

Enjoy the Countryside SAFELY

Biters and Bloodsuckers worksheet 1

LESSON PLAN / TEACHER'S NOTES

TOPIC: This lesson covers blood sucking insects and arachnids in Britain, focusing particularly on ticks, which are Britain's most dangerous mini-beasts.

AIM: For children to recognise biting bugs, avoid them, and know basic safety procedures if bitten.

It's very good for us to play outside. There are lots of beautiful plants and animals to see. Some of them are tiny!

1. Can you name these?

Let children work in mixed ability groups to label the bugs.



Horsefly



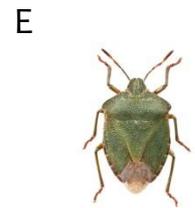
Centipede



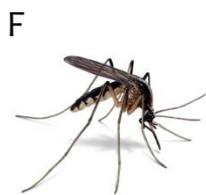
Peacock butterfly



Earwig



Green shield bug



Mosquito



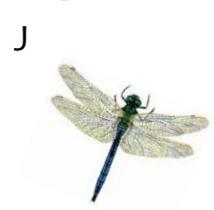
Tick



Ladybird



Tube Web spider



Dragonfly

Elicit answers from the children and write them on the board. Tell children to correct any spelling mistakes on their own worksheets.

Discussion: Ask the children if they have seen any of these bugs in the school grounds, their gardens, or out and about.

2. Draw a frame around the ones which can bite you.

Notes:

A. Horsefly - YES. Horseflies hang around ponds in forests and their bite is EXTREMELY painful! They look similar to other types of flies, but have very big eyes.

B. Centipede - NO. Foreign centipedes can bite, but British ones usually cannot bite hard enough to get through your skin.

C. Peacock butterfly - NO

D. Earwig - NO

E. Green Shield Bug - NO, but if you scare them they can release a terrible smelly substance on your hands! Their nickname is Stink Bug. Tell children that these insects change to a brown colour in autumn to match the leaves.

F. Mosquito - YES. Explain that in Britain their bites are very itchy but not dangerous, but in many countries they spread a very serious disease called "Malaria".

G. Tick - YES, they bite. They live by sucking blood from humans and animals and spread serious diseases.

H. Ladybird - YES, but very rarely. Their bite will not harm you but it can hurt.

I. Tube Web spider - YES. There are 650 species of spider in Britain and they can all bite, but most types very rarely do. Spider bites are very painful, contain venom and easily go septic.

J. Dragonfly - YES, but they only bite if you scare them. Their bite is not dangerous but it hurts a lot.

3. Which 3 bugs drink our blood? horsefly mosquito tick

Explain that:

- Some bugs bite us to defend themselves, but others bite because they need our blood for food.
- Mosquitoes and horseflies abroad can give people very serious diseases, but not in Britain.
- Ticks in Britain can spread a nasty illness if they bite us, called Lyme disease. It can make people very ill, and they need medicine to get better.
- Baby ticks can bite us too, even though they are as tiny as a pinhead or a poppy seed.
- Insects have 6 legs but arachnids have 8 legs.

Tell the children to look at the picture to see if ticks are insects or arachnids.

- Ticks are arachnids.

Ask children to if they can name other arachnids.

7. Draw 6 ticks on these pictures, showing where ticks like to bite people:

a) Behind our ears

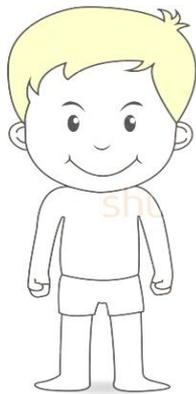
c) In our armpits

e) Between our toes

b) On our head and neck

d) Behind our knees

f) Under our waistband



Explain that:

- Ticks are like squeeze ketchup bottles full of germs. If we squash them or poke them, we might squirt their germs into us.
- Children should immediately ask an adult to remove a tick if they find one attached.
- The whole tick should be removed, because if the feeding parts are left behind, they could go septic.

Notes:

- Tick remover tools can be bought online or from pet shops, and the school first aid kit should include one.
- In an emergency, it is better to remove a tick with long fingernails than to leave it attached for too long. Infected ticks are far more likely to transmit disease if they have been attached for 16 hours or more.



8. DO or DON'T? Complete these instructions for removing ticks:

DO pull the tick out without delay.

DON'T brush the tick off with your hand.

DO use a tick remover tool or narrow pointed tweezers.

DON'T squash the tick.

DO pull the tick straight upwards.

DO clean the bite with disinfectant.

Notes:

- Lyme disease can take 3 days to 3 months to develop.
- In some people Lyme disease just begins like flu.
- Other symptoms can include numbness, mild twitching, pins and needles or paralysis in any part of the body, but often on one side of the face; persistent headaches and neck pain or stiffness; problems with eyesight or hearing, commonly hypersensitivity to light and/or sounds; memory problems and cognitive difficulties which would manifest and a noteworthy deterioration in school work and concentration; persistent tiredness which does not improve with rest.
- Lyme disease gives a lot of people a red rash where they were bitten, that slowly expands, and often has rings like a target.



- It can cause other problems, so they should see their doctor if they feel ill in any way after a tick bite. Visit www.CaudwellLyme.com/symptoms for more information.

9. When do you need to see the doctor? Fill in the gaps.

If I get bitten by a tick I might need to see the doctor if I get a fever, or feel as if I'm getting flu. I should see the doctor if I get a red rash that doesn't hurt or itch, especially if it slowly gets bigger or makes rings.

Follow-on activities/challenges

- ART: The children design and make awareness posters about tick bite safety. Give them pointers about layout, impact and the right balance of images and text.
- ART: The children make "WANTED" posters of Britain's most dangerous bug. What are its crimes and what special skills make it dangerous to the public? Show the children some examples of wanted posters to inspire them.
- ICT: Children choose their favourite insect or arachnid, research its lifecycle online and produce an information sheet about it, or give a presentation to the class.
- MATHS: Children select five bugs and conduct a survey among classmates to find out how many children have seen each bug in the local area, then make bar charts or pictograms of their results.

Remember to teach your family what you have learned today about how to enjoy the countryside safely!

To learn more, go to www.EnjoyTheCountryside.com

FIGHTING LYME DISEASE

www.CaudwellLyme.com