ingrown toenails, the major causes are shoes that don't fit well and improperly trimmed toenails.
7. Ask: What is the best treatment for a painful ingrown toenail? Answer: Soak the feet in warm water. Dry them thoroughly with a clean towel. Apply a mild antiseptic to the area, bandage the toe. Remember to wear shoes with adequate room for the toes.

Activity:

1. Pass out 12" x 24" white drawing paper.
2. Have students fold it in half, lengthwise.
3. Have them draw a foot with toes on each side at least 8 inches high and 3 inches wide.
4. Label one side, "A Healthy Foot"
5. Next, have them draw the proper way to have their toenails cut. (Straight across, not at an angle). Label
6. On the "Unhealthy Foot," have them draw improperly cut nails, (Label). Draw corns, (Label). Draw toes that look red and swollen, put on band-aids.

Assessment:

1. The next day have students list 3 things they learned about taking proper care of their feet from the story Ingrown Tyrone.
2. Have them write a descriptive paragraph telling in detail what it feels like when their feet hurt.
3. Illustrate their favorite part of the story. Write a sentence to go with it.

Academic Standard: Health

This lesson adheres to National Education Standards in grades K-5.