

# Assembly – Notes for Teachers

## Notes for teachers:

This assembly can be used with a single class or a larger group, as an introduction to Freedom to breathe. There is a lesson which follows the assembly and builds on the students' learning. The Freedom to breathe teaching resources have been developed by educational professionals and will achieve three key learning outcomes.

## Students will:

1. Understand the state of air quality in their city, and how it compares to other cities.
2. Understand the health impacts of air quality on their physical health, mental health and their ability to learn.
3. Understand how they can claim their right to clean air by understanding what the UN Convention on the Rights of the Child is. It is focused on their rights to the best possible health, clean water and a clean environment (article 24), but does not include the explicit 'right to clean air.'

**Curriculum links:** Lesson plans linking to various subjects, have been developed for Classes 5-6 and 7-8

**Freedom to breathe** aims to gather the support of 20,000 children from four target cities (starting with Beijing, Delhi, London, Los Angeles) - in support of a call to the UN to acknowledge Children's Right to Clean Air. Students will have the opportunity to join a virtual event in November to hear the response from the UN.




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**Curriculum links:** this primarily links to the EVS, Science, Social Science, along with links to Languages and Art & Craft aimed at grades 5 to 8.



# Freedom to breathe



What are the  
things we  
need to live a  
**happy and  
healthy life?**

**PAUSE POINT**

 Freedom to breathe

For each question, there is 30 seconds time allotted with timer included on the slides. Ask students to put their responses in 30 seconds on scrap paper and show it or use chat function available in online platform.

**Food**

**Clean Water**

**Sleep**

**Warmth**

**Shelter**

**Fun!**

**Exercise**

**What are the things we need to live a happy and healthy life?**

**PAUSE POINT**

**Freedom to breathe**

Mention few points emerged from the responses from students.

# How about clean air?



You may have got lots of ideas from students. Now discuss with students..... but how about clean air? We need to breathe to stay alive! We're constantly breathing, even in our sleep. Clean air is critical to life and essential for our health and development. Unfortunately the air we breathe can be polluted, both indoors and outdoors.

# What do you know about air pollution?



 Freedom to breathe

## PAUSE POINT

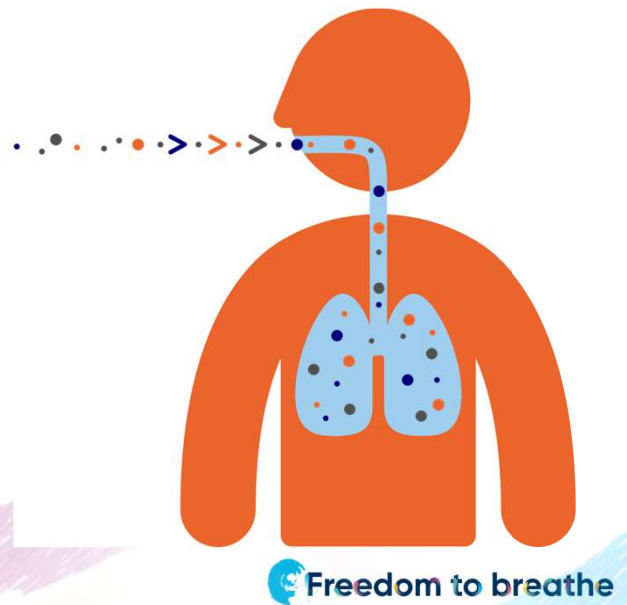
Ask students now, what do they know about air pollution? What things might make it polluted?

Ask students to put their responses on scrap paper and show it or use chat function available in online platform.

Air pollution is in the air that we breathe in.

The particles and gases enter our bodies and can damage our health and physical and mental development.

Air pollution can be indoors and outdoors.



 Freedom to breathe

Clean air is important as we need to breathe in order to survive! Even in our sleep we are breathing. Sadly sometimes we may breathe in polluted air.

Read slide

Air pollution and the particles that we breathe in are often very small and most of the time, you can't see them at all. They are quite often smaller than a single piece/strand of your hair!



Any amount of air pollution can be damaging to our health and physical and mental development, but the more that you are exposed to, the bigger the risk and the larger the impact it can have.



**Read slide**

Air pollution is often very small and most of the time, you can't see it at all. It's smaller than a single piece/strand of your hair!



## Can you guess where air pollution comes from?

Try to finish the sentences:

- **Indoor** air pollution is caused by things like....
- **Outdoor** air pollution is caused by things like....

**PAUSE POINT**

 Freedom to breathe

Ask students to put their responses on scrap paper and show it or use chat function available in online platform.

## Indoor air pollution is caused by...

Cooking - gases and particles are released when food is cooked.



Release of smoke from things that are burnt in the home e.g. cigarettes and incense sticks.



