



## Let's stand up to standing water around buildings & homes.

### Volunteer Opportunities for Middle & High School Students

Students can help prevent the spread of Zika and other mosquito-borne diseases by taking action in their community. Mosquitoes can breed and multiply in as little as one teaspoon or bottle cap of water. Florida needs volunteers to find and clean up standing water where mosquitos breed. By donating their time, students can earn volunteer/community service hours. Advisors can organize student groups to canvas the school campus, visit local cemeteries, parks and other public areas and dump sources of standing water from pots, vases and other containers. Students can also offer to help neighbors, especially the sick or advanced in age, dispose of garbage or debris on their property that may hold standing water, clean gutters and repair screens on windows or doors where needed. Advisors and students can reach out to their local mosquito control office, county health department and county extension office to identify other opportunities for service hours.

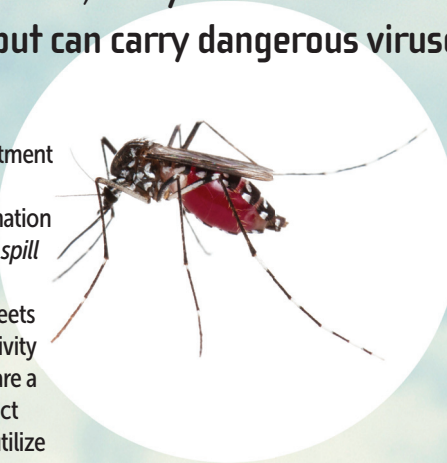
Advisors, find tools at [SpillTheWater.com](http://SpillTheWater.com)



# SpillTheWater.com

Teachers, each day you have the unique opportunity to educate Florida's children and safeguard their health and well-being. As your State Surgeon General, I want to work hand-in-hand with you to protect students from emerging health threats. Living in Florida, mosquitoes are seemingly part of our everyday life. **However, many children don't know mosquitoes not only make them itch, but can carry dangerous viruses like Zika and West Nile virus.**

To help teach kids about mosquitoes, the Florida Department of Health has launched Spill the Water!, a kid-friendly mosquito bite prevention campaign packed with information and resources that encourage students to cover up and *spill* sources of standing water around their home. We have developed a teacher tool and corresponding activity sheets for pre-K through high school. The teacher tool and activity sheets align with already established benchmarks. You are a valuable partner in our effort to teach kids how to protect themselves from mosquito bites and we hope you will utilize Spill the Water! resources in your classroom. We know that by teaching children we're also teaching their parents and communities. Thank you for all that you do for Florida's students.



**Celeste Philip, MD, MPH**

State Surgeon General and Secretary  
Florida Department of Health

Let's teach kids to use their powers.



**F**lorida Health has created [SpillTheWater.com](http://SpillTheWater.com) to educate young Floridians about preventing mosquito-borne illness: West Nile disease, Eastern equine encephalitis, St. Louis encephalitis and, most recently, Zika fever.

There are no vaccines to protect people from mosquito-borne illness so the best way to reduce everyone's risk is to avoid bites. When we get rid of standing water where mosquitoes breed, we have fewer mosquitoes and fewer bites! Covering skin with clothing or bug repellent, and draining standing water outside, are actions everyone can take to protect themselves, their family and their community.

**Be a hero.** Visit [SpillTheWater.com](http://SpillTheWater.com) for brain teaser activities, worksheets and more that can help familiarize students with mosquito-borne illness prevention. The resources highlighted in this brochure are designed to align with Florida Standards and integrate with CPALMS.



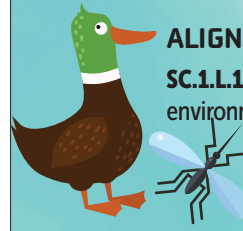
Use the **Spill The Water!** teacher tool in conjunction with [www.cpalms.org](http://www.cpalms.org).



# Elementary School

## Grade 1

**Mosquito Snacks** The Mosquito Snacks activity sheet is great for teaching kids how to use their senses to make observations about animals and plants. Can be used with the PBS video *What do Animals Eat?* to help students explore what different animals eat: [www.pbslearningmedia.org/resource/tdc02.sci.life.colt.eat/what-do-animals-eat/](http://www.pbslearningmedia.org/resource/tdc02.sci.life.colt.eat/what-do-animals-eat/)



**ALIGNS WITH:**  
**SC.1.L.14.1** Make observations of living things and their environment using the five senses.



# Pre-K & Kindergarten

**Be a hero. Spill the water!** DON'T BE A MOSQUITO SNACK! Before you go outside, have a grown-up help you cover up with a hero costume and invisibility bug spray!

