

(4) Human Body's Slimy Shields

Podcast Length: 16:33
Character Value: Responsibility
Health Message: Hydration

Introduction

Today's Walking Classroom podcast focuses on the body's defense shields, which are sometimes a bit slimy. The human body protects us through various defense systems and communicates various health conditions. Earwax, mucus, and sweat are among some of the defense systems that help keep us healthy and safe. Some things we normally think are gross can actually be important; it is valuable to appreciate the purpose in everything.

Discussion

1. **What were some of the big ideas of this podcast?**
 - ✓ *The human body protects us through various defense systems and communicates various health conditions.*
 - ✓ *Earwax, mucus and sweat are among some of the grosser defense systems that help keep us healthy and safe.*
 - ✓ *Some things we normally think are gross can actually be important; it is valuable to appreciate the purpose in everything.*
2. **Why is it important to find value even in things we find gross or disgusting?**
 - ✓ *Those things may be serving an important purpose, like keeping our bodies healthy.*
3. **The human body's defense systems have a huge responsibility to protect the body and keep it healthy.**
 - a) **What responsibilities do you have at school or at home?**
 - ✓ *Suggestions: Taking trash out, cleaning room, doing the dishes, etc.*
 - b) **Why is it important to honor your responsibilities?**
 - ✓ *Honoring your responsibilities shows that you are dependable and builds people's trust in you.*

Health Check

1. **The human body is two-thirds water.**

A) True B) False
2. **Drinking pure water is the only way to stay hydrated.**

A) True B) False