Chemicals in cleaning products, craft materials, or personal care products (eg body sprays) that are released into the air. These harmful gases are called volatile organic compounds (VOC)



Dust, mould and bacteria.



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Indoor air is often more polluted than outdoor air. Indoor air pollution can be on average 2-5 times more polluted than outdoor air, due to the wide range of indoor pollutants and limited air flow.

For more information on impact of indoor and outdoor air pollution

<https://www.downtoearth.org.in/news/air-pollution-killing-620000-indians-every-year-global-burden-of-disease-report--40316>

<https://science.thewire.in/health/air-pollution-infant-deaths-2019-study/>

# Outdoor air pollution is caused by ...

**Vehicles** such as cars, vans, trains, ships, planes release nitrogen dioxide & carbon monoxide & particulate matter into the air.



**Factories and power plants** that generate energy/electricity by burning fossil fuels, release harmful gases and particulate matter.



**Agricultural practices** like stubble burning emits fine particulate matter (PM2.5). Fertilisers & pesticides (chemicals) can cause pollution.

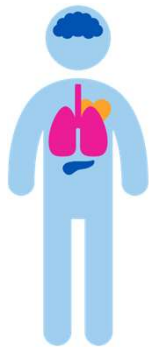


**Burning of waste, plastic, painted or treated wood** release toxic chemicals in the air

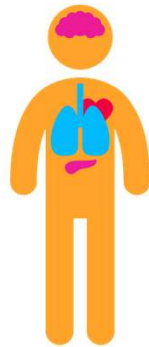


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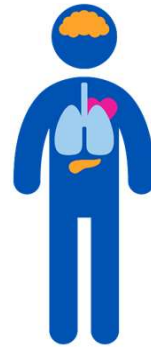
## How does air pollution affect us?



Air pollution can damage your **lungs** and impact your breathing.



Exposure to air pollution can affect your **brain** and therefore your ability to learn and your mental health.



Breathing in air pollution can impact your **heart** and cause future heart problems.

**PAUSE POINT**

 **Freedom to breathe**

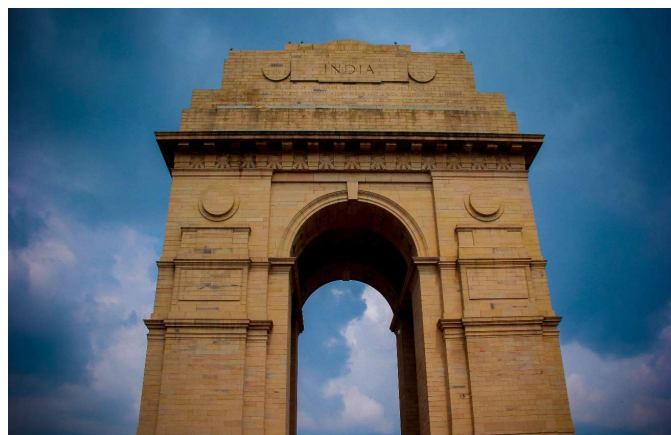
How does it affect us? What ideas do you have?

Additional information:

Polluted air is the number one environmental risk to humans. It affects all bodily functions / organs and therefore it affects physical and mental development and health. Children's bodies are more susceptible to this as they are still growing. Breathing in clean air is vital to help children live long healthy lives and realise their full potential.

## New Delhi

- Daily levels of toxic air in Delhi schools, which are often close to roads, are more than 10 times worse than acceptable standards.
- About half of the 4.4 million children who live in Delhi have serious lung damage.
- Recent lung tests conducted on 5,718 students in Delhi show that 43.5% suffer from “poor or restrictive lungs”.



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Additional links / information for teachers:

<https://gizmodo.com/indias-air-pollution-is-so-bad-its-causing-lung-damage-1707775668>

<https://www.orfonline.org/research/air-pollution-delhi-filling-policy-gaps/>

<https://yaleglobalhealthreview.com/2017/05/14/delhis-air-pollution-and-its-effects-on-childrens-health/>

**We can all help to make sure the air around us is cleaner.**

**What could you do?**

Hint: think about things you've done over the last week (e.g. at home/school, your journeys, your activities):

- Could you have done anything differently?
- Are you already doing something to help?



**PAUSE POINT**

We can all play a role to make sure we have cleaner air!

Think back to what you have done in the past week. What could you have done differently to make the air around you cleaner? Is there something you are already doing that you could share with the class to help other children too?

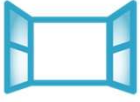
Maybe you could have walked, or cycled, or even used a scooter instead of taking a car?

Maybe take public transport instead of a car?

Maybe stop idling?

Open windows when cooking to let fresh air in, and close windows when there are lots of cars outside?