**sounds like a bug!** Draw a line from each bug to the letter that makes its beginning sound.

A  
G  
B  
L  
M

**Be a hero. Spill the water!** DON'T BE A MOSQUITO SNACK! Before you go outside, have a grown-up help you cover up with a hero costume and invisibility bug spray!

**ouch or itch bugs?** Draw a circle around the bugs that make your skin ouch and draw a square around bugs that make your skin itch!

Tick  
Mosquito  
Caterpillar  
Flea  
Bee

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**scavenger hunt** STOP Mosquitoes from taking over summer! Find a thing that looks like water, has a shape like a circle, and is used to clean. The hero who has spotted the most water is the Stepper-Dipper Hero Supreme!

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**find the water** Mosquitoes lay their eggs in standing water. Can you find the things around the house that can hold water?

**Sounds Like a Bug** The teacher can read the names of the bugs pictured aloud and then have students select the letter that a bug's name begins with.

**ALIGNS WITH:**  
**LAFS.K.RF.3.3** Know and apply grade-level phonics and word analysis skills in decoding words.

**Ouch or Itch Bugs** Is helpful for teaching kids about insects that bite and sting. Nemours Kids Health has a breakdown of all insects mentioned on the activity sheet, including medical advice for potential allergic reactions: <http://kidshealth.org/en/kids/bug-bites.html?WT.ac=p-ra#>.

**Scavenger Hunt and Find the Water** Can be modified in the classroom for a lesson on shapes and relative position of the shapes in conjunction with the lesson. Teachers can use the actual objects pictured on the sheet or simply cut out the pictures and hide them around the classroom for the scavenger hunt.

**ALIGNS WITH:**  
**MAFS.K.G.1.1** Describe objects in the environment using names of shapes, and describe the relative positions of these objects using terms such as above, below, beside, in front of, behind and next to.  
**MAFS.K.G.1.2** Correctly name shapes regardless of their orientations or overall size.



# High School

## Grade 9–12

**Plants vs. Mosquitoes** Teachers can introduce this activity with a video to highlight facts about carnivorous plants: [www.youtube.com/watch?v=ktlGVtKdgwo](http://www.youtube.com/watch?v=ktlGVtKdgwo)

**ALIGNS WITH:**  
**SC.912.L.14.7** Relate the structure of each of the major plant organs and tissues to physiological processes.  
**ii. HE.912.C.1.3** Evaluate how environment and personal health are interrelated.

**Be a hero. Spill the water!** SAVE FLORIDA FROM MOSQUITOES! (SPILL STANDING WATER!) DON'T BE A MOSQUITO SNACK! Before you go outside, have a grown-up help you cover up with a hero costume and invisibility bug spray!

**plants vs. mosquitoes** Could carnivorous plants help control the mosquito population?

Viruses lay their eggs inside the body of their hosts.  
Bladders use to capture insects that mosquitoes feed on.  
Pitchers plants are carnivorous plants that trap and digest insects.

## Grade 6

**How Many Mosquitoes?** Did you know that many of Florida's native animals and insects love to eat mosquitoes? In fact, the eastern mosquitofish (*Gambusia holbrooki*), is an efficient and natural predator of mosquitoes—this little fish is known to eat as much as one and a half times its body weight in various invertebrate prey like mosquito larvae in a day. Mosquito control districts across the country use the eastern and western mosquitofish (*Gambusia affinis*) to help reduce mosquito populations.

**ALIGNS WITH:**  
**MAFS.6.EE.2.7** Solve real-world and mathematical problems by writing and solving equations of the form  $x + p = q$  and  $px = q$  for cases in which  $p$ ,  $q$  and  $x$  are all non-negative rational numbers.  
**i. HE.6.C.1.3** Identify environmental factors that affect personal health.

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If a mosquitofish can eat 1,000 mosquito larvae in an hour, and 3 mosquitofish are feeding for 3 1/2 hours, how many larvae can they consume?

Answer: 10,500 larvae!  
Learn more about Florida's native animals: <http://myfla.com/visit/FloridaWildlife>

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