THE AWESOME **POWER** *of* HYDRATION

Bonus Lesson

CLOSE UP WITH YOUR SKIN

Did you know your skin isn't a completely smooth surface? Depending on the level of dryness, the age of your skin, or location on your body, skin can look quite different. Let's see these fascinating differences close up using a microscope!

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PART 1: EXPLORE YOUR SKIN USING A MICROSCOPE.

STEP 1:

Download the microscope software.

Insert the CD enclosed in the microscope box into your computer's CD drive or go to **https://www.amscope.com/software-download** and scroll down to find your UTP Series Microscope. This will allow you to share the images you take with your class both in the classroom and virtually.

STEP 2:

Explore the back of your hand with the microscope.

The image from your microscope should be showing on your screen. Your skin isn't 100% smooth; you will see its unique texture and even wrinkles, blood vessels and hairs. Play around with the light intensity and magnification to see these different details.

STEP 3:

Take a picture of the skin on the back of your hand.

(This will be important for Step 5!) Talk about what they're seeing in the microscope. The surface of skin is actually made of dead skin cells. Your body is always making new skin, and the new skin pushes out the old skin. This process keeps your skin healthy and strong and allows small scratches and injuries to heal.

STEP 4:

Move the microscope around to other parts of your body.

Try your elbow, the skin between your thumb and finger, and your wrist. What you see should change depending on the area and how dry your skin is – the drier it is, the more loose skin cells and flakes you'll see.

OLAY

#FaceTheSTEMGap

STEP 5:

Rub a dime-sized amount of Olay moisturizer into the back of your hand.

This should be the same spot you took a picture of earlier. Wait for one minute to let the product absorb into skin and then explore your just-moisturized skin with the microscope. What does it look like now? What changed? Take a picture and compare the two images.

FOR IN-PERSON CLASSES:

Show the images on a large TV screen or projector.

FOR VIRTUAL CLASSES:

Show the images using your video-sharing software.

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PART 2: DRAW WHAT YOU SAW.

Set a timer for 3 minutes. Ask your students to draw what they saw. When the timer goes off, they can share what they noticed.

Students are encouraged to observe their own skin as well as the skin magnified by the microscope. Everyone's drawing will be unique, just like their skin!

All of our science doesn't fit in this box!

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