

TICK SONG

INFO



AGES 4-5



LOCATION
In a room



DURATION
10 to 15 minutes



LEVEL OF DIFFICULTY
Easy

OBJECTIVE OF THE ACTIVITY

To help children understand the importance of tick checks.

INSTRUCTIONS

Sing this adaptation of the “Head and shoulders” song and touch the corresponding body parts at the same time.

Head, shoulders, knees and toes, knees and toes,
Head, shoulders, knees and toes, knees and toes,
Head, shoulders, no ticks not on me, no!
(Do a no sign, waving your finger).

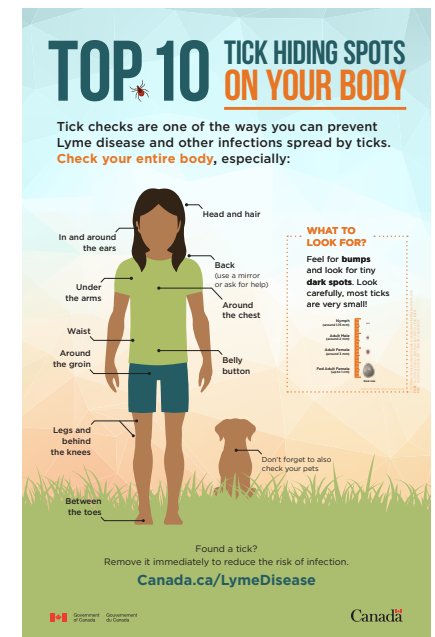


Photo credit - Catherine Bouchard,
Public Health Agency of Canada (CB2)

MATERIALS



- Photograph of a tick in their natural environment
- Top 10 tick hiding spots on your body poster



BEFORE YOU START

Using the photo of the tick, explain that:

- Ticks are often found in and near areas with trees, shrubs, tall grass, or piles of leaves.
- You may not notice a tick bite because ticks are tiny, and their bites are usually painless.
- The best way to prevent tick bites is to do a full-body tick check after returning from an outdoor activity.

Using the *Top 10 tick hiding spots on your body* poster:

- Explain that ticks can be found anywhere on your body, but the poster shows the top 10 most common hiding spots.

ADDITIONAL INFORMATION

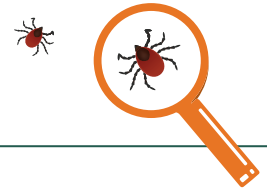
- Ask the children to perform a tick check on themselves (fully clothed).
- Remind the children that if they need help during a tick check they can ask an adult.

Show videos:

- 🖱 [Top 10 tick hiding spots](#)
- 🖱 [How to reduce ticks around your home](#)

Test their knowledge:

- 🖱 [Interactive games](#)



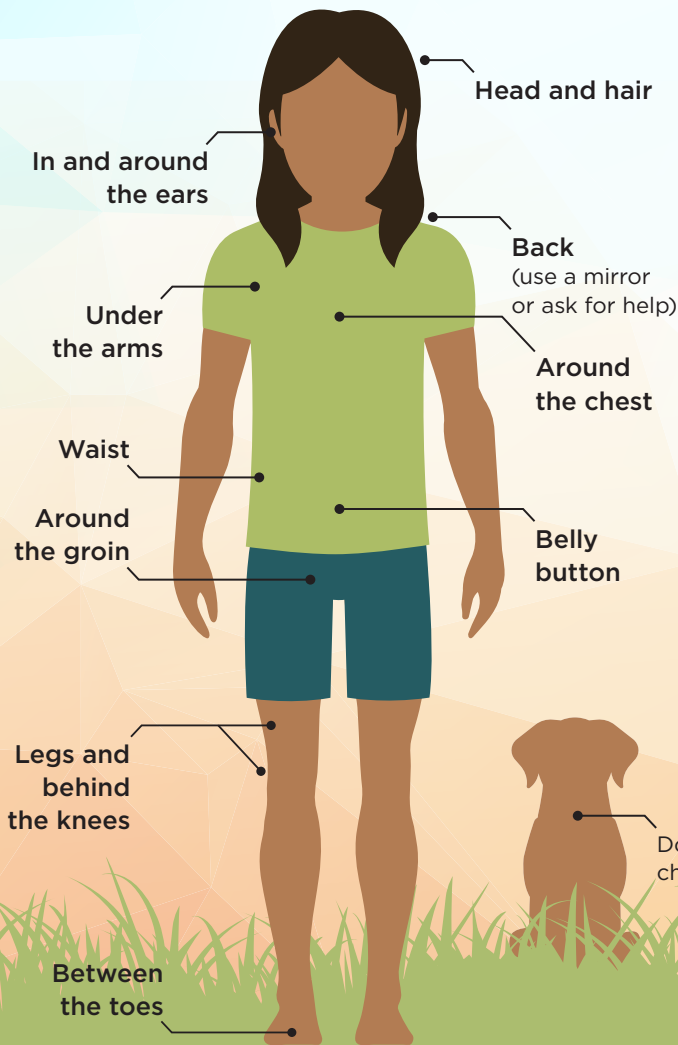
ENJOY THE OUTDOORS,
WITHOUT A TICK!



Photo credit - Catherine Bouchard,
Public Health Agency of Canada (CB2)

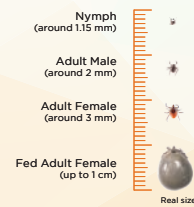
TOP 10 TICK HIDING SPOTS ON YOUR BODY

Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks. **Check your entire body**, especially:



WHAT TO LOOK FOR?

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!



Photos: UPI, TickEncounter Resource Center

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Found a tick?

Remove it immediately to reduce the risk of infection.

Canada.ca/LymeDisease