## At home



- Keep your windows open to let the fresh air in – especially when cooking or cleaning



- Switch to environment friendly or low VOC generating household cleaning and personal care products



- Talk to friends and family to create awareness on how some of our actions (like burning things, smoking) can affect indoor air quality



Here are a few examples – remember that the air we breathe is all around us – indoors and outdoors

## When travelling to places



- Walk, cycle, scoot or take public transport whenever you can instead of using your car



- Car pool with your friends



- Don't idle – ask your parents/adults to turn off their engines when the car isn't moving



Here are a few examples – remember that the air we breathe is all around us – indoors and outdoors



**Everybody can play a part to make sure  
we have cleaner air!**

There's something else we can do too...



Individually, with our friends and families, at home, at school, when travelling, talking about it in school and with others etc.

There's another thing we can do, but before I tell you about that, I want to return to our earlier discussion about what do we need to live a happy and healthy life and talk to you about something called a right

## What is a right?

Rights are important things which we **need** to live a happy and healthy life.

We talked about some of these earlier...

**PAUSE POINT**

 Freedom to breathe

'Rights are important things which we need to live a happy and healthy life'  
We may want certain things in life, but we definitely need some things to live a happy and healthy life. Unfortunately children around the world may not have the same things we do.

**What are the things we need to live a happy and healthy life?**

- Clean Air**
- Food**
- Clean Water**
- Warmth**
- Shelter**
- Fun!**
- Sleep**
- Exercise**

**PAUSE POINT**

**Freedom to breathe**

Reminder - this was our list and you might have thought of a few more too!

# Needs and wants

What is the difference?

## Need:

Something we must have to live a happy and healthy life

## Want:

Something we like but we don't need



We said that there are things we want and need – but what is the difference?

# Need or want?

What is the difference?

Video games  
Clean water  
Netflix  
Chocolate  
Hospitals  
Education

Clean Air?



**PAUSE POINT**

students vote whether each of these is a need or want e.g. hands up for a need and hands on table for a want (or similar voting mechanism)



The UN are a big and important organisation who

The UN says that children should have access to hospitals, clean water, healthy food, a good and clean environment and education.

But they do not clearly say that clean air is a right!



# Should Clean Air be a right?



Clean air is not explicitly listed as a children's right – do you think it should be?

Freedom to breathe aims to gather the support of 20,000 children from four target cities (starting with Beijing, Delhi, London, Los Angeles) - in support of a call to the UN to acknowledge Children's Right to Clean Air. Students will have the opportunity to join a virtual event in November to hear the response from the UN.

We are going to do some more activities to find out more about this and your teacher can then help you be a part of this call.



What can you do to make sure we have cleaner air?

What can we do to make sure we have cleaner air?

What can everybody do to make sure we have cleaner air?

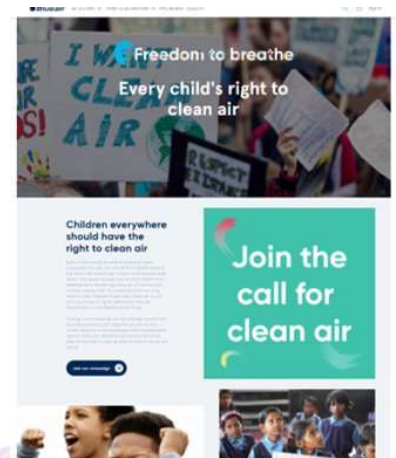


Remember, everyone can play a role in making sure we have cleaner air around us.

Have a think about what you can do, what we can do and what everybody can do – and bring your ideas to our lesson on this!

## The UNCRC does not explicitly state Clean Air should be a right.

- Do you think it should?
- Raise your hand if you agree.
- Your voice will be shared along with other children from Delhi, London, Beijing and Los Angeles to tell right people know you think clean air should be a clear right.



Visit: [www.blueair.com/in/freedomtobreathe](http://www.blueair.com/in/freedomtobreathe)

Follow us on Twitter: @Join\_Ftb #Freedomtobreathe



Ask students to raise their hands if they think there should be call to action for clean air being a right.

## What happens next?

- 20,000 children calling for the Right to Clean Air all over the world – starting in Beijing, Delhi, London & Los Angeles!
- Event in November bringing together the children's voices to the UN.
- Your ideas are really important – express yourself creatively using any of the methods:
  - Stories, poems, letters, songs
  - Artwork
  - Videos or photography (of actions and places, not people)



You may tell students a deadline for submission for entries. Please ensure any work shared does not contain images of people and students are only identified by their first name / age e.g. Luke, age 7, London or primary school student, age 10, London.

Send us all your school entries on [paryavaranmitra@ceeindia.org](mailto:paryavaranmitra@ceeindia.org) by 15<sup>th</sup> October 2021.



# Freedom to breathe